



Hellys Breakfasts

Served all day Monday - Saturday



LIGHT BITES

Toasted Tea Cake, Crumpets (2) or Toast (gfo) (2) - £3.00

toasted and served with butter and one spread (vo) (vo)

(spreads - choose from jam, marmalade, honey, marmite, peanut butter (vo) or nutella (vo))

Home-made Plain, Fruit or Cheese Scone & Butter (vo) - £3.00

(add clotted cream, jam or extra butter for 60p each.)

Patisseries & Home-made Cakes - As Priced

(please see counter display) (vo) (vo) (gfo)



EARLY BIRD OFFER - £4.25

10am-11.30am Every Day

any LIGHT BITE with a pot of tea or small cup of coffee

POPULAR BITES

HUGO'S BREAKFAST - HAND MADE IN CORNWALL

Hugo's Apple & Blueberry Porridge - £5.25 (vo) (vo)

Additional toppings £2.00 each - Banana & Honey / Forest Fruits

Toasted Hazlenuts & Syrup / Naugthy Clotted Cream

Hugo's Granola Fruit Bowl (gfo) (vo) - £6.25

a superbowl of homemade cornish granola, yogurt, mixed fruits, coulis & honey - a truly healthy delight!

Pancakes (vo)

3 fluffy pancakes served with one of the following;

Fruity - fresh fruits, yoghurt & coulis. - £7.75

Banoffee - sliced banana, nuts & toffee sauce. - £7.75

Naugthy - fresh strawberries, nutella & whipped cream. - £7.75

Hellys Pancake - £9.95

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

Smoked Salmon, Cream Cheese & Chives

Croissant / Bagel - £6.75

Breakfast Bap - £5.00 / Sandwich - £6.00

smokey bacon (gfo) / mighty sausage or double egg (vo) (gfo)

Poached, Scrambled or Fried Eggs. - £6.00

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

(gfo) - Gluten Free Option

(vo) - Vegetarian Option

(vo) - Vegan Option

FAVOURITE BITES

Breakfast Panini / Toastie - £6.00

Choose from one of the following;

smokey bacon, mozzarella & herby tomato sauce. (gfo)

hogs pudding, cheese & brown sauce.

halloumi, spinach & sundried tomatoes. (vo) (gfo) (vo)

Proper Melted Cheese on Toast (gfo) - £6.00

thick cut toast loaded with Cornish cheese and seasoned toppings of perfection, choose from...

cheddar, tomatoes & lashings of Worcester sauce (vo) (vo)

Cornish blue & homemade fig chutney (vo)

Cornish brie & hot chilli jam (vo)

Hungry... why not add a 2nd slice of your choice for an extra £3.50!

Omelette - £6.50

with 2 eggs & cheese (vo) (gfo)

Additional toppings £1.00 each - onion, ham,

mushrooms, spinach or fresh chilli

Hellys Omelette - £8.50

with 2 eggs, cheese & hogs pudding.

Omelette Royale - £10.00

2 eggs & cheese with hot smoked salmon

Eggs Royale - £10.75 / Florentine (vo) - £9.25 / Benedict - £9.25

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

Full English Breakfast - £9.95

1 Cornish mighty sausage, 2 rashers of smokey bacon,

hogs pudding, mushrooms, beans, cherry tomatoes,

2 fried eggs & thick buttered toast.

Half English Breakfast - £6.50

half a Cornish mighty sausage, 1 rasher of smokey bacon,

beans, 1 fried egg & thin buttered toast.

Veggie Breakfast (gfo) (vo) - £9.95

grilled halloumi on mashed avocado & sourdough toast

with 2 Poached eggs & mushrooms

Spinach & Feta Shakshuka (gfo) (vo) - £9.95

2 poached eggs served on buttered, toasted ciabatta in a lightly spiced tomato sauce with warm feta and spinach.

Vegan Breakfast (gfo) (vo) - £9.95

grilled cheese, mushrooms, avocado & warm sunblushed

tomatoes on sourdough toast.

Add Extras;

£1.00 each: toast (1), egg (1), mushrooms, cheddar cheese, beans,

£2.00 each: sausage, smokey bacon (2), hogs pud,

cherry tomatoes, spinach, feta, vegan cheese.

£3.00 each: smoked salmon, halloumi, avocado.





Hellys Sandwiches & Salads

Served from 11.00am Monday - Saturday



TOASTED CIABATTA / TOASTED SANDWICHES (gfo) - £7.25
served with house slaw and tortilla crisps

Cornish Brie & Cranberry (vo)

Tuna Mayo, Red Onion and Cornish Cheddar Melt.

The Classic - Ham & Cornish Cheddar Melt

Cajun Chicken, Red Onion & Cornish Cheddar Melt

Mozzarella, Sundried Tomatoes & Basil Pesto. (vo) (vo)

(add 2 rashers of smokey bacon to any Ciabatta / Toasted Sandwich for £2.00)

FRESH SANDWICHES (gfo) / FLATBREADS - £6.95

served with house slaw and tortilla crisps
choose from fresh white, granary or (gf) bread,
white or wholemeal flatbreads.

Cornish Cheddar Cheese & Chutney (vo) (vo)

Tuna Mayo & Red Onion

Free Range Egg Mayo & Chives (vo)

Ham & Cornish Cheddar Cheese & Chutney

Coronation Chicken & Mango

Prawn Marie-Rose

HELLYS CLASSICS

served with house slaw and tortilla crisps

Hellys Toasted Club Sandwich (gfo) - £8.95

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

a triple decker of chicken, bacon, tomato,
cheese, avocado & mayo.

(try adding a fried egg to yours for just £1.00)

Hellys Toasted BLT - £7.95

smokey bacon, cheddar cheese, crisp lettuce and
sliced tomato with mayo on toasted ciabatta bread.

Hellys Deli Creation (vo) - £8.95

loaded, toasted ciabatta with fresh basil pesto,
buffalo mozzarella, artichokes, olives &
roasted red peppers in a balsamic dressing.

(add stacks of salami for £2.00)

Posh Fish Finger Sandwich - £8.95

fish goujons, rocket & homemade tartare sauce
served in a toasted brioche bun.

GRAB A CRAB CORNER

Crab Ciabatta (gfo) - £13.50

quite simply the best, fresh Newlyn white crab meat
served in ciabatta bread with mixed leaf salad.

Crab & Prawn Fusion Cocktail (gfo) - £17.50

fresh white crab meat & Atlantic prawns served cold on a bed
of sliced avocado & mixed leaves with our chilli & lime dressing

Crab Linguine - £15.50

Newlyn crab, chilli, garlic & white wine linguine pasta
with lemon & chives.

DELICIOUS SALADS (gfo)

Chicken, Bacon & Avocado - £10.95

served with red onion, cherry tomatoes & dressed mixed
leaf salad topped with toasted seeds & parmesan.

Chicken Caesar Salad - £9.95

served with bacon, warm sun-dried tomatoes,
crispy croutons, parmesan & dressed mixed leaf salad.

Mozzarella & Avocado (vo) - £9.95

served with warm sun-dried tomatoes & mixed leaves
all with our own basil pesto

Hellys Superfood Salad (vo) - £9.95

a lovely bowl of avocado, spinach & rocket leaves,
cherry tomatoes, sugar snap peas & tenderstem broccoli
tossed in our balsamic, honey dressing and finished off with
fresh parmesan, toasted seeds & crunchy croutons.

Tuna Nicoise Salad - £11.95

pan seared, fresh tuna steak with dressed leaves,
anchovies, parmesan shavings & crunchy croutons.

KIDS CORNER - Served all day

Dippy Egg & Soldiers (vo) (gfo)

bolied egg served with buttered toast fingers

Single £3.75 / Double £5.00

Beans on Buttered Toast (1) (vo) (vo) (gfo) - £3.75

(add £2.50 for an adults portion)

Cheesy Pitta Fingers (vo) (vo) (gfo) - £3.75

toasted pitta bread filled with melted cheese
and a cucumber & tomato side

Kids Pasta (vo) - £6.00

with cheese and a herby tomato sauce

Pizza Panini - £5.00

panini slice (1) smothered with cheese, ham
and a herby tomato sauce, served with tortilla chips.

Ham, Fried Egg, Beans & Potato Wedges. (gfo) - £6.00



SUPER SATURDAYS - £10.00

12.00pm - 3.00pm Every Saturday

any **HELLYS CLASSICS** lunch & a glass

(125ml) of house wine!

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



Hellys Snacks & Lunches

Served from 11.00am Monday - Saturday



CLASSIC CORNISH CORNER

Cornish Cream Tea

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

For One £6.00 / For Two £11.00

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

Cornish Pasty (vo) - £5.50

no messing - on its own!

Lavenders proper home-made Cornish pasty

Homity Pie (vo) - £10.50

cheese, onion & potato pie served hot with slaw, red rice & mixed leaf salad.

SOUP OF THE DAY - £5.50

served with warm ciabatta bread & butter

SIDE DISHES (vo) (gfo)

Mixed Leaf Salad - £2.75 • House Slaw - £2.75

Red Rice Salad - £2.75

Bread Basket - £3.00

Proper Garlic Bread - £3.00

Proper Cheesy Garlic Bread - £3.50

Hand-Cut Potato Wedges - £3.00

Cheesy Potato Wedges - £3.50

HELLYS HOMEMADE BURGERS

our homemade, seasoned prime steak 8oz beefburgers are served with lettuce, tomato & onion on a toasted brioche bun & accompanied with potato wedges & slaw.

Traditional - £8.50

Vegan (vo) - £9.50

Cheesy Heaven (vo) - £9.50

smothered in molten Cornish cheddar

Jalapeno & Cheese (vo) - £10.50

covered with juicy jalapeno slices & smothered in molten Cornish cheddar

Black & Blue (vo) - £11.50

cracked black peppercorn seasoning with melted Cornish blue cheese

Cajun Chicken Burger - £10.50

Cajun seasoned chicken fillet burger with cheese

(add 2 rashers of smokey bacon for £2.00)

HOMEMADE SAUSAGE ROLLS - £3.75

Traditional Pork

Pork, Honey & Mustard.

Pork, Cheddar & Marmite.

Mexicano

Sweet Potato, Chickpea & Spinach. (vo)

HELLYS MAINS

Homemade Quiche (vo) (gfo) - £10.50

served hot with our tasty house salads

Macaroni Cheese (vo) - £9.50

served with garlic bread

(add chopped, smoked bacon for £2.00)

Homemade Beef Lasagne - £11.50

served hot with our tasty house salads & garlic bread.

Hellys Seafood / Fish Cakes - 12.50

a blend of today's fresh catch of the day, mixed with our garlic mash & herbs served with fresh salad & sweet chilli dip.

SHARING PLATTERS

For One - £10.50 / Any 2 to Share - £17.50

Ploughmans Platter (gfo)

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

Mediterranean Platter (vo) (vo) (gfo)

grilled halloumi, olives, warm sundried tomatoes, hot peppers served with a whipped feta & basil pesto dip & toasted pitta fingers.

Antipasto Platter (gfo)

ham, salami, chorizo, feta, olives, balsamic onions, warm sundried tomatoes & grilled courgette.

Smoked Fish / Seafood Platter (gfo)

today's smoked fish / seafood of the day served with accompanying sauce, rye bread & mixed leaf salad.

CHEEKY LUNCHES

12.00pm - 2.00pm Every Day

buy any **SALAD** or **MAIN** and get any drink* or dessert at 1/2 price!
*(*excludes doubles, cocktails or bottles of wine.)*



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

