



# Hellys Breakfasts



**SOMETHING LIGHT - Served all day**  
(Monday to Saturday)

**Crumpets (2) or Thick Cut Toast (2) (gfo) - £3.00**  
served with butter and one spread (vo) (vo)  
(spreads - choose from jam, marmalade, honey,  
marmite, peanut butter (vo) or nutella (vo))

**Croissant (vo) / Bagel (vo) - £3.50**  
served hot with either; cheese, ham, mushrooms or chorizo  
(Extras £1.00 each)

**Smoked Salmon, Cream Cheese & Chives**  
**Croissant / Bagel - £6.50**

**Croissant & Jam / Pain au Chocolat / Pain au Raisin**  
(vo) £2.75

**Just Porridge (vo) (vo) - £4.50**

**Loaded Porridge (vo) (vo) - £6.50**  
with a creamy berry (vo), nutty honey, maple syrup (vo),  
apple & blueberry (vo) or naughty clotted cream.

**Granola Fruit Bowl (gfo) (vo) - £6.50**  
fresh fruits with coulis, granola, yoghurt & honey.

## **Pancakes (vo)**

3 fluffy pancakes served with one of the following;

The Classic - lemon & sugar - **£5.50**

Fruity - fresh fruits, yoghurt & coulis. - **£7.50**

Banoffee - sliced banana, nuts & toffee sauce. - **£7.50**

Naughty - fresh strawberries, nutella & whipped cream. - **£7.50**

## **American Style Pancake - £9.00**

an almighty stack of 4 fluffy pancakes served with  
4 rashers of smokey bacon & maple syrup - enjoy!

## **Breakfast Baps & Sandwiches**

smokey bacon / sausage or double egg (vo)

**Bap - £5.00 / Sandwich - £6.00**

## **BLT Sandwich - £7.00**

smokey bacon, salad leaves, sliced tomato & mayo. (gfo)

## **Garlic Mushrooms - £7.00**

served on thickly sliced toast (vo) (gfo)

## **Breakfast Panini / Toastie**

Choose from one of the following;

hogs pudding, cheese & brown sauce. - **£6.00**

sausage with perfect onion relish - **£6.00**

halloumi, spinach & roasted vegetables. (vo) (gfo) (vo) - **£6.00**

**SOMETHING BIGGER - Served until 2.00pm**  
(Monday to Saturday)

**Proper Melted Cheese on Toast**  
served with sliced tomatoes and Worcester Sauce (vo) (gfo)  
**1 slice - £5.50 / 2 slices - £9.50**

## **Plain Omelette - £7.00**

with 2 eggs & cheese (vo) (gfo)

(Add; onion, ham, mushrooms, spinach or fresh chilli for £1.00 each.)

## **Hellys Omelette - £9.50**

with 2 eggs, cheese & hogs pudding.

## **Royale Omelette - £10.50**

2 eggs & cheese with smoked salmon

## **Green Eggs - £9.50**

2 poached eggs & country ham on buttered, sourdough toast,  
drizzled with warm green pesto - a must try!

## **Eggs Royale - £11.50 / Florentine (vo) - £10.00 / Benedict - £10.00**

2 poached eggs served on a buttered, toasted muffin  
with hollandaise sauce and a choice of either  
smoked salmon / halloumi with spinach (vo) / smokey bacon

## **Poached, Scrambled or Fried Eggs. - £6.50**

2 eggs served on a slice of buttered toast (vo) (gfo)

## **Smoked Salmon & Scrambled Eggs - £11.50**

served on a buttered, toasted white muffin.

## **Full English Breakfast - £10.50**

1 Cornish mighty sausage, 2 rashers of smokey bacon,  
black & hogs pudding, mushrooms, beans,  
cherry tomatoes, 2 fried eggs & thick buttered toast.

## **Half English Breakfast - £7.00**

half a Cornish mighty sausage, 1 rasher of smokey bacon,  
beans, 1 fried egg & thin buttered toast.

## **Veggie Breakfast Option 1 - £10.00**

grilled halloumi, mushrooms, beans, tomato,  
2 fried eggs & buttered toast. (vo) (gfo)

## **Veggie Breakfast Option 2 - £10.00**

grilled halloumi on mashed avocado & sourdough toast  
with 2 Poached eggs & mushrooms (vo)

## **Vegan Breakfast - £9.00**

avocado & warm sunblushed tomatoes on sourdough toast (vo)

(Add Extras; egg (1), mushrooms, cheddar cheese,  
beans, spinach £1.50 each

sausage, bacon (2), halloumi, hogs pud, cherry tomatoes £2.50 each,  
avocado £2.50, smoked salmon £3.50.)

(gfo) - Gluten Free Option (vo) - Vegetarian Option (vo) - Vegan Option

**Hellys Deli Bar Café (Penzance)**

Unit 15 • Wharfside Shopping Centre • Penzance • TR18 2GB T: 01736 361222 E: info@hellys.co.uk W: www.hellys.co.uk





# Hellys Snacks & Salads



**SOMETHING LIGHT - Served all day**  
(Monday to Saturday)

**Patisseries & Home-made Cakes - As Priced**  
(please see counter display) **(vo) (gfo)**

**Toasted Tea Cake & Butter (vo) - £2.75**

**Home-made Plain, Fruit or Cheese Scone & Butter (vo) - £3.00**  
(add clotted cream, jam or extra butter for 60p each.)

## **Cornish Cream Tea**

home-made fruit or plain scone with clotted cream,  
jam & a pot of English Breakfast tea. **(vo)**

**For One £6.00 / For Two £11.00**

## **Savoury Tea**

home-made cheese scone, cheddar, chutney,  
salad & a pot of English Breakfast tea. **(vo)**

**For One £8.50 / For Two £15.00**

*(Upgrade your Cream or Savoury Tea with a different tea or coffee  
of your choice for a small additional charge)*

## **Hellys High Tea (min. 2 people) - £15.00 Per Person**

a pot of tea served with a wide selection of freshly prepared  
finger sandwiches, home-made quiche, finger cakes & scones  
with proper clotted cream & jam.

*Why not totally relax and enjoy with a glass or two of our  
Prosecco Serenello (11% ABV Italy)*

**20cl glass £6.95 / 75cl bottle £22.00**

## **Soup of the Day - £5.50**

served with fresh, buttered bread.

## **SIDE DISHES - Served all day**

**Side Salad (vo) (vo) (gfo) - £3.75**

**Proper Garlic Bread (vo) (vo) (gfo) - £3.75**

**Proper Cheesy Garlic Bread (vo) (gfo) - £4.25**

**Homemade Potato Wedges (vo) (gfo) - £3.75**

**Cheesy Potato Wedges (vo) (gfo) - £4.25**

**Olive Pot (vo) (vo) (gfo) - £3.75**

a generous bowl from the Cornish Olive Co.

**Focaccia Bread Basket (vo) (vo)**

served with olives, houmous & dipping oils.

**For One £5.50 / To Share £9.00**

**(gfo) - Gluten Free Option (vo) - Vegetarian Option**  
**(vo) - Vegan Option**

**DELICIOUS SALADS - Served from 11.00am**  
(Monday to Saturday)

## **Chefs Homemade Salad Selection (gfo)**

this is a selection of today's freshly prepared salads  
served with one of the following;

**Just Salad (vo) (vo) - £7.00**

*(add; cheese, ham, tuna mayo or boiled egg (2) for £2.00.)*

**Coronation Chicken - £10.50**

chicken breast cooked in a lightly spiced, fruity seasoning,  
served cold with our chefs homemade house salads.

**Smoked Chicken & Avocado - £11.50** (add bacon (2) for £2.50)  
served with mango & chilli dressing

**Chicken Caesar Salad - £10.50**

served with anchovies, croutons, parmesan & caesar dressing.

**Mozzarella, Warm Sun-dried Tomatoes,  
Avocado & Basil Pesto. (vo) - £10.50**

**Prawn Marie-Rose Salad (gfo) - £10.50**

succulent, fresh Atlantic prawns coated in our homemade Marie-  
Rose Sauce, served cold with our chefs homemade house salads.

**Smoked Flaked Mackerel - £11.50**

mixed with spring onions & mayo and served with our chefs  
homemade house salads and a lemon wedge **(gfo)**

**Newlyn Fresh Crab Salad (gfo) - £15.50**

fresh dressed white & brown crab meat, served with freshly  
prepared house salads & thick buttered bread. - simply perfect!

## **CHILDREN'S APPETITES - Served all day**

### **Dippy Egg & Soldiers**

boiled egg served with buttered toast fingers **(vo) (gfo)**  
**Single £4.00 / Double £6.50**

**Beans on Buttered Toast (1) - £4.00**

(add £2.50 for an adults portion) **(vo) (vo) (gfo)**

**Pitta Fingers - £4.00**

toasted pitta bread served with houmous  
and a cucumber & tomato side **(vo) (gfo)**

**Cheesy Pitta Fingers - £4.00**

toasted pitta bread filled with melted cheese  
and a cucumber & tomato side **(vo) (gfo)**

**Children's Meal - £6.00**

any children's sandwich served with crisps, fruit snack pot,  
chocolate bar and any juice carton or milk. **(gfo)**

**Ham, Fried Egg, Beans & Potato Wedges. (gfo) - £7.50**

**Hellys Deli Bar Café (Penzance)**

Unit 15 • Wharfside Shopping Centre • Penzance • TR18 2GB T: 01736 361222 E: info@hellys.co.uk W: www.hellys.co.uk





# Hellys Lunches



ALL SERVED WITH CHEFS HOME-MADE SALAD GARNISHES - SERVED FROM 11.00AM  
(Monday to Saturday)

Please let us know if you'd prefer any alternative fillings to any of the favourites listed below and we will do our best to accommodate you.

**Toasted Panini / Toasted Sandwiches (gfo)**  
*choose from one of the following fillings;*

**Cornish Brie & Cranberry (vo) - £8.75**

**Mature Cornish Cheddar Cheese  
& Caramelised Onion Chutney (vo) - £8.75**

**Mushroom & Cheddar Melt (vo) (gfo) - £8.75**

**Tuna & Cornish Cheddar Melt - £8.75**

**The Classic - Ham & Cornish Cheddar Melt - £8.75**

**Smoked Chicken, Red Onion & Cornish Cheddar Melt - £9.75**

**BBQ Pulled Pork & Cornish Cheddar Melt - £9.75**

**Chorizo & Cornish Cheddar Cheese Melt - £8.75**

**Spicy Plum Sun Blush Tomato & Halloumi (vo) - £8.75**

**Mozzarella, Sundried Tomatoes & Basil Pesto. (vo) - £8.75**

*(add 2 rashers of bacon to any Panini / Toasted Sandwich for £2.50)*

**Fresh Sandwiches (gfo) / Flatbreads**

*choose from fresh white, granary or (gf) bread,  
white or wholemeal flatbreads.*

**Ham, Tomato & Mustard. - £8.50**

**Cornish Cheddar Cheese & Piccalilli Relish (vo) - £8.50**

**Tuna Mayo - £8.50**

**Free Range Egg Mayo & Cress (vo) - £8.50**

**Ham & Cornish Cheddar Cheese & Chutney - £9.50**

**Houmous, Sliced Tomatoes & Peashoots. (vo) (vo) - £8.50**

**Smoked Chicken, Bacon, Avocado & Mayo. - £10.50**

**Coronation Chicken - £9.50**

**Prawn Marie-Rose - £9.50**

**Smoked Mackerel, Onion & Lemon Mayo. - £9.50**

**Crab - Fresh Newlyn White Crab Meat - £13.50**

## JULIE'S HOMEMADE SAUSAGE ROLLS

*A perfect light lunch or brunch - enjoy one of our very own  
chefs homemade sausage rolls with a selection of todays  
delightfully fresh salads for that perfect snack!*

**Traditional Pork - £8.00**

**Pork, Honey & Mustard. - £8.50**

**Pork, Cheddar & Marmite. - £8.50**

**Mexicano - £8.50**

**Sweet Potato, Chickpea & Spinach. (vo) - £8.50**

**Jacket Potatoes (gfo)**

*all served with proper homemade salad garnishes*

**Plain Jacket Potato (vo) (vo) - £8.00**

**Tuna Mayo - £9.50**

**Cheese & Baked Beans (vo) - £9.50**

**Brie and Cranberry (vo) - £9.50**

**Garlic Mushrooms (vo) (vo) - £9.50**

**Prawn Marie-Rose - £10.50**

**Avocado & Cooked Cherry Tomatoes (vo) (vo) - £9.50**

**Coronation Chicken - £10.50**

**Smoked Mackerel, Onion & Mayo. - £10.50**

**Bacon, Hogs Pudding & Beans. - £11.50**

**Ploughmans (gfo) - £11.50**

*cheese (vo), ham or mixed ploughmans served with savoury pie,  
salads, chutney, pickles & fresh bread.*

**Cornish Pasty (vo) - £9.50**

*proper home-made Lavenders Cornish pasty served with house  
salads or potato wedges and green salad*

**Homemade Pie (vo) / Quiche (gfo) (vo) / Frittata (vo) - £9.50**

*served hot with our tasty house salads -*

*please see our Specials Board for today's choices!*

**Pennys Homemade Pies (vo) (vo) & Savoury Tarts (vo) - £9.50**

*served hot or cold with a selection of chefs homemade salads -  
please see our Specials Board for today's choices!*

**Ham, 2 Fried Eggs & Homemade Potato Wedges. (gfo) - £10.00**

**Homemade Beef Lasagne - £10.50**

*served hot with our tasty house salads & garlic bread.*

**Chilli Con Carne (gfo) - £11.00**

*served hot in a jacket potato topped with sour cream,  
cheese & jalapeno peppers (optional).*

**Mediterranean Platter (vo) (vo) (gfo)**

*houmous, grilled Halloumi, olives, warm sundried tomatoes  
& chefs homemade salads served with toasted pitta fingers.*

**For One £10.50 / For Two £19.50**

**Smoked Salmon, Prawns, Mackerel,**

**Anchovies & Avocado Platter (gfo)**

*served with chefs homemade salad, buttered bread & dips.*

**For One £13.50 / For Two £25.00**

**Hellys Deli Bar Café (Penzance)**

Unit 15 • Wharfside Shopping Centre • Penzance • TR18 2GB T: 01736 361222 E: info@hellys.co.uk W: www.hellys.co.uk

