

















breakfast

in the HELIGAN KITCHEN

There's only 157 yards from kitchen garden to plate at Heligan. Our 2-acre productive garden produces 4.5 tonnes of fruit and vegetables each year and it forms the heart of our menu. Heligan Kitchen offers flavours inspired by the seasons so you can enjoy a taste of our heritage. If there's a hungry gap between crops, we support our local suppliers and producers.

Served 9am until 11.30am (Monday – Saturday)
Served 9am until 11 am (Sunday)

Breakfast

- Breakfast Pastries**  £3
croissant or pain au chocolat, Boddington's jam
- Heligan Bakery Toast**    £4
with Boddington's jam or marmalade
- Granola & Natural Yoghurt**   £6
add berries, honey, or maple syrup
- Breakfast Sandwich**    £8
any three items in Heligan Bakery bread:
Heligan or vegetarian sausage, smoked bacon,
tomato, mushroom, hash brown or fried egg
- Belgian Waffles**  £10
choose from bacon and maple syrup or
berries and whipped cream
- Kitchen Garden Breakfast**    £11
vegetarian sausages, hash browns, mushroom,
tomato, beans, fried or scrambled egg and
Heligan Bakery toast
- Full Estate Breakfast**  £13
Heligan sausages, smoked bacon, hash browns,
mushroom, tomato, beans, fried or scrambled egg
and Heligan Bakery toast

- Extra Breakfast Items** £1 each
choose from Heligan sausage, vegetarian sausage,
smoked bacon, hash brown, mushroom, tomato, beans,
fried or scrambled egg

Little Gardeners

- Croissant or Pain au Chocolate**  £3
Boddington's strawberry jam
- Scrambled Egg or Beans on Toast**    £6
Heligan Bakery bread
- Bacon Sandwich**  £6
streaky bacon, Heligan Bakery bread
- French Toast Sticks**  £6
add berries, honey or maple syrup

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
-  Vegetarian
-  Non-gluten Containing
Ingredient Option
-  Vegan Option
-  Vegetarian Option
-  Nuts



lunch

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Served 12pm until 3pm (Monday – Saturday)
Sunday Roast available 12pm until 3pm (Sunday)

Small Plates

- Heligan Bakery Bread** £5
whipped butter
- Marinated Mixed Olives** £5
garlic and herbs
- Harissa Spiced Nuts and Seeds** £5
sunflower, pumpkin, almond
- Puffed Pork Crackling** £6
burnt apple sauce
- Sprouting Broccoli Tempura** £7
curried peach chutney
- Cornish Asparagus Spears** £7
Parmesan, rapeseed oil, rocket
- Soup of the Day** £8
Heligan bread or scone
- Kittows Pork Pie** £11
apple chutney, garden salad

Little Gardeners

- Cup of Soup** £6
Heligan bread
- Jacket Potato** £7
cheese and beans
- Pesto Pasta** £7
roasted garden vegetables, cheese
- Mini Ploughman's** £7
ham, cheese, apple, Heligan Bakery bread

Small Portion of any Big Plate £10

Bigger Plates

- Italian Garden Salad** £10
mixed leaf, smoked bacon, Parmesan, croutons, Caesar dressing
- Pesto Pasta Salad** £10
roasted fennel, Feta, rainbow chard
- Teriyaki Mushroom Bao Buns** £12
stir fried cabbage, carrot, radish, crispy onions, Sriracha
- Heligan Ploughman's** £13
Cornish cheese, pickled egg, chutney, pickles, mixed leaf, mustard dressing, Heligan Bakery bread
- Wild Garlic Homity Pie** £15
Spring greens, peas, Gillyflower cider sauce
- Heligan Lamb & Potato Massaman Curry** £15
sweet and sour pickles, red rice, peanut

Desserts

- Heligan Bakery Cakes** £2.50 - £4
please view our cake display for today's cakes
- Ice Cream Sundae** £7
Heligan cake, Callestick ice cream, sauce

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- Non-gluten Containing Ingredient
- Vegan
- Vegetarian
- Non-gluten Containing Ingredient Option
- Vegan Option
- Vegetarian Option
- Nuts