DESSERTS

STICKY TOFFEE PUDDING v £9
Butterscotch, ginger crumb & vanilla ice cream

WINTER BERRY FRUIT CRUMBLE v gf* £9
Crunchy topping & clotted cream custard

BANANA PUDDING PARFAIT v £9
Whipped banana, fairing crumb,
Cornish clotted cream & caramel sauce

VEGAN VANILLA CHEESECAKE vg £9
Fruit compote & fresh fruit garnish

HAZELNUT AFFOGATO v £6.50
Pistachio ice cream, espresso & hazelnut crumb

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

BII 22 LICENSEE OF THE YEAR Winners

Taste of the West South West England GOLD 2023

KEEPING PUBS THRIVING IN THE HEART OF EVERY COMMUNITY
BII SUSTAINABILITY CHAMPION Award

www.heroninnmalpas.co.uk
Telephone: 01872 272773
Facebook: @HeronInnMalpas
Instagram: @heroninnmalpas
Email: enquiries@heroninnmalpas.co.uk

HERON INN

MALPAS

MENU



NIBBLES

MARINATED PITTED OLIVES vg gf £6
BREAD, OILS & BALSAMIC vg gf* £6
HUMMUS & VEGETABLE CRISPS vg gf £8
CHORIZO BITES & HOT HONEY gf £8
HALLOUMI BITES v gf £8
SMOKED PAPRIKA WHITEBAIT gf £8

SMALL PLATES

SOUP OF THE DAY v £12
Warm bread & Cornish butter.
Please ask a member of our team for today's option.

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
Slaw, sriracha, aioli & lemon

WILD MUSHROOMS ON TOAST gf* £14
Toasted focaccia, port, Cornish blue cheese & cream

WARM TACOS
Guacamole, slaw, red chillies, spring onion salsa
& toasted sesame seeds

CRISPY CHILLI BEEF £15
BARBECUE PULLED PORK £15
PIL-PIL PRAWNS £15
BANG BANG CAULIFLOWER vg £14

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

gf - gluten free | gf* - gluten free with adjustments
v - vegetarian | vg - vegan
please let our team know if you have any allergy or intollerance

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

MALPAS BOUILLABAISSE gf* £28
Cod, prawns, mussels, crevettes, baby onions, new potatoes,
samphire & warm bread

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

STEAK & TRIBUTE ALE PIE £25
Baby onions, mushrooms, shortcrust pastry, buttered new
potatoes, seasonal steamed vegetables

SMOKED SRIRACHA CHICKEN BURGER gf* £24
Baby gem, slaw, tomato, smoked sriracha, roasted red peppers,
guacamole, spring onion salsa, melted monetary jack cheese &
chunky chips

HALLOUMI & BEETROOT BURGER v gf* £24
Toasted bun, baby gem, tomato, gherkin,
melted Cornish blue cheese, spicy tomato relish & chunky chips

VEGAN PAELLA vg gf* £24
Courgettes, aubergines, peppers, sun-blushed tomatoes,
tomatoes & basil

VEGAN FISH & CHIPS vg gf* £22
Banana blossom, nori, crispy batter, chunky chips, peas
& vegan tartare sauce.

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