

HERON INN

MALPAS

Scan the QR code to order and pay from your table.
We will then bring your food and drink to you.



NIBBLES

Marinated Pitted Olives v gf - £5.00

Bread, Oils & Balsamic gf* v - £5.00

Crispy Whitebait with Tuna Dip gf - £5.00

Hummus & Warm Bread gf* vg - £5.00

Tapenade & Rosemary Crostini gf* - £5.00

SMALL PLATES

Soup of the Day - £7.00
Bread & Cornish butter

Sashimi Squid - £11.00
Citrus ponzu & lime

Padrón Peppers vg v gf - £8.00
Blistered peppers & ajo blanco sauce (almonds, garlic, red wine vinegar & olive oil)

Classic Devilled Kidneys gf* - £11.00
Wild mushrooms, sherry, Worcester, mustard & charred sourdough

Tarquin's Gin & Beetroot Cured Salmon gf* - £11.00
Labneh, pickled walnuts, beetroot & crostini

Hogs Pudding Scotch Egg - £8.00
St Ewe free-range egg, homemade piccalilli

Proper Cornish Rarebit - £9.00
Proper job, Cornish yarg & tomato chutney

Vegan Scallops gf - £8.00
Oyster mushrooms, truffled pea puree, crispy vegan bacon, rocket & skinny fries

Cornish Moules - £8.50
White wine, garlic, parsley, shallots & cream with dipping bread

gf - gluten free | **gf*** - gluten free with slight adjustment
v - vegetarian | **vg** - vegan

All our allergen information is recorded and available upon request. Please let your server know about any allergen or intolerance you may have and we will be able to provide information on our ingredients. We take steps to minimise the risk of cross-contamination when preparing your food, however we do not have specific allergen-free zones in our kitchen and it is therefore not possible for us to fully guarantee separation of all allergens. If you would like further information on our preparation methods, please ask one of our team members.

MAINS

Cornish Inspired Paella gf* - £21.00 | £39.00 to share
Saffron rice, chorizo, monkfish, cod, prawns, crevettes, mussels, white wine, parsley & charred lemon

Market Fish of the Day gf* - £POA
Roasted vegetables, confit potatoes, cauliflower purée & caper butter

Heron Seafood Chowder - £19.00
Potato, pancetta, monkfish, prawns, mussels, crevettes, cod, sweetcorn with charred focaccia

Beer Battered Cod gf* - £17.00/£12.00
Tribute ale batter, chunky chips, garden peas, lemon and tartare sauce

Wholetail Scampi - £17.00/£12.00
Chunky chips, garden peas, lemon and tartare sauce

Flat Iron Steak gf - £20.00
Served medium rare, truffle & Parmesan fries, chimichurri, cheesemans salad & roasted tomato

Local Beef Bourguignon gf - £18.00
Pancetta, silverskin onions, red wine, thyme, colcannon.

Cornish Moules & Frites gf* - £21.00
White wine, garlic, parsley, shallots, cream with skinny fries and dipping bread.

Chargrilled 7oz Beef Burger gf* - £16.50
Toasted bun, steaky bacon, Cornish Yarg, chunky chips & homemade burger sauce
[Upgrade to an extra burger patty £4](#)

Crispy Korean Chicken Burger - £16.50
Toasted bun, kimchi slaw, skinny fries & Korean barbecue sauce

Roasted Vegetable Paella vg gf* - £17.00
Saffron rice, aubergines, courgettes, peppers, olives, sun-blushed tomato

Jerk Tempeh Bowl vg - £17.00
Baby corn, black bean, carrot, rice, coriander & mango dressing

Tempura Vegetables vg gf* - £17.50
Sesame, soy, ginger dip with Asian salad

SHARERS

Fish Platter - £39.00 or £19.50 for one
West Country mussels, monkfish goujons, smoked mackerel, Tarquin's gin & beetroot cured salmon, crevettes, sashimi squid, whitebait, labneh, ponzu & lime and warm sourdough

Antipasti Sharer gf* - £34.00 or £17.00 for one
Serrano ham, coppa ham, chorizo, manchego, anchovies, olives, sun-blushed tomato, pickled vegetables, roasted red pepper hummus, tapenade & warm sourdough.

SIDES

Chunky Chips v gf - £5.00

Cheesy Chips v gf - £6.00

Skinny Fries v gf* - £4.50

Posh Fries - £6.00
Truffle & Parmesan

Bread & Cornish Butter v gf* - £3.00

Garlic Focaccia v - £4.00

With cheese - £5.00

Dressed Salad v gf* - £4.00

CHILDREN'S

Cheese Burger gf* - £7.00
Skinny fries

Cod Fingers gf* - £7.00
Skinny fries and peas

Mini Mussels gf* - £7.00
Fresh bread

Pork Sausages - £ 7.00
Skinny fries and peas

Mac 'n' Cheese - £7.00
Toasted garlic bread

CHILDREN'S DESSERTS

Mini Sticky Toffee Pudding - £4.00
Vanilla ice cream and butterscotch sauce

Duo of Treleavans Ice Cream - £4.00
Chocolate, strawberry & vanilla

SANDWICHES

Available from 12pm to 5pm
White or granary bread with dressed salad and Burt's sea salt crisps. Gluten free rolls available on request.
Add skinny fries to your sandwich for £3.00

Beer Battered Cod Fingers gf* - £11.00
Gem lettuce, lemon and tartare sauce

Brie & Cranberry v gf* - £9.00
Add grilled bacon for £2.00

Bacon, Lettuce & Tomato gf* - £10.00
Mayonnaise

Roasted Red Pepper Hummus v gf* - £8.95
Tomato and rocket

Heron Club gf* - £11.00
Chicken, bacon, tomato, mayo, toasted bread

Honey Roasted Ham gf* - £9.00
Piccalilli



**CORNWALL
GOOD
SEAFOOD
GUIDE**

We are proud to support our fishing industry and where possible only buy local seafood recommended as sustainable by Cornwall Good Seafood Guide.
www.cornwallgoodseafoodguide.org.uk



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BEERS & CIDER

St Austell Brewery Korev Lager - £5.40

Poretti - £5.80

Estrella - £6.20

Peach Jubel - £6.90

Guinness - £5.10

St Austell Brewery Tribute Pale Ale - £4.40

St Austell Brewery Proper Job IPA - £4.60

Harbour Brewing Co. Arctic Sky IPA - £5.45

Lucky Saint 0.5% - £5.85

Rattler - £5.10

Rattler Mango - £5.85

Rattler 0% - £5.10

Cornish Orchards - £5.85

Gold, Pear, Elderflower & Raspberry

Crabbies Ginger Beer - £5.45

Sol - £4.40

Heineken 0% - £3.40

Adnams Ghost Ship 0% - £5.20

GINS

Tarquin's Dry - £4.35

Tarquin's Strawberry & Lime - £4.45

Tarquin's Rhubarb & Raspberry - £4.45

Tarquin's Blood Orange - £4.45

Tarquin's Peach & Passion Fruit - £4.45

Bombay Sapphire - £3.70

RUMS

Rumbullion Vanilla & Orange Spiced - £4.40

Kraken Black Spiced - £3.75

Tarquin's Twin Fin Citrus & Banana - £3.85

Havana 3yr Old - £3.75

Koko Kanu Coconut - £3.65

WHITE WINE

Azabache Blanco (1) vg

Rioja, Spain

Bottle £23.00 - 175ml £6.00 - 250ml £8.25

Agustinos Estate Pinot Gris (2) vg

Bío Bío Valley, Chile

Bottle £25.50 - 175ml £6.50 - 250ml £9.00

Acquae Picpoul de Pinet (1) vg

Languedoc, South of France

Bottle £32.00 - 175ml £8.00 - 250ml £11.25

Esk Valley Sauvignon Blanc (1) vg

Marlborough, New Zealand

Bottle £34.50 - 175ml £8.50 - 250ml £11.75

Knightor Carpe Diem White (1) vg

Cornwall, England

Bottle £36.00 - 175ml £9.00 - 250ml £12.75

Laurent Miquel Viognier (2) vg

Languedoc, South of France

Bottle £32.00

Jean-Baptiste Thibault Menetou-Salon (1) vg

Loire, France

Bottle £38.00

ROSÉ WINE

Island Fox Zinfandel Rosé (4) vg

California, USA

Bottle £23.00 - 175ml £6.00 - 250ml £8.25

Sand Tropez Rosé (1) vg

IGP Méditerranée, South of France

Bottle £25.50 - 175ml £6.50 - 250ml £9.00

SPARKLING WINE

Prosecco Spumante Botter (1) vg

Veneto, Italy

Bottle £35.00 - 125ml £7.75

Knightor Brut (1) vg

Cornwall, England

Bottle £51.00

Joseph Perrier Cuvée Royale Brut (1) vg

Champagne, France

Bottle £52.00 - Half Bottle £27.00

RED WINE

Giorgio & Gianni Negroamaro (C) v

Puglia, Italy

Bottle £23.00 - 175ml £6.00 - 250ml £8.25

Tout un Fromage Merlot (C) vg

South of France

Bottle £25.50 - 175ml £6.50 - 250ml £9.00

Vega Red (D) vg

Douro, Portugal

Bottle £25.50 - 175ml £6.50 - 250ml £9.00

Tamari Malbec (C) vg

Mendoza, Argentina

Bottle £27.00 - 175ml £7.00 - 250ml £9.75

Ermita de San Felices Crianza (C) v

Rioja, Spain

Bottle £36.00 - 175ml £9.00 - 250ml £12.75

Crozes Hermitage La Petite Ruche M.

Chapoutier (C) vg

Crozes Hermitage, Rhône, France

Bottle £47.00

TEA

English Breakfast - £2.40

Peppermint - £3.00

Green - £3.00

Earl Grey - £3.00

Chamomile - £3.00

Superfruit - £3.00

COFFEE

Espresso single - £2.35 | **Double** - £2.95

Americano - £2.95

Flat White - £3.25

Latte - £3.55

Cappuccino - £3.55

Mocha - £3.65

Add syrup - Salted Caramel, Hazelnut, Vanilla 60p

White, Rosé & Sparkling Wines: 1 (driest) to 5 (sweetest)

Red Wines: A (lightest) to E (deepest)

125ml glasses available on request.

Wines on this list may contain sulphites, egg or milk products.

Please ask a member of staff should you require guidance.

COCKTAILS & MOCKTAILS

Passionfruit Martini - £11.00

Vanilla Vodka, Prosecco, Pineapple Juice

Snowflake Martini - £11.00

Cornish Vodka, Blue Curacau, Pineapple Juice, Cream Of Coconut

Salted Caramel Espresso Martini - £11.00

Espresso Shot, Cornish Vodka, Kahlua

Margarita - £11.00

Tequila, Triple Sec & Lime Juice

Peppermint White Russian - £11.00

Cornish Vodka, Kaluha, Mint Extract, Cream

St Clements - £9.50

Prosecco, Tarquin's Blood Orange Gin, Orange Juice, Lemon

Dark & Stormy - £9.00

Cornish Rum, Lime, Ginger Beer

Winter Aperol - £9.00

Aperol, Cranberry Juice, Prosecco & Rosemary

Tom Collins - £6.50

0% Gin, Lemon Juice & Soda

Mojito - £6.50

0% Rum, Lime, Mint & Soda

Espresso Martini - £7.50

Lyres 0% Coffee Liqueur, Espresso & Gomme

SOFT DRINKS & MIXERS

Frobishers - £2.80

Apple & Raspberry or Orange & Passion Fruit

Orange, Apple or Pineapple Juice - £3.00

Coastal Still or Sparkling Water - £2.55

Coke Zero, Sprite Zero or Fanta Zero - £2.90

Cornish Orchards Elderflower Presse - £3.40

Ginger Beer - £3.40

Appletiser - £3.00

Fever-Tree Tonic - £2.60

Lemon, Elderflower, Mediterranean, Ginger Ale

Frobishier - £2.60

Cranberry Juice & Tomato Juice

Redbull - £3.40