

BREAKFASTS - Served until 11.30am

Breakfast Bap - £5.95 choose from one of the following;

- smokey triple bacon (gfo) • mighty sausage • double egg & mushrooms (vo) (gfo) • mushrooms & avocado (vo) (gfo)

Breakfast Ciabatta - £5.50 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)

Hugo's Apple & Blueberry Porridge - £5.50 (vo) (vo)* Additional toppings £2.00 each (please ask staff)
(add £1.00 for non-dairy milk alternatives)*

Hugo's Granola Fruit Bowl (gfo) (vo) - £6.50

Smoked Salmon, Cream Cheese & Chives Croissant - £6.50

SNACKS & LUNCHES - Served from 12pm - 3.30pm

HOMEMADE SOUP OF THE DAY

Delicious homemade soup of the day served with toasted ciabatta - £5.25

HELLYS HEALTHY SALADS (gfo)

Caesar Salad (vo) - £7.95 (add chicken for £4.00)

Mozzarella, Warm Sun-dried Tomatoes, Avocado & Basil Pesto. (vo) - £10.95

Hellys Superfood Salad - £10.95 • Beef Steak Salad - £12.50 • Crab Salad - £POA

TOASTED CIABATTA (gfo) - £5.95

- Brie & Cranberry (vo) • Tuna Mayo, Red Onion and Cornish Cheddar Melt.
- The Classic - Ham & Cheddar Melt • Cajun Chicken, Red Onion & Cheddar Melt.
- Mozzarella, Sundried Tomatoes & Basil Pesto. (vo) (vo)

(add 2 rashers of smokey bacon to any ciabatta for £2.00)

Crab Ciabatta - £POA - fresh white & brown cornish crab meat with lemon mayo

FRESH TIGER BAPS (gfo)

- Cornish Cheddar Cheese & Chutney (vo) (vo) - £5.95 • Tuna Mayo & Red Onion - £5.95
- Free Range Egg Mayo & Chives (vo) - £5.95 • Ham & Cornish Cheddar Cheese & Chutney - £6.95
- Cajun Chicken & Mayo - £6.95 • Prawn Marie-Rose - £6.95

LITTLE JACK HORNER'S HOMEMADE SAUSAGE ROLLS - £4.25

- Pork & Sage • Pork & Smoked Chilli • Pork & Seville Orange Marmalade • Sweet Potato, Kale & Paprika (vo)

Cornish Pasties - £5.50 - choose from one of the following options;

- Steak • Cheese & Mushroom • Vegetable (vo) • Cauliflower & Turmeric (vo)

SIDE DISHES

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

Also available... please ask staff for details

Hellys Sunday Roast on the Coast!

DRINKS

HOT TEA - £2.50

HOT COFFEE

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

Single Espresso - £2.20 / Double Espresso - £2.50

Macchiato - £2.80 • 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

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 LATTE

Mocha - £3.40 • Loaded Mocha with Cream and Mellows - £4.00 • Chai Latte - £3.40 • Dirty Chai - £4.00

SYRUPS - £0.30

(choose from; caramel, hazelnut, vanilla, gingerbread or butterscotch)

SPECIALITY LATTES - £2.80

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

TURMERIC LATTE - a blend of golden turmeric & spices

PUMPKIN LATTE - a mellow blend of pumpkin & warming spices

BEETROOT LATTE - a unique blend of beetroot & warm spices

REFRESHING COLD SOFT DRINKS

Iced Teas (Kombucha) - £3.00

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

Lemon & Ginger / Berry Burst / Peach / Raspberry / Garden Mint / Organic White

Iced Coffees - £3.00 / Iced Chai Latte - £3.40

Fresh Orange / Apple Juice - £3.00 / Peach Juice - £2.50 / Pineapple / Tomato Juice - £2.00

Kids Cartons - £1.50 / Ice Cold Bottles / Ice Cold Cans (various flavours) - From £2.00

Still or Sparkling Water - 500ml £2.00 / 750ml £3.10

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

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

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.

Hellys

TAKEAWAY

'ROAST ON THE COAST'

12.00pm - 3.00pm

EVERY SUNDAY

Adult - £9.95 • Large Mixed - £10.95

Small - £7.95 • Child - £6.95 (under 12yrs old / OAP)

Hellys Bistro (Penzance)

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