



# 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.



## NIBBLES

Marinated Pitted Olives <i>v gf</i>	£5.00
Bread, Oils & Balsamic <i>gf* v</i>	£5.00
Root Vegetable Crisps <i>gf v</i>	£4.00

## STARTERS

Smoked Mackerel & Chive Pâté <i>gf*</i> <i>Crostini, dressed leaves and horseradish crème fraîche.</i>	£9.25
Goats Cheese & Beetroot Salad <i>gf v</i> <i>Fresh apple, fennel, olives and mixed leaves, pomegranate and beetroot glaze.</i>	£8.95
West Country Moules Marinière <i>gf*</i> <i>White wine, garlic, shallots, cream and parsley with dipping bread.</i>	£11.00
Local Ham Hock & Apricot Terrine <i>gf*</i> <i>Piccalilli, toasted brioche, dressed salad.</i>	£9.00
Salt & Pepper Squid <i>Gochujang lime mayonnaise, coriander and mixed leaves.</i>	£10.00



**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](http://www.cornwallgoodseafoodguide.org.uk)

## MAINS

King Prawn Arrabiatta <i>Tagliatelle, wild rocket, Parmesan, garlic and rosemary focaccia.</i>	£17.95
Moules & Frites <i>gf*</i> <i>Steamed West Country mussels, garlic, parsley, white wine and cream, skinny fries and dipping bread.</i>	£21.00
Cornish Inspired Paella <i>gf</i> <i>Monkfish, cod, mussels, prawns, chicken, chorizo, saffron rice, peas and charred lemon.</i>	£19.75
Wholetail Scampi <i>Thick cut chips, garden peas, tartare sauce and lemon.</i>	£16.00/£11.00
Catch of the Day <i>Panzanella salad, basil and olive oil.</i>	£POA
Beer Battered Cod <i>gf*</i> <i>Thick cut chips, garden peas, tartare sauce and lemon.</i>	£16.00/£11.00
Heron Thai Green Curry <i>gf*</i> <i>Chicken or Monkfish, aromatic creamy sauce, fragrant sticky jasmine rice and crisp poppadom.</i>	£18.95
Chargrilled 7oz Beef Burger <i>gf*</i> <i>Cornish gouda, crisp gem, beef tomato, pickled red onion, thick cut chips and spicy tomato chutney.</i>	£16.50
Smoky & Spiced Chicken Burger <i>gf*</i> <i>Guacamole, crisp gem, beef tomato, pickled red onion, thick cut chips and Gochujang lime mayo.</i>	£16.50
Truffled Wild Mushroom Mac 'n' Cheese <i>v</i> <i>Creamy Cheddar &amp; truffle sauce, dressed leaf salad, baked rosemary and garlic focaccia bread.</i>	£15.00
Halloumi, Beetroot & Cornish Blue Burger <i>gf*</i> <i>Pickled red onion, beef tomato, gem lettuce, gherkin and thick cut chips.</i>	£15.75
Malpas Ploughman's <i>gf*</i> <i>Cornish Blue, Cheddar &amp; maple glazed ham, balsamic pickled onions, boiled egg, celery, apple, spicy tomato chutney, bread and piccalilli.</i>	£14.00
Classic Caesar Salad <i>gf*</i> <i>Gem lettuce, anchovies, croutons, Caesar dressing &amp; shaved Parmesan. Add chicken £2.50</i>	£13.00

*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

Sweet Potato & Spring Onion Bhajis *gf v* £8.00  
*Cucumber and mint mayonnaise.*

Pressed Panzanella Salad *v* £8.25  
*Guacamole & crisp focaccia.*

### MAINS

Heron Thai Green Curry *gf\** £15.00  
*Crispy coated tofu, fresh greens, aromatic creamy sauce, fragrant sticky jasmine rice and crisp poppadom.*

Vegetable Paella *gf* £15.00  
*Sun-blushed tomatoes, peppers, red onion, white wine, parsley, olives and saffron infused rice.*

'Fish' & Chips *gf\** £14.75  
*Banana blossom wrapped in nori, light crisp batter, peas, thick cut chips and tartare sauce.*

'Fish' Finger Roll *gf\** £12.00  
*Banana blossom, toasted bun, baby gem, chunky chips and tartare sauce.*

### SIDES

Chunky Chips £4.50

Cheesy Chips £5.50

Skinny Fries £4.50

Bread & Cornish Butter £3.00

Garlic Focaccia £4.00  
*With cheese* £5.00

Dressed Salad £4.00

### SHARERS

Vegetarian Platter *gf\** £28.00  
*Panzanella, marinated olives, grilled goats cheese, sweet potato & spring onion bhajis, deep fried halloumi, farmhouse bread, dressed salad, balsamic pickled onions, sun-blushed tomatoes, cucumber and mint mayonnaise.*

Heron Fish Platter £38.00  
*Salt & pepper squid, monkfish goujons, whitebait, moules marinière, shell-on prawns, smoked mackerel pâté, dressed salad, farmhouse bread, gochujang & lime dip.*

### SANDWICHES

*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 Fish Fingers *gf\** £11.00  
*Gem lettuce, lemon, tartare sauce*

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

Davidstow Cheddar Cheese *v gf\** £8.00  
*Spicy tomato chutney*

Bacon, Lettuce & Tomato *gf\** £10.00  
*Mayonnaise*

Ham, Rocket & Tomato *gf\** £10.00  
*Mayonnaise*