

DESSERTS

STICKY TOFFEE PUDDING £9

Butterscotch, ginger crumb & vanilla ice cream

SUMMER TART AU CITRON v £9

Strawberries & passionfruit

BANANA PUDDING PARFAIT v £9

Whipped banana, fairing crumb,
Cornish clotted cream & caramel sauce

VEGAN VANILLA CHEESECAKE vg gf* £9

Fruit compote & fresh fruit garnish

HAZELNUT AFFOGATO v £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



www.heroninnmalpas.co.uk

Telephone: 01872 272773

Facebook: @HeronInnMalpas

Instagram: @heroninnmalpas

Email: enquiries@heroninnmalpas.co.uk

MENU



NIBBLES

- MARINATED PITTED OLIVES v gf £6
BREAD, OILS & BALSAMIC v gf* £6
HUMMUS & WARM BREAD v gf* £6
CHORIZO BITES & HOT HONEY gf £8
HALLOUMI BITES, HOT HONEY & SESAME v gf £8
SMOKED PAPRIKA WHITEBAIT gf £8

SMALL PLATES

- GRILLED TIGER 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 £15
Lobster mayo, shaved parmesan & coriander
- SALT & PEPPER SQUID £15
Asian salad, gochujang, lime dressing & lemon
- STICKY SRIRACHA CHICKEN WINGS £15
Spring onion, toasted sesame seeds & pickled chillies
- CAJUN PRAWN TACO'S £15
OR FALAFEL TACO'S vg £14
Roasted red pepper hummus, spring onion salsa
& sun-blushed tomatoes

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

- HANDPICKED WHITE CORNISH CRAB gf* £26
Shredded gem lettuce, lemon mayo, dressed salad, skinny fries & charred lemon
- BEER BATTERED FISH FINGERS gf* £15
Shredded gem lettuce & tartare sauce
- HONEY GLAZED HAM gf* £14
Salad & spicy tomato chutney
- BRIE & CRANBERRY v gf* £14
Add grilled bacon for £3
- BLT gf* £14
Bacon, lettuce, tomato & mayo
- VEGAN FISH FINGERS vg gf* £14
Banana blossom, nori & vegan tartare sauce

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

v - vegetarian | vg - vegan

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

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
Smoked mackerel fillets, steamed west country mussels, crevettes, anchovies, salt & pepper squid, spider crab croquettes, smoked paprika whitebait, dressed salad, saffron aioli, lobster mayo, warm bread & crostini
- CORNISH CRAB & PRAWN LINGUINE £28
Crab bisque, crevettes, chilli, garlic, parmesan, Cornish cream, charred lime & coriander
- WEST COUNTRY MUSSELS & FRITES gf* £26
Shallots, garlic, white wine, parsley, Cornish cream, warm bread & skinny fries
- TRIBUTE ALE BATTERED COD gf* £25
Chunky chips, garden peas, tartare sauce & lemon
- WHOLETAIL SCAMPI £24
Chunky chips, garden peas, tartare sauce & lemon
- FLAT IRON STEAK gf £32
Cooked medium rare, posh fries, rocket, cherry vine tomatoes, sauteed wild mushrooms.
Add bearnaise or peppercorn sauce gf £4
Add grilled crevettes £5
- WARM SALT BEEF ROLL gf* £24
Pickles, gem lettuce, tomato, melted Monterey jack cheese, American mustard & chunky chips
- HALLOUMI & BEETROOT BURGER v gf* £24
Toasted bun, baby gem, tomato, gherkin, melted Cornish blue cheese, spicy tomato relish & chunky chips
- MEDITERRANEAN VEGETABLE LINGUINE gf* £22
Courgettes, aubergines, peppers, sun-blushed tomatoes, tomatoes & basil
- HERON SALAD BOWLS gf*
Mixed leaf, baby gem hearts, roasted red peppers, pickled red onion, edamame, carrot noodles, toasted sesame, creamed avocado, spring onion salsa & citrus dressing.
- RED PEPPER CHICKEN £22
SMOKED MACKEREL & HORSERADISH £22
FALAFEL & MANGO DRESSING vg £20

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