

# DESSERTS

STICKY TOFFEE PUDDING £9

Butterscotch, ginger crumb & vanilla ice cream

COINTREAU CRÈME BRULÉE £9

Homemade shortbread & strawberries

CHOCOLATE & SALTED CARAMEL TART £9

Cornish clotted cream & hazelnut crumb

VEGAN VANILLA CHEESECAKE **vg gf\*** £9

Fruit compote & fresh fruit garnish

HAZELNUT AFFOGATO £6.50

Pistachio ice cream, espresso & hazelnut crumb



# HERON INN

MALPAS

# ICE CREAM & SORBETS

TRIO OF TRELEAVANS ICE CREAM OR SORBETS

£7.50

Pistachio **gf** | Chocolate **gf** | Madagascan Vanilla Bean **gf**

Mint Chocolate Chip **gf** | Strawberry & Cream **gf**

Salted Caramel **gf** | Vegan Chocolate **gf** | Vegan Vanilla **gf**

Lemon & Elderflower sorbet **vg**

Mango sorbet **vg** | Raspberry sorbet **vg**

Blackcurrant sorbet **vg**



**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)



[www.heroninnmalpas.co.uk](http://www.heroninnmalpas.co.uk)

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# MENU



## NIBBLES

MARINATED PITTED OLIVES v gf £6

BREAD, OILS & BALSAMIC v gf\* £6

HUMMUS & WARM BREAD v gf\* £6

CHORIZO BITES & HOT HONEY £8

HALLOUMI BITES, HOT HONEY & SESAME v gf £8

## SMALL PLATES

GRILLED GARLIC PRAWNS gf\* £15

Smoked paprika, chilli, garlic, lemon, olive oil & toasted focaccia

STEAMED WEST COUNTRY MUSSELS gf\* £15

White wine, shallots, garlic, parsley, cream & warm bread

SPIDER CRAB CROQUETTAS £14

Brown crab mayo, shaved parmesan & coriander

KOREAN CHICKEN WINGS v £14

Gochujang, honey, soy, ginger, spring onion, toasted sesame seeds & pickled chillies

WALNUT & MUSHROOM PATÉ v vg gf\* £13

Spicy tomato chutney, cornichons & rustic crackers

PRAWN & AVOCADO COCKTAIL gf\* £15

Gem lettuce, salmon roe, lobster mayo & warm bread

## SANDWICHES

SERVED UNTIL 3PM

Served on white or granary bloomer bread, dressed salad garnish & Burts sea salt crisps.

Gluten free roll available upon request.

Add skinny fries to your sandwich for £3

BEER BATTERED FISH FINGERS gf\* £15

Baby gem lettuce & tartare sauce

HAND CARVED HONEY GLAZED HAM gf\* £14

Salad leaves & mustard mayo

BRIE & CRANBERRY v gf\* £14

Add grilled bacon for £3

BLT gf\* £14

Bacon, lettuce, tomato & mayo

ROASTED RED PEPPER HUMMUS vg gf\* £14

Beefsteak tomato

## MAINS

CORNISH SEAFOOD PAELLA FOR 1 OR 2 gf £28 / £56

Cod, prawns, crevettes, mussels, chorizo, saffron rice, peas, parsley & charred lemon

FISH PLATTER FOR 1 OR 2 £28 / £56

Deep fried whitebait, steamed west country mussels, crevettes, anchovies, grilled garlic prawns, spider crab croquettes, smoked salmon, dressed salad, saffron aioli, brown crab mayo, warm bread & crostini

CORNISH INSPIRED BOUILLABAISSE gf\* £28

Prawns, cod, West Country mussels, crevettes, seafood broth with toasted focaccia, charred lemon & a classic rouille

TRIBUTE ALE BATTERED COD gf\* £23

Chunky chips, garden peas, tartare sauce & lemon

WHOLETAIL SCAMPI £23

Chunky chips, garden peas, tartare sauce & lemon

FLAT IRON STEAK gf £28

Served medium rare, posh fries, rocket, cherry vine tomatoes, sauteed wild mushrooms.

Add bearnaise or peppercorn sauce gf £4

Add grilled crevettes £5

CHARGRILLED BEEF BURGER gf\* £23

7oz burger, gherkin, tomato, pickled slaw, streaky bacon, Monterey jack cheese, bacon jam & chunky chips

HALLOUMI & BEETROOT BURGER v gf\* £22.50

Toasted bun, baby gem, tomato, gherkin, melted Cornish blue cheese, spicy tomato relish & chunky chips

VEGAN PAELLA gf\* £21

Saffron rice, roasted vegetables, sun-blushed tomatoes, peas, parsley & charred lemon

HERON SALAD BOWLS gf\*

Mixed leaf, baby gem hearts, roasted red peppers, pickled red onion, courgette noodles, edamame, carrots, toasted sesame, cucumber, creamed avocado & citrus dressing with toasted sea-salt focaccia.

STICKY TERIYAKI CHICKEN £22

STEAMED TIGER PRAWNS & LOBSTER MAYO gf\* £22

PLANT BASED CHICKEN TERIYAKI vg £21

## SIDES

CHUNKY CHIPS v vg £6

CHEESY CHIPS v £7

SKINNY FRIES v vg £6

DRESSED SALAD v vg £6

POSH FRIES v £7

(Truffle oil, parmesan & parsley)

GARLIC FOCACCIA v £4

CHEESY GARLIC FOCACCIA £5

gf - gluten free | gf\* - gluten free with adjustments

v - vegetarian | vg - vegan

please let our team know if you have any allergy or intolerance