



Hellys
BISTRO
BAR | CAFÉ

Hot & Cold Drinks

ALL HOT DRINKS ARE 1/2 PRICE BEFORE 10AM! (excluding weekends & Bank Holidays)

HOT TEA - £2.50

Black Teas:

English Breakfast, Earl Grey, Darjeeling,
Rooibos, Masala Chai, Decaff.

Herbal Infusions:

Lavender & Lemon Verbena, Red Berry & Kiwi, Trio of Mint,
Camomile & Elderflower, Lemongrass & Ginger,
Nettle & Rose, Green Tea.

HOT COFFEE

Freshly ground KO Beans, roasted locally at Olfactory in Penryn.

(add 30p for Decaff Coffee / Non-Dairy Milk alternatives)

Espresso / Macchiato - Single £2.20 / Double £2.50

Cortado - £2.80

Caffè Lungo - £2.80

Americano - £2.80

Flat White - £3.00

Cappuccino - £3.00

Latte - £3.00

Add an Espresso Shot - £0.30

CAFETIERE

for one - £3.00 / for two - £5.80 / for four - £11.00

HOT CHOCOLATE

choose from *milk, dark, white, peppermint, hazelnut, salted caramel* or *sugar free chocolate*.

Just Hot Chocolate - £3.40

Loaded Hot Chocolate with Cream and Mellows - £4.00

HOT MOCHA / CHAI LATE

Mocha - £3.40

(choose from dark, white or sugar free chocolate)

Loaded Mocha with Cream & Mellows - £4.00

Chai Latte - £3.40 / Dirty Chai - £4.00

Hot Milk / Hot Water / Babycino - £2.00

SPECIALITY LATTES - £2.80

Delicious, plant-based, vegan blends. *choose from;*

TURMERIC - a blend of golden turmeric & spices

PUMPKIN - a mellow blend of pumpkin & warming spices

BEETROOT - a unique blend of beetroot & warm spices

SYRUPS - £0.30

caramel, hazelnut, vanilla, gingerbread or butterscotch

REFRESHING COLD DRINKS

Iced Teas (Kombucha) - £3.50

'fermented tea, lightly fizzy and brewed for your gut'

Lemon & Ginger / Berry Burst / Raspberry

Garden Mint / Peach / Organic White

Iced Coffees - £3.00

Iced Chai Latte - £3.40 / Iced Dirty Chai Latte - £4.00

Fresh Orange / Apple / Peach Juice - £3.00

Pineapple / Tomato Juice - £2.50

LIGHTLY SPARKLING - £3.00

Apple & Rhubarb / Elderflower

Elderflower & Pomegranate

Sicilian Lemonade / Raspberry Lemonade

Lemon & Mint / Ginger Beer / Sparkling Apple

Sparkling Orange / Pomegranate & Orange

CLASSICS - £2.50

Coke, Diet Coke, Coke Zero, Vimto, 7Up Zero, Rio Light.

Cartons of Ribena, Orange or Apple Juice. - £2.00

Still or Sparkling Water (small) - £2.50 / (large) - £3.60

Soda / Tonic Water - £2.00

SMOOTHIES - £4.50

Strawberry Delight / **Pineapple Sunset** / **Mango Dream**
Berry Burst / **Raspberry Heaven** / **Passion Storm**

SMOOTHIE BOOSTERS - £4.50

Green Reviver - Kale, Lemongrass, Banana & Mango.

Ginger Beets - Ginger, Beetroot, Pineapple.

Açai Kick - Açai, Strawberry, Blueberry, Mango.

SHAKES - £4.50

made with real Cornish ice-cream

Strawberry / **Raspberry** / **Chocolate**

Vanilla / **Caramel** / **Banana**

COFFEE SHAKE - £4.50

double espresso & Cornish Ice-cream milkshake

MILKSHAKE DELUXE - £5.50

add cream, sauce & toppings to any shake above -
naughty but delicious!

VEGAN SHAKES - £5.00

Strawberry / **Raspberry** / **Chocolate**

Vanilla / **Banana** / **Coffee**



EARLY BIRD OFFER - £5.00

10am-11.30am Every Day

any **LIGHT BITE** with a pot of tea or Americano

(*Cornish Cream Tea not included)



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Wines, Beers & Ciders

BEERS & LAGERS

Sharpe's Offshore Pilsner - 1/2pt - £2.80 / 1pt - £4.80

4.8% ABV (DRAUGHT)

A clean & refreshing pilsner, born off the North Coast of Cornwall with citrus flavours.

Sharpe's Offshore Shandy 1/2pt / 1pt - £2.50 / £4.00

Cornish IPA - £4.30

5.5% ABV (440ml)

A classic IPA brewed with north american & antipodean hops & cornish water.

Easy Penzance PA - £4.30

4.8% ABV (440ml)

A full & refreshing local thirst quencher

Citra Boom Pale Ale - £4.30

4.0% ABV (440ml)

The perfect summer beer from Cornish Crown Brewery, we'll rounded citrus flavours & hop-rocketed for extra boom!

St. Austell Korev Cornish Lager - £4.60

4.8% ABV (500ml)

A combination of the finest barley malt grown in Cornwall along with classic hops help make this a wonderful beer which is pale in colour with a clean, crisp taste.

Budvar Lager - £2.50

0% ABV (284ml)

Guinness - £4.60

4.2% ABV (500ml)

The original and finest dark stout

WHITE WINES

Trebbiano 11% ABV (Italy)

Crisp, light & fresh Pinot Grigio

By the glass: (125ml) **£4.00** (175ml) **£5.00** (250ml) **£6.00** (Bottle) **£16.50**

Vinho Verde 11.5% ABV (Portugal)

An exciting & refreshing white wine. Excellent with salads or seafood

By the glass: (125ml) **£4.50** (175ml) **£5.75** (250ml) **£7.00** (Bottle) **£19.50**

Sauvignon Blanc 12.5% ABV (New Zealand)

Wow! Blast off with passion fruit, gooseberry & melon with intense depth of flavour & a very crisp finish.

By the glass: (125ml) **£5.00** (175ml) **£6.25** (250ml) **£8.00** (Bottle) **£22.50**

Chardonnay 13.5% ABV (California)

Smooth, creamy and delicately oaked - tropical aromas giving way upon a first sip to veiled flavours of ripe pears and baked green apples.

By the glass: (125ml) **£5.50** (175ml) **£6.75** (250ml) **£8.50** (Bottle) **£24.00**

RED WINES

Sangiovese 12% ABV (Italy)

Rich, red fruity flavour, Chianti style.

By the glass: (125ml) **£4.25** (175ml) **£5.25** (250ml) **£6.75** (Bottle) **£18.50**

Malbec 13.5% ABV (Argentina)

Deep & intense with aromas of plums, black cherries & forest berries.

By the glass: (125ml) **£5.00** (175ml) **£6.25** (250ml) **£8.00** (Bottle) **£22.50**

Menage A Trois Red 14% ABV (California)

An amazing blend of Zinfandel, Merlot & Cab Sauv expressing a fruity, jam like quality with a soft, spicy finish.

By the glass: (125ml) **£5.50** (175ml) **£6.75** (250ml) **£8.50** (Bottle) **£24.00**

CIDERS

Sharpe's Cold River Cider - 1/2pt - £2.80 / 1pt - £4.80

4.5% ABV (DRAUGHT)

Crystal clear, medium dry & lightly sparkling cold river gold cider delivers a wave of ocean cold refreshment.

Cornish Orchard Blush Cider - £4.80

4% ABV (500ml)

An exceptional, gently sparkling cider with the fruity aroma of fresh raspberries and a crisp, dessert apple finish.

A fruity, well balanced cider.

Cornish Orchard Vintage Cider - £5.20

7.2% ABV (500ml)

A connoisseur's cider - this is a classic, medium dry, lightly sparkling cider which is created from apples carefully selected for their soft tannins and traditional flavour.

ROSE WINES

Inkosi Rosé 13% ABV (South Africa)

A light and crispy Rose crammed with luscious summer strawberry fruit flavours

By the glass: (125ml) **£4.00** (175ml) **£5.00** (250ml) **£6.00** (Bottle) **£16.50**

Zinfandel Rosé 10.5% ABV (USA)

Quite the most delicious Rosé with a mix of watermelon & cherry with a very slight sweetness

By the glass: (125ml) **£4.50** (175ml) **£5.75** (250ml) **£7.00** (Bottle) **£19.50**

SPARKLING WINES

Prosecco Serenello Extra Dry 11% ABV (Italy)

Delicious aromas of apple & pear melt into a smooth & fresh taste on the palate

By the glass: (200ml) **£6.25** (Bottle) **£22.50**



FIZZY FRIDAYS - £19.50

Every Friday From 2.00pm
enjoy a chilled bottle of Prosecco (750ml)
with fresh strawberries for 2 to share





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Cocktails, Mocktails & Spirits

COCKTAILS - £7.50 EACH

ANY 2 COCKTAILS FOR JUST £12 - ALL DAY, EVERY DAY!

Peach Margarita

Peach juice, tequila & triple sec.

Pina Colada

Malibu, pineapple juice & coconut milk.

Turkish Espresso Martini

Curio Cardamom Vodka, Kahlua & espresso.

Mojito - The Classic

White rum fizz with lemon & mint

Peach Vodkarita

Vodka, Cointreau & Peach Schnapps with peach juice and a squeeze of lime.

Bloody Mary

A Cornish twist on this very understated cocktail - Knightor White Vermouth & Vodka, tomato juice, lemon, Worcester Sauce and black pepper.

Kir Royale

Prosecco with blackcurrant liqueur

Bellini

Archers Peach Schnapps, peach juice and Prosecco.

Cornish Gin Fizz

Knightor White Vermouth with Curio Gin, a splash of lemon juice topped up with Fever Tree Tonic.

Naughty Madagascar

Cornish Rum, raspberry & vanilla syrup with lime & pineapple juice.

Dark & Stormy

Dark Rum mixed with Ginger Beer & finished with a squeeze of lime.

Godfather No.7

Jack Daniels, Amaretto & Cola - a classic Jack!

Brandy Alexander

Martell Cognac, Kahlua & Baileys.

SPIRITS - 25ml / 50ml

Monin Blackcurrant Liqueur (16% ABV) - £2.00 / £3.00

Archers Peach Schnapps (21% ABV) - £2.75 / £4.00

Malibu (21% ABV) - £2.75 / £4.00

Knightor Vermouth Dry (15% ABV) - £2.75 / £4.00

Absolut Vodka (40% ABV) - £2.75 / £4.00

White Sambuca (38% ABV) - £2.75 / £4.00

Curio Gin (41% ABV) - £3.25 / £5.00

1800 Silver Blanco Tequila (38% ABV) - £3.50 / £5.50

Bacardi (37.5% ABV) - £2.75 / £4.00

Amaretto (20% ABV) - £2.75 / £4.00

Dead Mans Fingers Rum (37.5% ABV) - £2.75 / £4.00

Kraken Black Rum (40% ABV) - £3.25 / £5.00

Kahlua (20% ABV) - £2.75 / £4.00

Baileys (17% ABV) - £2.75 / £4.00

Tia Maria (20% ABV) - £2.75 / £4.00

Grand Marnier (40% ABV) - £3.25 / £5.00

Cointreau (40% ABV) - £3.25 / £5.00

Curio Cardamom Vodka (40% ABV) - £3.25 / £5.00

Jack Daniels (40% ABV) - £2.75 / £4.00

Jameson Whisky (40% ABV) - £3.00 / £4.50

Martell Cognac (40% ABV) - £3.50 / £5.50

Glenfiddich IPA Single Malt (43% ABV) - £4.00 / £6.50

MIXERS

Fever Tree Soda / Tonic Water Light (200ml) - £2.00

Fresh Orange / Peach Juice (200ml) - £3.00

Pineapple Juice / Tomato Juice (200ml) - £2.00

Coca Cola / Coke Zero / Sprite Zero (330ml) - £2.50

LIQUEUR COFFEES - £5.50 EACH

Irish Whiskey Coffee

Kahlua Coffee

Amaretto Liqueur Coffee

Dead Man's Fingers Coffee

Grand Marnier Coffee

Tia Maria Coffee

MEAD

(13% ABV approx)

By the glass (125ml) - £4.00 / Buy the bottle (50cl) - £14.50
Ninemaids Cornish Mead is made from fermented honey.
A versatile drink, it is perfect as an aperitif, can be drunk as a sherry or as a dessert wine would be!

MOCKTAILS - £4.00 EACH

Virgin Bellini

Grenadine, peach juice & lemonade.

Virgin Mary

Tomato juice, lemon, Worcester Sauce & black pepper.

Aromatic G & T

Bursting with Italian bitters and citric notes, a really refreshing take on the original.

Cuban Mojito

A totally gorgeous, low calorie, indulgent free Mojito cocktail inspired by the renowned Cuban highball.

Venetian Spritz

A spritz based on the classic Venetian beverage, a sweet yet dry, refreshing sundowner.

Dark & Stormy

A fiery, tongue tickling, low calorie, alcohol-free Dark & Stormy.

Raspberry Lemonade

Raspberries, lime, mint & Lemonade.