



# Hellys Breakfasts



## SOMETHING LIGHT - Served all day

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

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

### Croissant (vo) / Bagel (vo) - £3.50

served hot with either; cheese, ham, mushrooms or chorizo  
(Extras £1.00 each)

### Smoked Salmon, Cream Cheese & Chives Croissant / Bagel - £6.50

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

### Just Porridge (vo) (vo) - £4.50

### Loaded Porridge (vo) (vo) - £6.50

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

### Granola Fruit Bowl (gfo) (vo) - £6.50

fresh fruits with coulis, granola, yoghurt & honey.

### Pancakes (vo)

3 fluffy pancakes served with one of the following;

The Classic - lemon & sugar - £5.50

Fruity - fresh fruits, yoghurt & coulis. - £7.50

Banoffee - sliced banana, nuts & toffee sauce. - £7.50

Naughty - fresh strawberries, nutella & whipped cream. - £7.50

### American Style Pancake - £9.00

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

### Breakfast Baps & Sandwiches

smokey bacon / sausage or double egg (vo)

Bap - £5.00 / Sandwich - £6.00

### BLT Sandwich - £7.00

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

### Garlic Mushrooms - £7.00

served on thickly sliced toast (vo) (gfo)

### Breakfast Panini / Toastie

Choose from one of the following;

hogs pudding, cheese & brown sauce. - £6.00

sausage with perfect onion relish - £6.00

halloumi, spinach & roasted vegetables. (vo) (gfo) (vo) - £6.00

## SOMETHING BIGGER - Served until 2.00pm

### Proper Melted Cheese on Toast

served with sliced tomatoes and Worcester Sauce (vo) (gfo)  
1 slice - £5.50 / 2 slices - £9.50

### Plain Omelette - £7.00

with 2 eggs & cheese (vo) (gfo)

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

### Hellys Omelette - £9.50

with 2 eggs, cheese & hogs pudding.

### Royale Omelette - £10.50

2 eggs & cheese with smoked salmon

### Green Eggs - £9.50

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

### Eggs Royale - £11.50 / Florentine (vo) - £10.00 / Benedict - £10.00

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

### Poached, Scrambled or Fried Eggs. - £6.50

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

### Smoked Salmon & Scrambled Eggs - £11.50

served on a buttered, toasted white muffin.

### Full English Breakfast - £10.50

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 - £7.00

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

### Veggie Breakfast Option 1 - £10.00

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

### Veggie Breakfast Option 2 - £10.00

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

### Vegan Breakfast - £9.00

avocado & warm sunblushed tomatoes on sourdough toast (vo)

(Add Extras; egg (1), mushrooms, cheddar cheese,  
beans, spinach £1.50 each

sausage, bacon (2), halloumi, hogs pud, cherry tomatoes £2.50 each,  
avocado £2.50, smoked salmon £3.50.)

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

Hellys Tea Room (Helston)

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# Hellys Snacks & Salads



## SOMETHING LIGHT - Served all day

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

**Toasted Tea Cake & Butter (vo) - £2.75**

**Home-made Plain, Fruit or Cheese Scone & Butter (vo) - £3.00**  
(add clotted cream, jam or extra butter for 60p each.)

### Cornish Cream Tea

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

**For One £6.00 / For Two £11.00**

### Savoury Tea

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

**For One £8.50 / For Two £15.00**

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

### Hellys High 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.

### Soup of the Day - £5.50

served with fresh, buttered bread.

## SIDE DISHES - Served all day

**Side Salad (vo) (vo) (gfo) - £3.75**

**Proper Garlic Bread (vo) (vo) (gfo) - £3.75**

**Proper Cheesy Garlic Bread (vo) (gfo) - £4.25**

**Homemade Potato Wedges (vo) (gfo) - £3.75**

**Cheesy Potato Wedges (vo) (gfo) - £4.25**

**Olive Pot (vo) (vo) (gfo) - £3.75**

a generous bowl from the Cornish Olive Co.

**Focaccia Bread Basket (vo) (vo)**

served with olives, houmous & dipping oils.

**For One £5.50 / To Share £9.00**

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

## DELICIOUS SALADS - Served from 11.00am

### Chefs Homemade Salad Selection (gfo)

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

**Just Salad (vo) (vo) - £7.00**

*(add; cheese, ham, tuna mayo or boiled egg (2) for £2.00.)*

**Coronation Chicken - £10.50**

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

**Smoked Chicken & Avocado - £11.50** (add bacon (2) for £2.50)  
served with mango & chilli dressing

**Chicken Caesar Salad - £10.50**

served with anchovies, croutons, parmesan & caesar dressing.

**Mozzarella, Warm Sun-dried Tomatoes,  
Avocado & Basil Pesto. (vo) - £10.50**

**Prawn Marie-Rose Salad (gfo) - £10.50**

succulent, fresh Atlantic prawns coated in our homemade Marie-  
Rose Sauce, served cold with our chefs homemade house salads.

**Smoked Flaked Mackerel - £11.50**

mixed with spring onions & mayo and served with our chefs  
homemade house salads and a lemon wedge **(gfo)**

**Newlyn Fresh Crab Salad (gfo) - £15.50**

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

## CHILDREN'S APPETITES - Served all day

### Dippy Egg & Soldiers

boiled egg served with buttered toast fingers **(vo) (gfo)**  
**Single £4.00 / Double £6.50**

**Beans on Buttered Toast (1) - £4.00**

(add £2.50 for an adults portion) **(vo) (vo) (gfo)**

**Pitta Fingers - £4.00**

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

**Cheesy Pitta Fingers - £4.00**

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

**Children's Meal - £6.00**

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) - £7.50**

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# Hellys Lunches



## ALL SERVED WITH CHEFS 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 (vo) - £8.75**

**Mature Cornish Cheddar Cheese  
& Caramelised Onion Chutney (vo) - £8.75**

**Mushroom & Cheddar Melt (vo) (gfo) - £8.75**

**Tuna & Cornish Cheddar Melt - £8.75**

**The Classic - Ham & Cornish Cheddar Melt - £8.75**

**Smoked Chicken, Red Onion & Cornish Cheddar Melt - £9.75**

**BBQ Pulled Pork & Cornish Cheddar Melt - £9.75**

**Chorizo & Cornish Cheddar Cheese Melt - £8.75**

**Spicy Plum Sun Blush Tomato & Halloumi (vo) - £8.75**

**Mozzarella, Sundried Tomatoes & Basil Pesto. (vo) - £8.75**

*(add 2 rashers of bacon to any Panini / Toasted Sandwich for £2.50)*

### Fresh Sandwiches (gfo) / Flatbreads

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

**Ham, Tomato & Mustard. - £8.50**

**Cornish Cheddar Cheese & Piccalilli Relish (vo) - £8.50**

**Tuna Mayo - £8.50**

**Free Range Egg Mayo & Cress (vo) - £8.50**

**Ham & Cornish Cheddar Cheese & Chutney - £9.50**

**Houmous, Sliced Tomatoes & Peashoots. (vo) (vo) - £8.50**

**Smoked Chicken, Bacon, Avocado & Mayo. - £10.50**

**Coronation Chicken - £9.50**

**Prawn Marie-Rose - £9.50**

**Smoked Mackerel, Onion & Lemon Mayo. - £9.50**

**Crab - Fresh Newlyn White Crab Meat - £13.50**

## JULIE'S HOMEMADE SAUSAGE ROLLS

*A perfect light lunch or brunch - enjoy one of our very own  
chefs homemade sausage rolls with a selection of todays  
delightfully fresh salads for that perfect snack!*

**Traditional Pork - £8.00**

**Pork, Honey & Mustard. - £8.50**

**Pork, Cheddar & Marmite. - £8.50**

**Mexicano - £8.50**

**Sweet Potato, Chickpea & Spinach. (vo) - £8.50**

### Jacket Potatoes (gfo)

*all served with proper homemade salad garnishes*

**Plain Jacket Potato (vo) (vo) - £8.00**

**Tuna Mayo - £9.50**

**Cheese & Baked Beans (vo) - £9.50**

**Brie and Cranberry (vo) - £9.50**

**Garlic Mushrooms (vo) (vo) - £9.50**

**Prawn Marie-Rose - £10.50**

**Avocado & Cooked Cherry Tomatoes (vo) (vo) - £9.50**

**Coronation Chicken - £10.50**

**Smoked Mackerel, Onion & Mayo. - £10.50**

**Bacon, Hogs Pudding & Beans. - £11.50**

### Ploughmans (gfo) - £11.50

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

### Cornish Pasty (vo) - £9.50

proper home-made Lavenders Cornish pasty served with house  
salads or potato wedges and green salad

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

served hot with our tasty house salads -

please see our Specials Board for today's choices!

### Pennys Homemade Pies (vo) (vo) & Savoury Tarts (vo) - £9.50

served hot or cold with a selection of chefs homemade salads -  
please see our Specials Board for today's choices!

### Ham, 2 Fried Eggs & Homemade Potato Wedges. (gfo) - £10.00

### Homemade Beef Lasagne - £10.50

served hot with our tasty house salads & garlic bread.

### Chilli Con Carne (gfo) - £11.00

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

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

houmous, grilled Halloumi, olives, warm sundried tomatoes  
& chefs homemade salads served with toasted pitta fingers.

**For One £10.50 / For Two £19.50**

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

served with chefs homemade salad, buttered bread & dips.

**For One £13.50 / For Two £25.00**

**For One £13.50 / For Two £25.00**

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

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