



# Sunday's at Hellys

Served from 9.00am - 11.30am



## 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.





# Sunday's at Hellys

Served from 12.00pm



## 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 fresh, buttered bread.

## 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

## KIDS CORNER - Served all day

### Dippy Egg & Soldiers (vo) (gfo)

boiled 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**

## 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.

## 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.)*



## 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.

**(gfo) - Gluten Free Option**

**(vo) - Vegetarian Option**

**(vo) - Vegan Option**





# Sunday's at Hellys

Served from 12.00pm



**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 Roast Sandwiches - £6.00**

*choose from thick or thin fresh white, granary or (gf) bread filled with one of today's hot roast meats - absolutely divine!*

## 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.

## 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.

## HOMEMADE SAUSAGE ROLLS - £3.75

**Traditional Pork**

**Pork, Honey & Mustard.**

**Pork, Cheddar & Marmite.**

**Mexicano**

**Sweet Potato, Chickpea & Spinach. (vo)**

**LAZY SUNDAYS - £17.50**

**Every Sunday 12pm-3pm**

any adults roast + any dessert + any drink\*

*\*excludes doubles, cocktails or bottles of wine. Wine will be 125ml house.*

# Sunday Roasts at Hellys!

Choose from our tempting selection of locally sourced meats\* all of which are served with a great selection of freshly prepared, seasonal vegetables, perfect roast potatoes, warming gravy and a large, home-made yorkshire pudding for you to enjoy at your leisure!

\*vegetarian / vegan options available - please inform us at time of booking

**Adult £11.95 • Large Mixed £12.95 • Child £7.95**

If you fancy something a little different to Sunday Roast then we can also offer you anything from our tempting Daily Specials Boards as well as the other Lunch options listed on our main menu

**DELICIOUS DESSERTS - PLEASE SEE OUR DESSERTS BOARD FOR THE DAILY SPECIALS**

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

