



HERON INN

MALPAS



HERON FARM & COFFEE SHOP

MALPAS MARINA

All ingredients are sourced from local suppliers and cooked fresh to order.

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



STARTERS & LIGHT SNACKS

Butternut Squash Velouté <i>gf* v</i> <i>Parmesan croutons, truffle oil.</i>	£7.50
Creedy Carver Duck Spring Roll <i>Fennel kimchi, mint yoghurt.</i>	£9.00
Pan Seared Local Scallops <i>gf*</i> <i>Pea purée, chorizo, watercress.</i>	£12.00
Smoked Haddock Kedgeree <i>gf</i> <i>Pancetta crisp, soft poached St Mawes hens egg.</i>	£9.00
Cornish Rarebit <i>gf* v</i> <i>Garlic wild mushrooms, sour dough croûte, petit salad.</i>	£9.00

SHARERS

Vegetarian Platter <i>gf* v</i> <i>Semi dried tomatoes, kalamanta olives, buffalo mozzarella, falafel, Cornish rarebit & garlic wild mushrooms, farmhouse bread, micro salad, spicy tomato chutney.</i>	£22.00
Heron Fish Platter <i>Salt & pepper squid, smoked salmon, seared scallops with chorizo, moules marinière, shell on tiger prawns, micro salad, farmhouse bread, Asian dip, tartare sauce.</i>	£35.00
Malpas Ploughman's <i>gf*</i> <i>Mature Davidstow Cheddar, blue cheese and glazed wholegrain maple ham, pickled onion, celery, apple, free-range St Mawes hens egg, spiced tomato chutney, farmhouse bread.</i>	£15.00 / £27.00

MAINS

Cornish Inspired Paella <i>gf*</i> <i>Monkfish, mussels, prawns, chicken, chorizo, peas, charred lemon.</i>	£18.50
Local Monkfish Masala <i>gf*</i> <i>Fragrant jasmine rice, garlic naan bread.</i>	£17.00
Steamed West Country Mussels <i>gf*</i> <i>White wine, shallots, parsley, cream, fries and farmhouse bread.</i>	£9.00 / £17.00
Beer Battered Cod <i>gf*</i> <i>Chips, pea purée, tartare sauce and lemon.</i>	£10.00 / £15.00
Wholetail Scampi <i>Chips, garden peas & tartare sauce.</i>	£10.00 / £15.00
Heron Beef Burger <i>gf*</i> <i>Spiced tomato & caramelised onion chutney, Davidstow Cheddar cheese, streaky bacon, toasted bun, chips.</i>	£15.00
Falafel & Portobello Mushroom Burger <i>gf* v</i> <i>Spiced tomato & caramelised chutney, toasted bun, chips.</i>	£14.00
Chicken Parmigiana <i>Panko breaded chicken breast, tomato & oregano sauce, mozzarella, linguine and fresh basil.</i>	£17.00
Tornedos Rossini <i>gf*</i> <i>Fillet of west country beef wrapped in smoked streaky bacon, sour dough croute, garlic wild mushrooms, chicken liver parfait, rosemary roasted potatoes and a red wine sauce.</i>	£28.00
Cornish Seafood Chowder <i>Cod, smoked haddock, monkfish, mussels & tiger prawns, white wine cream sauce, wedge of baker toms farmhouse bread.</i>	£9.00 / £15.00
Day Boat Fish of the Day <i>(Please ask your server for today's catch) gf*</i> <i>Warm Fine bean, tomato, olive & potato salad, boiled egg, parsley and lemon butter.</i>	£16.00
Braised Shin of West Country Beef <i>gf</i> <i>Truffle mash, chorizo, mushrooms, tenderstem, silver skin onions, red wine sauce.</i>	£17.00



**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

gf - gluten free / gf - gluten free with slight adjustment / v - vegetarian*

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.



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VEGAN

STARTERS

- Wild Mushroom Bruschetta v** £9.00
Garlic, tarragon.
- Falafel v** £8.50
Curried aioli and coriander.

MAINS

- Vegetable Paella gf* v** £15.00
Roasted vegetables, saffron rice, charred lemon, Baker Tom's bread
- 'Fish' & Chips gf* v** £14.00
Banana blossom wrapped in nori, pea purée, tartare sauce.
- Roasted Vegetable masala gf* v** £15.00
Fragrant jasmine rice, garlic naan.
- 'Fish' Finger Brioche Roll gf* v** £10.00
Banana blossom wrapped in nori, baby gem, fries, tartare sauce.

SANDWICHES

White or granary bread with dressed micro salad and Burt's sea salt crisps. Gluten free rolls available on request.

- Beer Battered Fish Fingers gf*** £10.00
Gem lettuce, lemon, tartare sauce.
- Smoked Salmon & Cucumber** £11.00
Lemon mayo, capers, micro salad.
- Honey Wholegrain & Maple Glazed Ham** £8.00
Beef tomato, mayonnaise, micro salad
- Aged Davidstow Cheddar** £8.00
Spiced tomato and caramelised onion chutney
- Brie & Cranberry** £8.00
Add bacon +£2.50.
- Smoked Streaky Bacon, Gem Lettuce & Beef Tomato** £9.00
Mayonnaise.

SIDES

- Chips gf v** £4.00
- Cheesy Chips gf** £5.00
- Skinny Fries gf** £4.00
- Seasonal Vegetables gf** £4.50
- Farmhouse Bread & Cornish Butter gf*** £2.50
- Garlic Bread gf* v** £3.50
- Cheesy Garlic Bread gf*** £4.50
- Dressed Seasonal Salad gf* v** £3.50

