



## SUNDAY MENU

### SMALL PLATES

Dusted Calamari Tentacles - £12.00  
Roasted garlic aioli & lemon

Caesar Wedge v gf\* - £10  
Gem, anchovies, crostini, parmesan, Caesar dressing, crispy onions

Vegan Scallops v vg gf - £11.00  
Oyster mushrooms, truffled pea purée, vegan bacon

Cornish Mussels gf\* - £13.00  
White wine, garlic, parsley, shallots & cream with dipping bread

Thai Spiced Tiger Prawns gf - £12.00  
Coriander, garlic, chilli, lime & Asian salad

### MAINS

Topside of Beef/Loin of Pork/Turkey gf\* - £19  
Roasted rosemary potatoes, swede mash, cauliflower cheese, veal bone gravy, Yorkshire pudding & seasonal vegetables.

Oven Baked Stuffed Red Peppers vg v gf - £18  
Roasted vegetables, rosemary potatoes, swede mash, cauliflower, butternut puree & seasonal vegetables

Thai Red Fish Curry gf £24.00  
Sticky jasmine rice, poppadom, tomato, onion & coriander salad

Heron Seafood Chowder - £23.00  
Potato, pancetta, monkfish, prawns, mussels, crevettes, cod, sweetcorn with charred focaccia

Beer Battered Cod gf\* - £18.00  
Tribute ale batter, chunky chips, garden peas, lemon and tartare sauce

Wholetail Scampi - £18.00  
Chunky chips, garden peas, lemon and tartare sauce

Cornish Mussels & Frites gf\* - £23.00  
White wine, garlic, parsley, shallots, cream with skinny fries and dipping bread.

Halloumi Salad v gf\* - £17.00  
Spinach, sun-blushed tomatoes, roasted red peppers, mango, chilli & lime dressing

Goats Cheese & Beetroot Salad v gf\* - £17.00  
Gem, rocket, tomato, red onion, nigella seeds, walnuts & balsamic

### SIDES

Chips v vg gf £6.00  
Cheesy Chips gf\* £7.00  
Seasonal Salad gf\* £6.00



HERON INN

MALPAS