

Hellys Deli Bar Cafe (Penzance)

Unit 15 • Wharfside Shopping Centre Penzance • TR18 2GB T: 01736 361222 E: hellystearoom@gmail.com

Open Saturdays & Sundays 9am-2pm



Hellys Takeaway Menu

Hellys Breakfasts & Snacks



SERVED ALL DAY

Crumpets (2) (vo) or Thick Cut Toast (2) (gfo) (vo) (vo) - £2.50

Croissant (vo) / Bagel (vo) served hot with either; cheese, ham, mushrooms or chorizo - £2.75
(Extras 50p each)

Smoked Salmon, Cream Cheese & Chives Croissant / Bagel - £3.75

Croissant & Jam / Pain au Chocolat / Pain au Raisin (vo) - £2.25

Just Porridge (vo) (vo) - £2.75

Loaded Porridge (vo) (vo) - £3.50

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

Granola Fruit Pot (vo) - £3.50

fresh fruits with coulis, granola, yoghurt & honey.

Smokey Bacon / Mighty Sausage or Double Egg (vo) Bap - £3.50 / Sandwich - £4.00

(Add extras; sausage, bacon (2), halloumi, hogs pudding, avocado - £1.50 each)

Breakfast Panini / Toastie

hogs pudding, cheese & brown sauce. - **£4.50**

mushroom & cheddar melt (vo) (gfo) - **£4.00**

sausage with perfect onion relish - **£4.50**

halloumi, spinach & roasted vegetables. (vo) (gfo) (vo) - **£4.50**

HELLYS OMELETTE WRAPS

2 Eggs Cheese Omelette Wrap - served perfectly in a light, super soft deli wrap. (vo) - **£4.50**

Add extras; ham, mushrooms, chorizo, tomato, spinach, onion, chilli, extra cheese, extra egg - 50p each

Hellys Hogs Pudding Omelette Wrap - £5.50

Smoked Salmon Omelette Wrap - £5.50

SCONES / LIGHT SNACKS

Toasted Tea Cake & Butter (vo) - £2.00

Homemade Plain, Fruit or Cheese Scone & Butter (vo) - £2.00

Cornish Cream Tea For One (vo) - £4.50

SIDE DISHES

Side Salad (vo) (vo) (gfo) - £3.00 / Olives (vo) (vo) (gfo) - £3.00

Garlic Bread - £3.00 / Cheesy Garlic Bread (vo) (vo) (gfo) - £3.50

Homemade Potato Wedges (vo) (gfo) - £3.00 / Cheesy Potato Wedges (vo) (gfo) - £3.50

CHILDREN'S APPETITES - Served all day

Toasted Pitta Fingers - £3.00 (served with houmous and a cucumber & tomato side) (vo) (gfo)

Toasted Cheesy Pitta Fingers - £3.00 (served with a cucumber & tomato side) (vo) (gfo)

Children's Meal - £4.50

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



Hellys Snacks & Lunches



HOMEMADE SOUP OF THE DAY - SERVED ALL DAY

Delicious homemade soup of the day served with fresh, buttered bread. - £4.50

HELLYS HEALTHY SALADS (gfo) - Served from 11.00am

Just Salad (vo) (vo) - £4.50 (add; ham, tuna mayo, cheese or boiled egg for £1.00.)

Smoked Chicken & Avocado - £6.95

Greek Salad (vo) - £6.95 / Chicken Caesar Salad (vo) - £6.95

Mozzarella, Sun-dried Tomatoes, Avocado & Basil Pesto. (vo) - £6.95

Smoked Flaked Mackerel (gfo) - £6.95

Crab - Fresh Newlyn Crab Salad - £9.95

PANINI / TOASTIES (gfo) - Served from 11.00am

Cornish Brie & Cranberry (vo) - £4.00

Mature Cornish Cheddar Cheese & Caramelised Onion Chutney (vo) - £4.00

Tuna & Cornish Cheddar Melt - £4.00

The Classic - Ham & Cornish Cheddar Melt - £4.00

Smoked Chicken, Red Onion & Cornish Cheddar Melt - £5.00

BBQ Pulled Pork & Cornish Cheddar Melt - £5.00

Chorizo & Cornish Cheddar Cheese Melt - £4.00

Spicy Plum Sun Blush Tomato & Halloumi (vo) - £4.00

Mozzarella, Sundried Tomatoes & Basil Pesto. (vo) - £4.00

(add 2 rashers of bacon to any Panini / Toasted Sandwich for £1.50)

FRESH SANDWICHES (gfo) / FLATBREADS - Served from 11.00am

choose from fresh white, granary or bread, white or wholemeal flatbreads.

Ham, Tomato & Mustard. - £3.50

Cornish Cheddar Cheese & Chutney (vo) - £3.50

Tuna Mayo - £3.50

Free Range Egg Mayo & Cress (vo) - £3.50

Ham & Cornish Cheddar Cheese & Chutney - £4.00

Houmous, Sliced Tomatoes & Peashoots. (vo) (vo) - £3.50

Smoked Chicken, Bacon, Avocado & Mayo. - £5.00

Prawn Marie-Rose - £4.50

BLT Sandwich - £4.50

Smoked Mackerel, Onion & Mayo. - £5.00

Smoked Salmon, Cream Cheese & Chives - £5.00

Crab - Fresh Newlyn White Crab Meat - £8.25

JACKET POTATOES (gfo) - Served from 11.00am

Plain Jacket Potato (vo) (vo) - £3.00 / Tuna Mayo - £4.50 / Cheese & Baked Beans (vo) - £4.50

Garlic Mushrooms (vo) (vo) - £4.50 / Brie and Cranberry (vo) - £5.00 / Chilli Con Carne (vo) - £6.00

Avocado & Cooked Cherry Tomatoes (vo) (vo) - £5.00 / Prawn Marie-Rose - £5.50

Smoked Mackerel, Onion & Mayo. - £5.50 / Bacon, Hogs Pudding & Beans. - £6.00



Hellys Snacks & Lunches



SERVED FROM 11.00AM

Cornish Pasties (vo) - £4.25 • Homity Pie (vo) / Quiche (gfo) (vo) / Frittata (gfo) (vo) - 4.50
Homemade Beef Lasagne / Lamb Mousaka - £4.95
Homemade Scotch Eggs (vo) - £2.75
Penny's Pies (vo) (vo) & Savoury Tarts (vo) - £3.75

JULIE'S HOMEMADE SAUSAGE ROLLS

Traditional Pork - £3.25
Pork, Honey & Mustard. - £3.50
Pork, Cheddar & Marmite. - £3.50
Chicken, Chorizo & Garlic. - £3.75
Sweet Potato, Chickpea & Spinach. (vo) - £3.50

Hellys Drinks

HOT DRINKS

Tea (We traditionally use the finest selection of Cornish Teas)
English Breakfast - £1.60 / Earl Grey, Herbal, Fruit or Decaff - £1.80

Coffee - Small / Regular (Freshly ground knockout coffee, roasted locally at Olfactory in Penryn.)
(add 20p for Decaff Coffee / Non-Dairy Milk alternatives)
All hot drinks will be made as a 'Regular' size unless requested otherwise

Espresso / Macchiato - £1.60 / £2.20 • Americano - £2.00 / £2.60 • Cappuccino - £2.20 / £2.80
Latte - £2.20 / £2.80 • Cortado / Flat White - £2.60 • Caffè Lungo - £2.60
Mocha - £2.80 / £3.40 • Chai Latte - £2.60 / £3.20

Syrups - £0.30 (choose from; caramel, hazelnut, vanilla, gingerbread, butterscotch, coconut, cherry, zesty orange.)

Just Hot Chocolate - £2.60 / 3.20 • Loaded Hot Chocolate with Cream and Mellows - £3.20 / 3.80

REFRESHING COLD SOFT DRINKS

Iced Tea (various flavours) - £2.30 / Iced Coffee Latte - £2.30 / Iced Chai Latte - £2.60
Fresh Orange Juice / Apple Juice - £2.20 / Cherry or Lime Soda - £1.60
Ice Cold Bottles (various flavours) - £2.00 / Ice Cold Cans (various flavours) - £1.60
Still or Sparkling Water - 250ml £1.30 / 750ml £3.00

HELLYS SMOOTHIES / MILKSHAKES

Fruit Hit Smoothies (various flavours / vegan) - £3.00

Milkshakes (various flavours) - £3.75...try it loaded with cream and all the toppings - delicious! - £4.50
Vegan Milkshakes (Soya, Oat or Coconut Milk) - £4.25 / Hokey Heaven Ice Cream Sundae - £5.50

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