

HAND-CUT SANDWICHES

Served on thick cut 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 GF* 8.50
Gem lettuce, lemon and tartare sauce



NEWLYN CRAB, CHIVE & LEMON MAYONNAISE GF* 16.50
Gem lettuce, seasonal salad, charred lemon and skinny fries

HONEY GLAZED HAM GF* 7.50
Mixed salad and piccalilli

SLICED CORNISH YARG V | GF* 7.25
Spiced tomato chutney

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

BACON, LETTUCE & TOMATO GF* 8.25
Mayonnaise



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

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 allergy 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.



HERON INN


MALPAS

EAT • DRINK • RELAX


FOOD MENU

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TRENHAILE TERRACE | MALPAS | TRURO | TR1 1SL

STARTERS & LIGHT SNACKS

	SOUP OF THE DAY GF*	6.00
	<i>Chunky bread and Cornish butter</i>	
	STEAMED WEST COUNTRY MUSSELS GF*	8.50
	<i>White wine, garlic, shallots, parsley, cream and bread</i>	
	SALT & PEPPER SQUID	8.50
	<i>Sweet chilli jam</i>	
	POTTED NEWLYN CRAB GF*	10.00
	<i>Orange, chive & paprika butter and crostini</i>	
	CORNISH CAMEMBERT & BAKER TOM'S SOURDOUGH BAKE GF*	8.50
	<i>Cornish mids, red onion marmalade and rosemary</i>	
	HOG'S PUDDING SCOTCH EGG	7.95
	<i>Baby gem, mixed leaves and homemade piccalilli</i>	
	CRISPY HALLOUMI FRIES V GF	8.25
	<i>Mango, chilli & coriander dressing, tomato and onion salad</i>	

HERON SHARERS

	VEGETARIAN PLATTER V GF*	20.00
	<i>Crispy halloumi fries, mixed olives, sun-blushed tomatoes, toasted focaccia, roasted vegetables, rosemary oil and sweet balsamic dressing</i>	
	HERON FISH PLATTER	28.00
	<i>Salt & pepper squid, smoked mackerel, steamed West Country mussels, tiger prawns, Newlyn crab, dressed salad, Baker Tom's focaccia, aioli and sweet chilli jam</i>	

SIDES

	CHIPS V GF	4.00
	CHEESY CHIPS V GF	4.50
	SKINNY FRIES V GF	4.00
	SWEET POTATO FRIES V GF*	4.00
	BREAD & CORNISH BUTTER V GF*	1.95
	GARLIC BREAD V GF*	3.00
	<i>Add cheese for an extra 50p</i>	
	DRESSED SEASONAL SALAD V GF	3.00
	PARMESAN & ROCKET SALAD GF	3.00
	APPLE COLESLAW V GF	1.95

MAIN COURSES

	BEER BATTERED COD GF*	8.50 14.00
	<i>Chips, garden peas and tartare sauce</i>	
	STEAMED WEST COUNTRY MUSSELS GF*	16.50
	<i>White wine, shallots, garlic, parsley, cream, bread and fries</i>	
	WHOLETAIL SCAMPI	8.50 14.00
	<i>Chips, garden peas and tartare sauce</i>	
	CORNISH INSPIRED PAELLA GF*	17.50
	<i>Monkfish, mussels, tiger prawns, chicken, chorizo and vegetables with charred lemon.</i>	
	GOAN FISH CURRY GF	15.75
	<i>Braised rice, torched chilli and toasted almonds</i>	
	WEST COUNTRY STEAK & CORNISH BLUE CIABATTA GF*	16.25
	<i>Served medium rare, red onion marmalade and skinny fries</i>	
	HAND PRESSED BEEF BURGER GF*	14.25
	<i>Red onion marmalade, smoked bacon, Emmental cheese, apple coleslaw, toasted ciabatta and chips</i>	
	BUTTERMILK CHICKEN BREAST BURGER GF*	14.25
	<i>Toasted ciabatta, apple coleslaw, Emmental cheese and chips</i>	
	10oz WEST COUNTRY RUMP STEAK GF	18.50
	<i>Cherry vine tomatoes, rocket & parmesan salad and skinny fries</i>	
	<i>Add Peppercorn or Port & Cornish Blue sauce for an extra £2.00</i>	
	<i>Add tiger Prawns for an extra £4.00</i>	
	GRILLED HALLOUMI & CORNISH BLUE BURGER V GF*	14.00
	<i>Pickled beets, apple coleslaw, toasted ciabatta and chips</i>	
	MEDITERRANEAN VEGETABLE & GOATS' CHEESE TART V	14.75
	<i>Dressed salad & sweet balsamic glaze</i>	
	MALPAS PLOUGHMAN'S GF*	12.50
	<i>Choice of mature Cheddar, Cornish blue or home cooked ham, pickled onion, celery, apple, free-range egg, chutney and bread</i>	
	SMOKED MACKEREL NICOISE GF	13.25
	<i>Pickled St Ewe egg, green beans, Cornish mids, anchovies, caper and shallot vinaigrette</i>	
	WARM GOATS CHEESE & HONEY SALAD GF*	13.00
	<i>Toasted ciabatta, walnuts & balsamic</i>	



**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