



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

£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 brown, mushrooms, tomato, beans, fried or scrambled egg and toast

Full Estate Breakfast

£11

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

Extra Breakfast Items

£1 each

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

To drink

Coffee

Americano	£3.10
Flat White	£3.30
Cappuccino	£3.30
Latte	£3.30
Iced Latte	£3.30
Chai Latte	£3.80
Mocha	£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	£3.50
Deluxe	£4.50

With marshmallow and whipped cream

Kids	£3.00
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Tea

£2.50

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

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

 Vegan

 Vegan Option

 Non-gluten Containing
Ingredient Option

 Vegetarian

 Nuts



lunch

at HELIGAN KITCHEN

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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
- Mushroom chips, roasted garlic aioli** £7
- Miso roasted aubergine, grains, maple and chilli** £7
- Hummus, Harissa roasted cauliflower, tortilla chips** £8

Bigger Bites

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

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, pickled potato, citrus, leaves, balsamic dressing

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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	£3.10
Flat White	£3.30
Cappuccino	£3.30
Latte	£3.30
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With marshmallow and whipped cream	
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Red Berry and Kiwi		

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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

at HELIGAN KITCHEN

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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