

## FAVOURITE BITES - Served until 11.30am

**Poached, Scrambled or Fried Eggs. - £6.50**  
2 eggs served on a slice of buttered toast **(vo) (gfo)**

### Breakfast Ciabatta - £6.50

*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)**

### Omelette - £7.95

with 2 eggs & cheese **(vo) (gfo)**

### Breakfast Omelette **(vo) (gfo)** - £10.95

*choose up to any 3 of the following Extras (usually £2 each)*  
*mushrooms, onion, chilli, ham, tomato, spinach, bacon.*

### Hellys Omelette - £10.95

with 2 eggs, cheese & hogs pudding.

### Omelette Royale - £11.95

2 eggs & cheese with hot smoked salmon

### Eggs Royale - £11.95 / Florentine **(vo)** - £10.95 / Benedict - £10.95

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 - £10.95

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

### Half English Breakfast - £6.95

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

### Veggie Breakfast **(gfo) (vo)** - £10.95

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

### Spinach & Feta Shakshuka **(gfo) (vo)** - £10.95

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

### Vegan Breakfast **(gfo) (vo)** - £10.95

grilled cheese, mushrooms, avocado & warm sunblushed  
tomatoes on sourdough toast.

### Breakfast Bap - £6.95

*(choose from one of the following options)*

smokey triple bacon **(gfo)** / mighty sausage /  
double egg & mushrooms **(vo) (gfo)** / mushrooms & avocado **(vo) (gfo)**

### Smoked Salmon, Cream Cheese & Chives Croissant - £7.50

#### Additional Extras;

toast (1), egg (1), beans, cheese - £1.50  
sausage, hogs pud, halloumi, feta, avocado - £3.00

## LIGHT BITES - Served all-day

### Toasted Tea Cake, Crumpets (2) or Toast **(gfo)** (2) - £3.50

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)** - £3.50

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

### \*Cornish Cream Tea - for one £6.75 / for two £12.50

### Patisseries & Home-made Cakes - As Priced

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



## 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)*

## POPULAR BITES - Served until 11.30am

### Hugo's Apple & Blueberry Porridge - £6.50 **(vo) (vo)\***

Additional toppings £2.00 each - Banana & Honey / Forest Fruits  
Toasted Hazlenuts & Syrup / Naughty Clotted Cream  
*(add £1.00 for non-dairy milk alternatives)\**

### Hugo's Granola Fruit Bowl **(gfo) (vo)** - £7.50

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. - **£8.95**

**Banoffee** - sliced banana, nuts & toffee sauce. - **£8.95**

**Naughty** - strawberries, chocolate sauce & whipped cream. - **£8.95**

### Hellys Pancake - £10.95

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

### Proper Melted Cheese on Toast **(gfo)** - £6.50

*thick cut toast loaded with Cornish cheese and seasoned  
toppings of perfection, choose from...*  
cheddar, tomatoes & lashings of Worcester sauce **(vo) (vo)**  
Cornish blue & spicy apricot chutney **(vo)**  
Cornish brie & hot chilli jam **(vo)**

**Hungry... why not add a 2nd slice of your choice for an extra £4.50!**

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

boiled egg served with buttered toast fingers  
**Single £4.25 / Double £6.50**

**(gfo)** - Gluten Free Option **(vo)** - Vegetarian Option **(vo)** - Vegan Option  
Please inform a member of staff if you require any of the above dietary options with your order



**Hellys**  
BISTRO  
BAR | CAFÉ

# Sunday Lunches & Salads

Served from 12pm - 3.30pm

## 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 £6.75 / For Two £12.50**

*(upgrade your Cream Tea with any drink of your choice for a small additional charge)*

### Cornish Pasty (vo) (vo) - £6.50

no messing - on its own!

Lavenders proper home-made Cornish pasty choose from Steak, Cheese & Mushroom (vo) Vegetable (vo) or Cauliflower & Turmeric (vo)

### Homity Pie (vo) - £13.50

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

### SOUP OF THE DAY - £6.25

served with warm ciabatta bread & butter

## SIDE DISHES (vo) (gfo)

Side Salad - £4.00

Proper Garlic Bread - £3.50

Proper Cheesy Garlic Bread - £4.00

Hand-Cut Potato Wedges - £3.50

Cheesy Potato Wedges - £4.00

Bread Basket for One - £3.00

## KIDS CORNER (under 12yrs old)

**Beans on Buttered Toast (1) (vo) (vo) (gfo) - £4.50**  
*(add £3.50 for an adults portion)*

**Cheesy Pitta Fingers (vo) (vo) (gfo) - £4.50**  
toasted pitta bread filled with melted cheese and a cucumber & tomato side

**Kids Pasta (vo) - £6.50**

with cheese and a herby tomato sauce

**Pizza Panini - £6.50**

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

**Fish Goujons - £8.50**

fish goujons (2) served with hand-cut potato wedges & baked beans.

## DELICIOUS SALADS (gfo)

**Caesar Salad (vo) - £8.95**

served with red onion, parmesan, crispy cos lettuce & hard boiled egg.  
*(add chicken - £4.00)*

**Mozzarella & Avocado (vo) - £11.95**

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

**Hellys Superfood Salad (vo) - £11.95**

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.

**Beef Steak Salad - £13.50**

served with red onion, avocado, parmesan & salad leaves drizzled with a wasabi & lime dressing & topped with a chipotle chilli mayo.

**Crab Salad - £17.50**

*(please see 'Grab a Crab' section above for details)*

## HELLYS MAINS

**Homemade Quiche (vo) (gfo) - £12.50**

served hot with our tasty house salads & garlic bread

**Macaroni Cheese (vo) - £11.50**

served with a slice of garlic bread  
*(add chopped, smoked bacon for £2.00 or try adding fresh white & brown crab meat for £5.00)*

**Oli Ravioli (vo) (vo) - £12.50**

homemade ravioli pasta of the day served with garlic bread

**Homemade Beef Lasagne - £13.50**

served hot with our tasty house salads & garlic bread.

**Homemade Pie of the Day - £13.50**

shortcrust pastry pie served with sauteed potatoes, seasonal veg & rich gravy.

**Hellys Fish Cakes - 13.50**

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

## 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.)*



WE OFFER A TABLE SERVICE ONLY SO PLEASE BROWSE OUR MENU AND WE WILL SERVE YOU AS SOON AS IS SAFELY POSSIBLE FOR US TO DO SO. TO HELP MINIMISE THE RISK OF CONTAMINATION, PLEASE AVOID TOUCHING ANYTHING UNNECESSARILY AND PLEASE LEAVE ALL CROCKERY, CUTLERY & GLASSES ON YOUR TABLE ONCE FINISHED. THANK YOU FOR YOUR CO-OPERATION.

Service charge not included. 20% of all gratuities will go towards a local charity of our choice. The remainder will be split equally between the employees working on the day.

*During busy periods there may be a slight wait as we serve fresh food as fast as we can - Not Fast Food! Many thanks, Hellys.*

*Although we will do our best we cannot guarantee the absence of nuts, seeds, dairy, egg, wheat or gluten from our menu.*

*Please let us know of any allergies you may have so that we can advise accordingly.*



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# Sunday Lunches & Snacks

Served from 12pm - 3.30pm

## TOASTED CIABATTAS (gfo) - £8.95

served with house slaw, rice salad, tortilla crisps & salsa.

### 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 for £2.00)

### Fresh Roast Meat Tiger Bap with Tatties & Gravy - £9.95

filled with one or more of today's hot roast meats - absolutely divine!

(add a large yorkshire for £2.00)

## GRAB A CRAB CORNER

### Crab Ciabatta (gfo) - £15.50

fresh Newlyn white & brown crab meat served in a toasted ciabatta with side salad & lemon mayo

### Crab Mac 'n' Cheese - £16.50

creamy macaroni with fresh white & brown crab meat in a rich, cheese sauce - served with a slice of garlic bread.

### Newlyn Crab Salad - £17.50

handpicked white crab meat served on a dressed, green salad with capers, sun-dried tomatoes, rice salad & lemon.

### Crab Linguine - £18.50

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

## SHARING PLATTERS

For One - £13.00 / To Share - £23.00 (same platter)

### Ploughmans Platter (gfo)

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

### Mediterranean Platter (vo) (vo) (gfo)

grilled vegetables, halloumi, feta, olives & sundried tomatoes served with salsa and a beetroot & horseradish relish with toasted pitta.

### Smoked Fish Platter (gfo)

today's smoked fish of the day served with lemon mayo, side salads & toasted pitta bread.

(add £2.00 / £4.00 supplement)

## LITTLE JACK HORNER'S HOMEMADE SAUSAGE ROLLS - £4.25

### Pork & Sage

### Pork & Smoked Chilli

### Pork & Seville Orange Marmalade

### Sweet Potato, Kale & Paprika (vo)



## LAZY SUNDAYS - £19.50

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 • Small £8.95 • Child\* £7.95 (\*under 12yrs old) • OAP £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 DAILY SPECIALS MENU

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

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