



HERON INN

MALPAS

EAT • DRINK • RELAX

STARTERS & LIGHT SNACKS

SOUP OF THE DAY GF* £6.00
Bread and Cornish butter.

STEAMED WEST COUNTRY MUSSELS GF* £8.50
White wine, garlic, shallots, parsley, cream and bread.

SALT & PEPPER SQUID £8.50
Fresh lemon and Sriracha mayo.

CHILLED AROMATIC KING PRAWNS GF £8.50
Crisp vegetable garnish, soy, ginger, lemongrass and chilli dressing.

SMOKED HADDOCK ARANCINI .. £7.95
Lambs leaf, saffron aioli and torched lemon.

BAKER TOM'S BREAD, OLIVES & RED PEPPER HUMMUS GF* V .. £7.50
Rosemary infused oil and aged balsamic.

CRISPY HALLOUMI FRIES GF V .. £8.25
Harissa mayo, tomato and onion salad.

SPICED CHICKEN SATAY GF ... £8.25
Spring onions, toasted sesame seeds and peanut sauce.

HERON SHARERS

VEGETARIAN PLATTER GF* V ... £20.00
Crispy halloumi fries, red pepper hummus, mixed olives, sun-blushed tomatoes, toasted focaccia, roasted red peppers, rosemary oil and sweet balsamic dressing.

HERON FISH PLATTER £28.00
Salt & pepper squid, smoked mackerel, steamed West Country mussels, tiger prawns, St Ives crab, dressed salad, Baker Tom's focaccia, aioli and sriracha mayo.



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*

MAIN COURSES

BEER BATTERED COD GF* £7.95 | £13.75
Chips, garden peas and tartare sauce.

FRAGRANT THAI GREEN SEAFOOD CURRY GF £16.75
Pak choi, peppers, fresh coriander and jasmine rice.

STEAMED WEST COUNTRY MUSSELS GF* £15.50
White wine, shallots, garlic, parsley, cream, bread and fries.

WHOLETAIL SCAMPI .. £7.50 | £12.50
Chips, garden peas and tartare sauce.

OVEN BAKED CORNISH HAKE GF £15.95
New potatoes, chorizo, peppers, olives and tomatoes.

CORNISH INSPIRED PAELLA GF* £17.50
Monkfish, mussels, tiger prawns, chicken, chorizo and vegetables with charred lemon.

HAND PRESSED BEEF BURGER GF* £13.25
Smoked bacon, Monterey Jack cheese, apple coleslaw, relish, toasted bun and chips.

CAJUN CHICKEN BREAST BURGER GF* £13.25
Smoked bacon, Monterey Jack cheese, apple coleslaw, relish, toasted bun and chips.

10oz WEST COUNTRY RUMP STEAK GF* £18.50
*Portobello mushroom, vine cherry tomatoes, beer battered onion rings and chunky chips.
Add Peppercorn or Port & Cornish Blue sauce for an extra £2.00*

GRILLED HALLOUMI & CORNISH BLUE CHEESE BURGER GF* V ... £12.75
Pickled beets, apple coleslaw, toasted bun and chips.

WILD MUSHROOM & TRUFFLE LINGUINE V £13.75
White wine, tarragon, spinach, Parmesan and cream.

SPICED AUBERGINE & COCONUT CURRY GF V £13.75
Toasted sesame seeds, jasmine rice and torched red chilli.

FRESH SALADS

PRAWN, CUCUMBER & BABY GEM GF £13.75
Lime & coriander dressing.

HERON CAESAR SALAD GF* ... £12.50
Choice of smoked mackerel or steamed chicken, new potatoes, anchovies, boiled egg, Caesar dressing, croutons and Parmesan.

CHICKPEA, BROCCOLI & HALLOUMI GF £12.50
Rocket pesto, toasted pine nuts and popped quinoa.

MALPAS PLOUGHMAN'S GF* .. £12.50
Choice of mature Cheddar, Cornish blue or home cooked ham, pickled onion, celery, apple, free-range egg, chutney and bread.

SIDES

CHIPS GF V £3.50

CHEESY CHIPS GF V £4.00

SKINNY FRIES GF V £3.00

SWEET POTATO FRIES GF V £4.00

BREAD & CORNISH BUTTER GF* V £1.95

GARLIC BREAD GF* V
Add cheese + 50p £2.50

DRESSED SEASONAL SALAD GF V £3.00

BEER BATTERED ONION RINGS GF* V £3.00

APPLE COLESLAW GF V £1.95

HAND CUT SANDWICHES

*Served on thick cut white or granary bread with dressed leaves and sea salt crisps *except crab sandwich - Gluten free rolls available on request*

BEER BATTERED FISH FINGERS GF* £7.50
Gem lettuce and tartare sauce.

HONEY GLAZED HAM £7.50
Lettuce, red onion, cucumber and tomato.

SLICED CORNISH YARG V £7.25
Spiced tomato chutney.

BRIE & CRANBERRY V £7.50
Add bacon for an extra £2.00

BACON, LETTUCE & TOMATO .. £8.25
Mayonnaise.

HAND PICKED ST IVES CRAB .. £15.50
Lemon mayo, dressed salad and skinny fries.

PRAWN & MARIE ROSE GF* £8.75
Baby gem and smoked paprika.

CHICKEN, BACON & PESTO GF* £8.50
Sliced tomato.



We have a separate menu for our vegan diners. Please ask your server for more details.

ALLERGENS

Please ask a member of our team for more information. As we use shared equipment in a busy kitchen, some ingredients may not be suitable for those with severe allergies. Please ask one of our team every time you visit The Heron Inn as ingredients may have changed since your last visit.

GF - Gluten free **GF*** - Gluten free with slight adjustment
V - Vegetarian

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