

Heron Inn "Al Fresco" Menu

Starters

Soup of the Day. <i>Chunky bread & Cornish butter gf* v</i>	£6
Steamed West Country Mussels. <i>Ginger, chilli, coconut, coriander & Baker Tom's bread gf*</i>	£8.50
Pan Seared Local Scallops. <i>Apple, Hog's pudding & watercress gf*</i>	£10
Chorizo & St Ewe Scotch Egg. <i>Radicchio & red pepper relish</i>	£8
Crispy Halloumi Fries. <i>Mango, chilli & coriander dressing gf*</i>	£8.25

Sharers

Vegetarian Platter. <i>Crispy halloumi fries, mixed olives, sun-blushed tomatoes, toasted focaccia, curried cauliflower fritters, couscous, rosemary oil, sweet balsamic dressing gf*</i>	£20
Heron Fish Platter. <i>Newlyn crab thermidor, grilled half-shell scallops, smoked mackerel pate, steamed West Country mussels, shell-on prawns, Baker Tom's focaccia, aioli gf*</i>	£35

Mains

Cornish Inspired Paella. <i>gf*</i> <i>Monkfish, mussels, prawns, chicken, chorizo, peas, charred lemon, focaccia</i>	£17.50
Moroccan Spiced Seafood Tagine. <i>gf*</i> <i>Monkfish, cod, prawns, chickpeas, couscous, warm flatbread</i>	£16.75
Steamed West Country Mussels. <i>gf*</i> <i>Ginger, chilli, coconut, coriander, Baker Tom's bread & skinny fries</i>	£16.50
Beer Battered Cod <i>gf*</i> <i>Chips, garden peas, tartare sauce</i>	£8.50/£14
Wholetail Scampi. <i>Chips, garden peas, tartare sauce</i>	£8.50/£14
Heron Beef & Pork Burger. <i>gf*</i> <i>Monterey Jack cheese, bacon jam, toasted ciabatta, chips</i>	£14.25
Chicken Breast & Chorizo Burger. <i>gf*</i> <i>Toasted ciabatta, Monterey Jack cheese, roasted garlic aioli, chips</i>	£14.25
Halloumi & Cornish Blue Burger <i>gf*</i> <i>Toasted Ciabatta, Red onion Marmalade</i>	£14.25
South West Sirloin Steak <i>gf</i> <i>8oz prime beef, slow-roasted tomato, rocket & watercress salad, skinny fries, Chimichurri butter or rosemary & red peppercorn butter</i>	£20.95
Smoked Mackerel Caesar. <i>gf*</i> <i>Gem lettuce, anchovies, crostini, parmesan & boiled St Ewe egg</i>	£14
Malpas Ploughman's. <i>gf*</i> <i>Choice of mature Cheddar, Cornish blue OR home cooked ham, pickled onion, celery, apple, free-range egg, chutney, bread</i>	£14

Book your next table!



Sandwiches

White or granary bread with dressed leaves and Burt's sea salt crisps (except on crab sandwich). Gluten free rolls available on request.

Beer Battered Fish Fingers. <i>gf*</i> <i>Gem lettuce, lemon, tartare sauce</i>	£8.50
Newlyn Crab. <i>Chive & Lemon Mayonnaise, gem lettuce, seasonal salad, charred lemon, skinny fries</i>	£16.50
Honey Glazed Ham. <i>Mixed salad, Piccalilli</i>	£7.50
Sliced Cornish Yarg. <i>v</i> <i>Apple & date chutney</i>	£7.25
Brie & Cranberry. <i>v</i> <i>Add bacon +£2.00</i>	£7.50
Bacon, Lettuce & Tomato <i>Mayonnaise</i>	£8.25

Vegan

Curried Cauliflower & Chickpea Fritters <i>Tomato, chilli & mint. gf</i>	£7.50
Warm Mediterranean Flatbread <i>Sun-dried tomatoes, olives, rocket, sweet balsamic v</i>	£8.75
Vegetable Paella. <i>Roasted vegetables, saffron rice, charred lemon, focaccia</i>	£14.95
'Fish' & Chips. <i>Banana blossom, garden peas, tartare sauce</i>	£13.75
Moroccan Spiced Vegetable Tagine. <i>Mixed pepper couscous, warm flatbread, chilli, tomato, mint</i>	£14.50
Fish' Finger Brioche Roll. <i>Banana blossom, baby gem, hand-cut crisps, tartare sauce</i>	£8.50

Sides

Chips <i>gf v</i>	£4.00
Cheesy Chips <i>gf</i>	£4.50
Skinny Fries <i>gf</i>	£4.00
Sweet Potato Fries <i>gf v</i>	£4.50
Bread & Cornish Butter <i>gf* v</i>	£1.95
Garlic Bread <i>gf* v</i>	£3.00 Add cheese +50p
Dressed Seasonal Salad <i>gf v</i>	£3.00
Parmesan, Watercress & Rocket Salad <i>gf</i>	£3.00

*Allergen information is available upon request.
gf – gluten free / gf* - gluten free with adjustment / v - vegetarian*