

DESSERTS

STICKY TOFFEE PUDDING £9

Butterscotch, ginger crumb & vanilla ice cream

TREACLE TART £9

Cornish clotted cream & Cornish fairing

APPLE & WINTER BERRY CRUMBLE **gf*** £9

Vanilla custard

CHOCOLATE & CHERRY TART **vg** £9

Wild Cherry Sorbet

HAZELNUT AFFOGATO **gf** £7

Pistachio ice cream, espresso & hazelnut crumb



HERON INN

MALPAS

ICE CREAM & SORBETS

TRIO OF TRELEAVANS ICE CREAM OR SORBETS

£7.50

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

Rum & Raisin **gf** | Pistachio **gf**

Vegan Chocolate **gf** | Vegan Vanilla **gf**

Wild Cherry Sorbet **vg gf**

Mango **vg gf**

Campari & Clementine **vg gf**



**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

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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 gf £8

STARTERS

GRILLED GARLIC PRAWNS gf* £14

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

STEAMED WEST COUNTRY MUSSELS gf* £14

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

SPIDER CRAB CROQUETTAS £14

Lobster mayo, shaved parmesan & coriander

WILD MUSHROOMS ON TOAST v gf* £12

Port, garlic, blue cheese, Cornish cream & chargrilled sourdough

BAKED CORNISH CAMEMBERT v gf* £15

Amarillo chilli jam, cornichons & rustic crackers

CHICKEN LIVER PARFAIT gf* £14

Tomato & onion chutney, slaw & rosemary crostini

SANDWICHES

SERVED UNTIL 5PM

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* £13

Salad leaves & mustard mayo

BRIE & CRANBERRY v gf* £12

Add grilled bacon for £3

BLT gf* £14

Bacon, lettuce, tomato & mayo

VEGAN FISH FINGERS vg gf* £13

Baby gem, slaw, gherkin & 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 £26 / £50

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

FISH PLATTER FOR 1 OR 2 £26 / £52

Smoked mackerel fillets, steamed west country mussels, crevettes, anchovies, grilled garlic prawns, spider crab croquettas, dressed salad, garlic aioli, lemon mayo, warm bread & crostini

OVEN BAKED CORNISH HAKE gf £26

New potatoes, chorizo, olives, peppers, sun-blushed tomatoes, white wine & parsley

THAI MONKFISH CURRY gf £26

Pak Choi, sugar snap peas, baby corn, steamed Jasmine rice

WEST COUNTRY MUSSELS & FRITES gf* £24

Shallots, garlic, white wine, parsley, Cornish cream, warm bread & skinny fries

TRIBUTE ALE BATTERED COD gf* £22 / £15

Chunky chips, garden peas, tartare sauce & lemon

WHOLETAIL SCAMPI £22 / £15

Chunky chips, garden peas, tartare sauce & lemon

ST PIRAN PORK TBONE gf £24

Hasselback potatoes, roasted vegetables, butternut puree, Rattler & sage jus

CHARGRILLED BEEF BURGER gf* £22

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

HALLOUMI & BEETROOT BURGER v gf* £21

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

VEGAN PAELLA vg gf* £20

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

BEETROOT, ROASTED ONION & FETA RAVIOLI vg £21

Ratatouille, vegan parmesan, pine nuts & basil

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