



HERON INN

MALPAS

Our menu has been carefully created by Head Chef Daniel Ballett.
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

Soup of the Day <i>gf* v</i> Chunky bread, Cornish butter.	£6.00
Steamed West Country Mussels <i>gf*</i> White wine, garlic, shallots, parsley, cream, Baker Tom's bread.	£8.50
Pan Seared Local Scallops <i>gf</i> Butternut purée, pancetta, fennel.	£10.00
Newlyn Crab Tartlet Coriander, coconut, chilli, lime.	£10.00
Ham Hock & Sourdough Brushcetta <i>gf*</i> Granny Smith, mustard butter, crispy capers.	£8.75
Curried Cauliflower & Chickpea Fritter <i>gf v</i> Pak choi, chilli, tomato, mint.	£8.25
Crispy Halloumi Fries <i>gf v</i> Mango, chilli & coriander dressing.	£8.25

SHARERS

Vegetarian Platter <i>gf* v</i> Crispy halloumi fries, mixed olives, sun-blushed tomatoes, toasted focaccia, curried cauliflower fritters, cous cous, rosemary oil, sweet balsamic dressing.	£20.00
Heron Fish Platter <i>gf*</i> Newlyn crab thermidor, grilled half-shell scallops, smoked mackerel, steamed West Country mussels, shell-on prawns, Baker Tom's focaccia, aioli.	£35.00

MAINS

Cornish Inspired Paella <i>gf*</i> Monkfish, mussels, prawns, chicken, chorizo, peas, charred lemon, focaccia.	£17.50
Pancetta Wrapped Local Hake <i>gf</i> Braised gem lettuce, sautéed celeriac, cider velouté.	£16.95
Steamed West Country Mussels <i>gf*</i> White wine, shallots, garlic, parsley, cream, Baker Tom's bread, fries.	£16.50
Moroccan Spiced Seafood Tagine <i>gf*</i> Monkfish, cod, prawns, chickpeas, cous-cous, warm flatbread.	£16.75
Beer Battered Cod <i>gf*</i> Chips, garden peas, tartare sauce.	£8.50 / £14.00
Wholetail Scampi Chips, garden peas, tartare sauce.	£8.50 / £14.00
South West Rump & Cornish Blue Ciabatta <i>gf*</i> Served medium rare, red onion marmalade, salad, skinny fries.	£16.25
Heron Beef & Pork Burger <i>gf*</i> Monterey Jack cheese, bacon jam, toasted ciabatta, chips.	£14.25
Chicken Breast & Chorizo Burger <i>gf*</i> Toasted ciabatta, Monterey Jack cheese, roasted garlic aioli, chips.	£14.25
South West Sirloin Steak <i>gf*</i> 8oz prime beef, slow roasted tomato, rocket & watercress salad, skinny fries. Chimichurri butter or rosemary & red peppercorn butter.	£20.95
Grilled Halloumi & Cornish Blue Burger <i>gf* v</i> Pickled beets, red onion marmalade, toasted ciabatta, chips.	£14.00
Caramelised Cauliflower Carbonara <i>gf*</i> Parmesan, wild mushrooms, tarragon, pangritata. Add ham hock for £1.50	£13.75
Malpas Ploughman's <i>gf*</i> Choice of mature Cheddar, Cornish blue <u>OR</u> home cooked ham, pickled onion, celery, apple, free-range egg, chutney, bread.	£12.50
Smoked Mackerel Niçoise <i>gf</i> Pickled St Ewe egg, green beans, Cornish mids, anchovies, caper & shallot vinaigrette.	£13.25
Warm Goats Cheese & Honey Salad <i>gf* v</i> Toasted ciabatta, walnuts, balsamic.	£13.00



**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

- Curried Cauliflower & Chickpea Fritter** *gf v* £8.25
Pak-choi, tomato, chilli, mint.
- Warm Mediterranean Flatbread** *v* £8.75
Sun-dried tomatoes, olives, rocket, sweet balsamic.

MAINS

- Pearl Barley Risotto** *gf v* £13.75
Sugar snap peas, tender stem broccoli, toasted pine nuts.
- Vegetable Paella** *gf* v* £14.95
Roasted vegetables, saffron rice, charred lemon, focaccia.
- 'Fish' & Chips** *gf* v* £13.75
Banana blossom, garden peas, tartare sauce.
- Moroccan Spiced Vegetable Tagine** *gf* v* £14.50
Fragrant cous-cous, warm flatbread, chilli, tomato, mint.
- 'Fish' Finger Brioche Roll** *gf* v* £8.50
Banana blossom, baby gem, hand cut crisps, tartare sauce.

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** *gf** £8.50
Gem lettuce, lemon, tartare sauce.
-  **Newlyn Crab, Chive & Lemon Mayonnaise** £16.50
Gem lettuce, seasonal salad, charred lemon, skinny fries.
- Honey Glazed Ham** £7.50
Mixed salad and Piccalilli.
- Sliced Cornish Yarg** *v* £7.25
Apple & date chutney.
- Brie & Cranberry** *v* £7.50
Add bacon +£2.00
- Bacon, Lettuce & Tomato** £8.25
Dijon mustard mayonnaise.

SIDES

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

