



# breakfast

at HELIGAN KITCHEN

85% of the meat we use is reared on the Heligan Estate and we prioritise vegetables and fruits from the Heligan Kitchen Garden. We are incredibly lucky to have such versatile, seasonal ingredients at our fingertips. All our additional ingredients are provided by our many wonderful local Cornish suppliers.

Served everyday between 9.00am until 11.30am

## To eat

### Breakfast Pastries £2.50

Pain au chocolat or croissant with jam

### Breakfast Bap £6

Any two items in a Heligan Bakery roll:

Pen 'n' Tinny sausage, smoked bacon, tomato, mushrooms, hash brown or fried egg

### Granola and Yoghurt £5

Mixed fruit, maple syrup or honey

### Belgian Waffle £7

Bacon and maple syrup or berries and cream

### Productive Garden Breakfast £10

Vegetarian sausages, hash browns, mushrooms, tomato, beans, fried or scrambled egg and toast

### Full Estate Breakfast £11

Pen 'n' Tinny sausages, smoked bacon, hash browns, mushrooms, tomato, beans, fried or scrambled egg and toast

### Toast £1.50

With jam or marmalade

### Extra Breakfast Items £1 each

Choose from Pen 'n' Tinny sausage, vegetarian sausage, smoked bacon, hash brown, mushroom, tomato, beans, fried or scrambled egg

## To drink

### Coffee

Americano (regular or iced) £3.10

Flat White £3.30

Cappuccino £3.30

Latte £3.30

Iced Latte £3.30

Chai Latte (regular or iced) £3.80

Mocha (regular or iced) £3.60

Babyccino £1.00

	Single:	Double:
Espresso	£2.00	£2.50
Macchiato	£2.00	£2.50

Extra Shot	80p
Syrups	60p

### Rio Nuevo Hot Chocolate

A sustainable chocolate company based in Cornwall

Standard (hot or iced) £3.50

Deluxe £4.50

With marshmallow and whipped cream

Kids £3.00

### Tea £2.50

Cornish Tea

Earl Grey

Sencha Green Tea

Red Berry and Kiwi

Peppermint

Decaffeinated

Lemon Verbena

Decaffeinated coffee, oat and soya milks are available on request

Ready to order?

Please order at the till giving your table number and we will serve you at your table

## Allergen advice

Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, mustard, sesame, celery, soybeans, tree nuts, peanuts, fish, shellfish or wheat.

For detailed allergen information, please speak to a member of the Heligan Kitchen team.

 Non-gluten  
Containing Ingredient

 Non-gluten Containing  
Ingredient Option

 Vegan

 Vegetarian

 Vegan Option

 Nuts



# lunch

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Served everyday between 12pm until 3.00pm

## Nibbles

- Heligan Bakery bread** £4  
Olive oil and balsamic vinegar
- Marinated green and black olives** £4  
With garlic and herbs

## Small Plates

- Asian style slaw, seeds, chilli dressing** £4
- Cornish new potato salad, herb oil** £5
- Tempura battered garden vegetables, curried peach chutney** £7
- Miso roasted aubergine, grains, maple and chilli** £7
- Hummus, Harissa roasted vegetables, tortilla chips** £8

## Salads

- Kitchen Garden Salad** £10  
Heritage tomatoes, basil, mustard dressing, salad leaves, seasonal vegetables
- Italian Garden Salad** £11  
Lettuce, smoked bacon, Parmesan, croutons and Caesar dressing
- Home Farm Salad** £12  
Cornish charcuterie, Cornish Yarg, herbed potato, leaves, balsamic dressing

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## Bigger Bites

- Soup of the day** £7.50  
Heligan bread or cheese scone
- Heligan rare breed meat Pho wrap** £12  
Spinach, beansprouts, coriander and hoisin sauce
- Thai vegetable curry** £13  
Coconut rice, pickled onions, chilli and coriander
- Heligan Ploughman's** £15  
Pork pie, ham, Cornish cheese, pickles, mixed salad, chutney and Heligan bread

## Little Gardeners

- Soup of the day** £6  
with Heligan bread
- Mini Italian Garden Salad** £6  
Lettuce, smoked bacon, Parmesan, croutons and Caesar dressing
- Baked potato, cheddar cheese and beans** £7
- Mini Ploughman's** £7.50  
Ham, cheddar cheese, grapes, apple and Heligan bread

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Non-gluten  
Containing Ingredient



Vegan



Vegan Option



Non-gluten Containing  
Ingredient Option



Vegetarian



Nuts



# drinks

at HELIGAN KITCHEN

## Hot drinks

### Coffee

Americano (regular or iced)	£3.10
Flat White	£3.30
Cappuccino	£3.30
Latte	£3.30
Iced Latte	£3.30
Chai Latte (regular or iced)	£3.80
Mocha (regular or iced)	£3.60
Babyccino	£1.00

Single: Double:

Espresso	£2.00	£2.50
Macchiato	£2.00	£2.50

Extra Shot	80p
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Standard (hot or iced)	£3.50
Deluxe	£4.50
With marshmallow and whipped cream	
Kids	£3.00

### Tea

Cornish Tea	£2.50	Peppermint
Earl Grey		Decaffeinated
Sencha Green Tea		Lemon Verbena
Red Berry and Kiwi		

Decaffeinated coffee, oat and soya milks  
are available on request

## Cold and soft drinks

### Beer and Cider

Korev Lager	£4.50
Tribute Pale Ale	£4.50
Harbour Lager, IPA or Pale Ale	£6.00
Jubel Peach Lager	£6.00
Rattler Cloudy Cider	£6.00

### Spirits

Aval Dor Vodka	25ml	£5.00
Wrecking Coast Clotted Cream Gin	25ml	£5.00
Twin Fin Spiced Rum	25ml	£5.00
Hicks & Healey 9-year Malt Whiskey	25ml	£5.00
Baileys	50ml	£5.00

### Mixers and Soft Drinks

Tonic	£2.00
Frobisher's Fruit Juice	£2.50
Jolly's	£2.50
Cornish Cola	Classic Lemonade
Elderflower	Sparkling Apple
Pink Lemonade	

### Mocktails

Cucumber Cooler	£6.00
Cucumber, mint, maple, lime	
Pentire Coastal Spritz	£6.00
Blood orange, sea rosemary, oakwood, bay, tonic	

### Cocktails

Heligan Garden Pimms	£10.00
Mixed fruit and vegetables, lemonade	
Lavender Beds	£10.00
Aval Dor vodka, lavender, lemon juice, aquafaba	
Sweet and Spicy Glasshouse	£10.00
Chilli tequila, pineapple, maple, soda	
Rhubarb and Custard	£10.00
Rhubarb gin, vanilla, lemonade	

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# wine

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## White

### Lion Ridge Sauvignon Blanc

Western Cape, South Africa, 2019

Crisp, green apple with lift and zest

175ml	250ml	Bottle
£6.00	£8.00	£22.00

### Rumours Pinot Grigio

South Eastern Australia, 2020

Spice and white stone fruits, mineral crisp dry finish

175ml	250ml	Bottle
£6.50	£8.75	£25.00

### Knightor Winery Bacchus

Cornwall, United Kingdom

Gooseberry, elderflower, pineapple, lime

Bottle
£32.00

## Rosé

### Lion Ridge Pinotage Rosé

Western Cape, South Africa, 2018

Summer fruits, fresh and wonderfully balanced

175ml	250ml	Bottle
£6.00	£8.00	£22.00

### Island Fox Zinfandel Rosé

Puglia, Italy, 2019

Spice and white stone fruits, mineral crisp dry finish

175ml	250ml	Bottle
£6.50	£8.75	£25.00

### Knightor Winery Carpe Diem Rosé

Cornwall, United Kingdom

Rose petal, raspberry, strawberry

Bottle
£32.00

## Red

### Lion Ridge Merlot

Western Cape, South Africa, 2018

Brambly with spicy hedgerow fruit flavours

175ml	250ml	Bottle
£6.00	£8.00	£22.00

### The Butcher of Buenos Aires Malbec

Argentina, NV 2018

Sweet black cherry and silky smooth

175ml	250ml	Bottle
£6.50	£8.75	£25.00

### Dominio de Fontana Syrah

Cabernet Crianza, Spain 2015

Ripe berry fruit, powerful and complex

175ml	250ml	Bottle
£7.00	£10.00	£28.00

### Knightor Winery Carpe Diem Red

Cornwall, United Kingdom

Cherry, plum, black pepper

Bottle
£32.00

## Bubbles

### Prosecco Frizzante Ca' Bolani

Friuli-Venezia Giulia, Italy, NV

Fresh fizz with a hint of wisteria blossom and sweet almond

125ml	Bottle
£6.00	£30.00

125ml wine measurements on request

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