



Hellys Breakfasts



SOMETHING LIGHT - Served all Day

Crumpets (2) or Thick Cut Toast (2) (gfo) - £3.00

served with butter and one spread (v) (vo)
(spreads - choose from jam, marmalade, honey, marmite, peanut butter (vo) or nutella (vo))

Plain Croissant - £2.50

(Add ham, chorizo or cheese for just £1 each)

Croissant & Jam / Pain au Chocolat / Pain au Raisin (v) £2.75

Just Porridge (v) (vo) - £3.50

Loaded Porridge (v) (vo) - £4.50

with a creamy berry (vo), nutty honey, maple syrup (vo) or naughty clotted cream.

Granola Fruit Pot (v) - £5.50 (gfo - Add 50p)

fresh fruits with coulis, granola, yoghurt & honey.

Pancakes (v)

3 fluffy pancakes served with one of the following;

The Classic - lemon & sugar - £5.00

Fruity - fresh fruits, yoghurt & coulis. - £6.50

Banoffee - sliced banana, nuts & toffee sauce. - £6.50

Naughty - fresh strawberries, nutella & whipped cream. - £6.50

American Style Pancake - £8.50

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

Large Hot Sausage Roll - £2.75

served with sauce

Breakfast Baps & Sandwiches

smokey bacon / sausage or double egg (v)

Bap - £4.00 / Sandwich - £5.00

BLT Sandwich - £6.00

smokey bacon, salad leaves, sliced tomato & mayo. (gfo)

Garlic Mushrooms - £5.50

served on thickly sliced toast (vo) (gfo)

Breakfast Panini / Toastie

Choose from one of the following;

hogs pudding, cheese & brown sauce. - £5.50

mushroom & cheddar melt (v) (gfo) - £5.50

sausage with perfect onion relish - £5.50

halloumi, spinach & roasted vegetables. (v) (gfo) - £5.50

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

Gluten Free bread available - add 50p (please ask staff)

SOMETHING BIGGER - Served until 2.00pm

Proper Melted Cheese on Toast

served with sliced tomatoes and Worcester Sauce (vo) (gfo)
1 slice - 4.50 / 2 slices - £7.50

Plain Omelette - £6.00

with 2 eggs & cheese (v) (gfo)

(Add; onion, ham, mushrooms, spinach or fresh chilli for £1.00 each.)

Hellys Omelette - £8.00

with 2 eggs, cheese & hogs pudding.

Royal / Arnold Bennett Omelette - £9.00

2 eggs & cheese with either smoked salmon or smoked haddock

Green Eggs - £8.50

2 poached eggs & country ham on buttered, sourdough toast, drizzled with warm green pesto - a must try!

Eggs Royale - £9 / Florentine (v) - £8 / Benedict - £8

2 poached eggs served on a buttered, toasted muffin with hollandaise sauce and a choice of either smoked salmon / halloumi with spinach (v) / smokey bacon

Poached, Scrambled or Fried Eggs. - £5.00

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

Smoked Salmon & Scrambled Eggs - £8.00

served on a buttered, toasted white muffin.

Full English Breakfast - £9.00

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

Half English Breakfast - £6.00

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

Veggie Breakfast Option 1 - £8.00

grilled halloumi, mushrooms, beans, tomato, 2 fried eggs & buttered toast. (v) (gfo)

Veggie Breakfast Option 2 - £8.00

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

Veggie Breakfast Option 3 - £8.00

avocado & crumbled feta on sourdough toast with 2 poached eggs (v)

Vegan Breakfast - £6.50

avocado & sunblushed tomatoes on sourdough toast (v)

(Add Extras; egg (1), mushrooms, cheddar cheese, beans £1.50 each sausage, bacon (2), halloumi, hogs pud, cherry tomatoes £2.00 each, avocado £2.50, smoked salmon £3.00.)

IF SEATED OUTSIDE THEN PLEASE PLACE YOUR ORDER AT THE COUNTER. WE OFFER A TABLE SERVICE FOR THOSE SITTING INDOORS. THANK YOU.

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.



Hellys Snacks



SOMETHING LIGHT - Served all Day

Patisseries & Home-made Cakes - As Priced
(please see counter display) (v) (gfo)

Toasted Tea Cake & Butter (v) - £2.50

Home-made Fruit or Plain Scone & Butter (v) - £2.50
(add clotted cream, jam or extra butter for 50p each.) (v)

Home-made Savoury Cheese Scone & Butter (v) - £2.50

Cornish Cream Tea

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

For One £5.50 / For Two £10.00

Savoury Tea

home-made cheese scone, cheddar, chutney,
salad & a pot of English Breakfast tea. (v)

For One £8.00 / For Two £15.00

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

The Truffler (v) - £8.00

baked Cornish brie oven baked with honey & nuts, served hot
with toasted pitta fingers and home green salad. (v) (gfo)

Anytime Tea (min. 2 people) - £15.00 Per Person

a pot of tea served with a wide selection of freshly prepared
finger sandwiches, home-made quiche, finger cakes & scones
with proper clotted cream & jam.

*Why not totally relax and enjoy with a glass or two of our
Di Maria Prosecco (11% ABV Italy) - 20cl glass £6.95*

Soup of the Day - £5.50

served with fresh, buttered bread.

(choose from fresh white, granary or (gf - add 50p) bread)

Sides

Side Salad (v) (vo) (gfo) - £3.50

Proper Garlic Bread (v) (vo) (gfo) - £3.50

Proper Cheesy Garlic Bread (v) (gfo) - £4.50

Homemade Potato Wedges (v) (gfo) - £3.50

Cheesy Potato Wedges (v) (gfo) - £4.50

Olives (v) (vo) (gfo) - £3.50

a generous bowl from the Cornish Olive Co.

Focaccia Bread (v) (vo)

served with olives, houmous & dipping oils.

For One £5.00 / To Share £7.50

DELICIOUS SALADS - Served from 11.00am

Salads (gfo)

this is a selection of today's freshly prepared salads
served with one of the following;

Just Salad (v) (vo) - £7.00

(add; ham, tuna mayo or boiled egg for £1.50.)

Coronation Chicken - £9.50

chicken breast cooked in a lightly spiced, fruity seasoning,
served cold with our house salads.

Smoked Chicken & Avocado - £9.50

served with mango & chilli dressing

Greek Salad - £9.50

olives, avocado, sun-dried tomatoes & feta cheese. (v)

Mozzarella, Sun-dried Tomatoes, Avocado & Basil Pesto. (v) - £9.50

Smoked Flaked Mackerel - £9.50

mixed with spring onions & lemon mayo and served
with our house salads (gfo)

CHILDREN'S APPETITES - Served all Day

Dippy Egg & Soldiers

boiled egg served with buttered toast fingers (v) (gfo)

Single 3.50 / Double £5.00

Beans on Buttered Toast (1) - £3.50

(add £2.00 for an adults portion) (v) (vo) (gfo)

Pitta Fingers - £3.50

toasted pitta bread served with houmous
and a cucumber & tomato side (v) (gfo)

Cheesy Pitta Fingers - £3.50

toasted pitta bread filled with melted cheese
and a cucumber & tomato side (v) (gfo)

Children's Meal - £5.00

any children's sandwich served with crisps, fruit snack pot,
chocolate bar and any juice carton or milk. (gfo)

Ham, Fried Egg, Beans & Potato Wedges. (gfo) - £6.50

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

All our eggs are free range and sourced locally. **Gluten Free** bread available -
add 50p (please ask staff)

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between the employees working on the day.

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Hellys Lunches



ALL SERVED WITH PROPER HOME-MADE SALAD GARNISHES - SERVED FROM 11.00AM

Please let us know if you'd prefer any alternative fillings to any of the favourites listed below and we will do our best to accommodate you.

Toasted Panini / Toasted Sandwiches (gfo)

choose from one of the following fillings;

Cornish Brie & Cranberry (v) - £7.50

**Mature Cornish Cheddar Cheese
& Caramelised Onion Chutney (v) - £7.50**

Tuna & Cornish Cheddar Melt - £7.50

The Classic - Ham & Cornish Cheddar Melt - £7.50

Smoked Chicken, Red Onion & Cornish Cheddar Melt - £8.50

BBQ Pulled Pork & Cornish Cheddar Melt - £8.50

Chorizo & Cornish Cheddar Cheese Melt - £7.50

Feta Cheese & Spicy Apricot Chutney (v) - £7.50

Spicy Plum Sun Blush Tomato & Halloumi (v) - £7.50

Mozzarella, Sundried Tomatoes & Basil Pesto. (v) - £7.50

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

Fresh Sandwiches (gfo) / Flatbreads

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

Ham, Tomato & Mustard. - £7.50

Cornish Cheddar Cheese & Piccalilli Relish (v) - £7.50

Tuna Mayo - £7.50

Free Range Egg Mayo & Cress (v) - £7.50

Ham & Cornish Cheddar Cheese & Chutney - £8.00

Houmous, Sliced Tomatoes & Peashoots. (v) (vo) - £7.00

Smoked Chicken, Bacon, Avocado & Mayo. - £9.00

Coronation Chicken - £8.50

Prawn Marie-Rose - £8.50

Smoked Mackerel, Onion & Lemon Mayo. - £8.50

Crab - Fresh Newlyn White Crab Meat

(See Specials Board for prices / availability)

Pizza Panini (v) - £7.50

*toasted panini smothered in a pizza base sauce
& melted cheese.*

*(Add; ham / mushrooms / chorizo /
onion / jalapenos for £1.00 each)*

BBQ Pulled Pork Pizza Panini - £9.50

Bad Boy Beans on Sourdough Toast (v) (gfo) - £6.50

*homemade cumin spiced mixed beans with coriander
served warm on sourdough toast - a Hellys favourite!
(Try adding smokey bacon for an extra kick for just £2.00 extra)*

Jacket Potatoes (gfo)

all served with proper homemade salad garnishes

Plain Jacket Potato (v) (vo) - £6.50

Tuna Mayo - £8.00

Cheese & Baked Beans (v) - £8.00

Brie and Cranberry (v) - £8.50

Garlic Mushrooms (v) (vo) - £8.00

Prawn Marie-Rose - £9.00

Avocado & Cooked Cherry Tomatoes (v) (vo) - £8.50

Coronation Chicken - £9.00

Smoked Mackerel, Onion & Lemon Mayo. - £9.00

Bacon, Hogs Pudding & Beans. - £9.50

Newlyn Dressed Crab Salad (gfo)

*fresh dressed white & brown crab meat, served with freshly
prepared house salads & thick buttered bread. - simply perfect!*

(See Specials Board for prices / availability)

Ploughmans (gfo) - £9.50

*cheese (v), ham or mixed ploughmans served with pork pie,
salads, chutney, pickles & fresh bread.*

Cornish Pasty (vo) - £8.50

*proper home-made Cornish pasty served with house salads
or beans & potato wedges*

Homemade Pie / Quiche (gfo) / Frittata - £9.50

served hot with our tasty house salads -

please see our Specials Board for today's choices!

Ham, 2 Fried Eggs & Homemade Potato Wedges. - £8.50

Homemade Beef Lasagne / Lamb Mousaka - £10.50

served hot with our tasty house salads & garlic bread.

Chilli Con Carne (gfo) - £9.50

*served hot in a jacket potato topped with sour cream,
cheese & jalapeno peppers (optional).*

Mediterranean Platter (v) (vo) (gfo)

*houmous, feta, olives, sundried tomatoes & homemade salads
served with toasted pitta fingers.*

For One £9.00 / For Two £16.00

Meat Platter (gfo)

*local ham, chorizo, pork pie, olives, pickles & homemade salads
served with buttered bread.*

For One £10.00 / For Two £18.00

**Smoked Salmon, Prawns, Mackerel,
Anchovies & Avocado Platter (gfo)**

served with salad, buttered bread & dips.

For One £12.50 / For Two £22.00