



STARTERS

SOUP OF THE DAY Bread & Cornish butter	£6.00
SALT & PEPPER SQUID Fresh lemon & sriracha mayo	£8.50
HOG'S PUDDING SCOTCH EGG Baby gem & homemade piccalilli	£7.95
POTTED SMOKED MACKEREL Beetroot & apple salad with lemon	£7.50
CRISPY HALLOUMI FRIES Harissa mayo, tomato & onion salad	£8.25
TANDOORI CHICKEN FILLETS Toasted sesame seeds & cardamom aioli	£7.50

MAINS

ROAST LOIN OF PORK Stuffing, crackling, roasted potatoes, vegetables & gravy	£12.95
ROAST RUBY RED BEEF Roasted potatoes, Yorkshire pudding, vegetables & gravy	£12.95
ROAST WELSH LAMB Roasted potatoes, vegetables, gravy & mint sauce	£13.95
HERON NUT ROAST (v) Rosemary roasted potatoes, vegetables & vegetarian gravy	£11.95
BEER BATTERED COD Chips, garden peas & tartare sauce	£13.75
WHOLETAIL SCAMPI Chips, garden peas & tartare sauce	£13.75
GOAN CHICKEN CURRY Braised rice & fresh salsa	£15.75
OVEN BAKED CORNISH HAKE New potatoes, chorizo, peppers olives & tomatoes	£15.95
WEST COUNTRY RUMP Portobello mushroom, vine tomatoes, chips & onion rings <i>Peppercorn, Port & Cornish blue £2.00</i>	£18.50
HAND PRESSED BURGER Smoked bacon, Monterey jack, ciabatta, coleslaw & chips	£13.25
CAJUN CHICKEN BURGER Smoked bacon, Monterey jack, ciabatta, coleslaw & chips	£13.25
HALLOUMI & CORNISH BLUE BURGER (v) Beetroot, ciabatta, coleslaw & chips	£12.75
MEDITERRANEAN VEGETABLE & GOATS CHEESE TART (v) Dressed salad & balsamic	£13.75
AUBERGINE & SPICED LENTIL MOUSSAKA (v) Garden salad & toasted focaccia	£14.75
MALPAS PLOUGHMANS Choice of mature cheddar (v), Cornish Blue (v) or Ham	£12.00
CHICKPEA, TORCHED CAULIFLOWER & HALLOUMI SALAD (v) Rocket pesto & pine nuts	£12.50

* Please see our separate dessert menu for today's choice of homemade puddings



The Heron Inn. Trenhaile Terrace. Malpas. Truro. TR1 1SL.

