

HERON INN

MALPAS

Scan the QR code to order
and pay from your table.

We will then bring your food
and drink to you.



MAIN MENU

NIBBLES

Marinated Pitted Olives **v gf** - £6.00

Bread, Oils & Balsamic **v gf*** - £6.00

Hummus & Warm Bread **v vg gf*** - £6.00

STARTERS

Dusted Calamari Tentacles - £12.00
Roasted garlic alioli & lemon.

Caesar Wedge **v gf*** - £10.00
Gem, anchovies, crostini, parmesan, crispy onions.

Crispy Korean Wings **gf** - £13.00
Spicy barbecue, toasted sesame & spring onion.

Vegan Scallops **v vg gf** - £11.00
Oyster mushrooms, truffled pea purée,
crispy vegan bacon.

Cornish Mussels **gf*** - £13.00
White wine, garlic, parsley, shallots & cream with
dipping bread.

Thai Spiced Tiger Prawns - £12.00
Coriander, garlic, chilli, lime & Asian salad.

MAINS

Cornish Inspired Paella **gf*** - £25.00 | £48.00 to share
Saffron rice, chicken, chorizo, monkfish, cod, prawns,
crevettes, mussels, white wine, parsley & charred lemon.

Fish Platter - £50.00 or £25.00 for one
West Country mussels, monkfish goujons, smoked
mackerel, anchovies, crevettes, dusted calamari,
whitebait, lemon mayo, roasted garlic alioli and warm
focaccia.

Heron Seafood Chowder - £23.00
Potato, pancetta, monkfish, prawns, mussels, crevettes,
cod, sweetcorn with charred focaccia.

Beer Battered Cod **gf*** - £18.00/£13.00
Tribute ale batter, chunky chips, garden peas, lemon and
tartare sauce.

Wholetail Scampi - £18.00/£13.00
Chunky chips, garden peas, lemon and tartare sauce.

Flat Iron Steak **gf** - £25.00
Served medium rare, truffle & Parmesan fries, chimichurri,
Caesar wedge & roasted tomato.

Cornish Mussels & Frites **gf*** - £23.00
White wine, garlic, parsley, shallots, cream with skinny
fries and dipping bread.

Chargrilled Beef Burger **gf*** - £18.00
Toasted bun, red onion marmalade, truffled garlic mayo,
crispy onions, cheddar or blue cheese.

Seafood Thai Red Curry - £24.00
Sticky Jasmine rice, poppadom, tomato, onion
& coriander salad.

Roasted Vegetable Paella **vg gf*** - £17.00
Saffron rice, roasted vegetables, peppers, olives,
sun blushed tomatoes.

Mac & Cheese **v*** - £16.00
Cheddar & mozzarella sauce, crispy onions, sriracha &
garlic focaccia.

Crispy Halloumi Salad **v gf** - £17.00
Spinach, sun blushed tomatoes, olives, roasted red
peppers, nigella seeds, ginger, lime & nettle dressing.

Goats Cheese & Beetroot Salad **v gf*** - £17.00
Gem, rocket, tomato, red onion, nigella seeds, walnuts
& balsamic.

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*** - £12.00
Gem lettuce, lemon and tartare sauce.

Brie & Cranberry **v gf*** - £10.00
[Add grilled bacon for £2.00](#)

Bacon, Lettuce & Tomato **gf*** - £11.00
Mayonnaise.

Cheddar Cheese **v gf*** - £10.00
Red onion marmalade.

SIDES

Chunky Chips **v gf** - £6.00

Cheesy Chips **v gf** - £7.00

Skinny Fries **v gf*** - £6.00

Posh Fries - £7.00
Truffle & parmesan.

Garlic Focaccia **v** - £4.00
[With Cheese - £5.00](#)

Dressed Salad **v gf*** - £6.00

Mac & Cheese **v** - £5.00



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



BEERS & CIDER

St Austell Brewery Korev Lager - £6.00

Poretta - £6.70

Estrella - £6.90

Peach Jubel - £7.70

Guinness - £6.00

St Austell Brewery Tribute Pale Ale - £5.10

St Austell Brewery Proper Job IPA - £5.25

Harbour Brewing Co. Arctic Sky IPA - £5.65

Lucky Saint 0.5% - £6.55

Rattler - £5.95

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 - £5.00

Tarquin's Strawberry & Lime - £5.00

Tarquin's Rhubarb & Raspberry - £5.00

Tarquin's Blood Orange - £5.00

Tarquin's Peach & Passion Fruit - £5.00

Bombay Sapphire - £4.25

RUMS

Rumbullion Vanilla & Orange Spiced - £5.00

Kraken Black Spiced - £4.30

Tarquin's Twin Fin Citrus & Banana - £4.40

Havana 3yr Old - £4.30

Koko Kanu Coconut - £4.20

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

COCKTAILS

Passionfruit Martini - £12.00

Vanilla Vodka, Prosecco, Pineapple Juice

Strawberry Daquiri - £12.00

Havana Rum, Strawberry, Lemon, Lime & Sprite

Piña Colada - £12.00

Coconut Rum, Coco Lopez, Pineapple

Gin Fizz - £9.00

Cornish Berry Gin, Prosecco

Limoncello Spritz - £10.00

Limoncello, Prosecco, Soda

Salted Caramel Espresso Martini - £12.00

Espresso, Cornish Vodka, Kahlua

Aperol Spritz - £10.00

Aperol, Prosecco, Soda

MOCKTAILS

Espresso Martini - £7.50

Lyres 0% Coffee Liqueur, Espresso, Gomme

Elderflower Collins - £7.50

0% Gin, Elderflower, Lemon Juice & Soda

Cucumber Cooler - £7.00

0% Gin, Tonic, Sugar, Cucumber, Lime

SOFT DRINKS & MIXERS

Frobishers - £3.20

Apple & Raspberry or Orange & Passion Fruit

Orange, Apple or Pineapple Juice - £3.45

Coastal Still or Sparkling Water - £2.90

Coke Zero, Sprite Zero or Fanta Zero - £3.30

Cornish Orchards Elderflower Presse - £3.90

Ginger Beer - £3.90

Appletiser - £3.45

Fever-Tree Tonic - £2.90

Lemon, Elderflower, Mediterranean, Ginger Ale

Frobishers - £2.90

Cranberry Juice & Tomato Juice

Red Bull - £3.90