

# HAND CUT SANDWICHES

Served on thick cut white or granary bread with dressed leaves and Burt's sea salt crisps - Gluten free rolls available on request.

<b>BEER BATTERED FISH FINGERS</b> GF* .....	8.25
<i>Gem lettuce and tartare sauce.</i>	
<b>HONEY GLAZED HAM</b> .....	7.50
<i>Lettuce, red onion, cucumber and tomato.</i>	
<b>SLICED CORNISH YARG</b> V .....	7.25
<i>Spiced tomato chutney.</i>	
<b>BRIE &amp; CRANBERRY</b> V .....	7.50
<b>ADD BACON FOR AN EXTRA £2.00</b>	
<b>BACON, LETTUCE &amp; TOMATO</b> .....	8.25
<i>Mayonnaise.</i>	
<b>PRAWN &amp; MARIE ROSE</b> GF* .....	8.75
<i>Baby gem and smoked paprika.</i>	
<b>CHICKEN, BACON &amp; PESTO</b> GF* .....	8.50
<i>Sliced beefsteak tomato.</i>	

## SIDES

<b>CHIPS</b> GFV .....	3.50
<b>CHEESY CHIPS</b> GF .....	4.00
<b>SKINNY FRIES</b> GFV .....	3.00
<b>SWEET POTATO FRIES</b> GFV .....	4.00
<b>BREAD &amp; CORNISH BUTTER</b> GF* V .....	1.95
<b>GARLIC BREAD</b> GF* V <b>ADD CHEESE +50P</b> .....	2.50
<b>PARMESAN &amp; ROCKET SALAD</b> GF .....	3.00
<b>BEER BATTERED ONION RINGS</b> GF* V .....	3.00
<b>APPLE COLESLAW</b> GF V .....	1.95



We have a separate menu for our vegan diners. Please ask your server for more details.

GF - Gluten free   GF\* - Gluten free with slight adjustment   V - Vegetarian

### ALLERGENS

Please ask a member of our team for more information. As we use shared equipment in a busy kitchen, some ingredients may not be suitable for those with severe allergies. Please ask one of our team every time you visit The Heron Inn as ingredients may have changed since your last visit.



# HERON INN

MALPAS

EAT • DRINK • RELAX

## AUTUMN & WINTER FOOD MENU

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ENQUIRIES@HERONINNMALPAS.CO.UK | 01872 272 773  
TRENHAILE TERRACE | MALPAS | TRURO | TR1 1SL

## NIBBLES

BAKER TOM'S BREAD & OILS GF* V	4.00
CIABATTA TAPENADE GF* V	4.00
MARINATED MIXED OLIVES GF* V	4.00
PATATAS BRAVAS GF* V	4.00
CHORIZO IN RED WINE	5.00
TOMATO BRUSCHETTA GF* V	4.00

## STARTERS & LIGHT SNACKS

SOUP OF THE DAY GF*	6.00	<i>Bread and Cornish butter.</i>
STEAMED WEST COUNTRY MUSSELS GF*	8.50	<i>White wine, garlic, shallots, parsley, cream and bread.</i>
SALT & PEPPER SQUID	8.50	<i>Fresh lemon and Sriracha mayo.</i>
WHIPPED GOATS' CHEESE SALAD GF	8.25	<i>Pickled beetroot, apple, radish and candied walnuts.</i>
HOG'S PUDDING SCOTCH EGG	7.95	<i>Baby gem, mixed leaves and homemade piccalilli.</i>
POTTED SMOKED MACKEREL GF*	7.50	<i>Horseradish, dill, cranberry jelly and sea salt crostini.</i>
CRISPY HALLOUMI FRIES GF V	8.25	<i>Harissa mayo, tomato and onion salad.</i>
TANDOORI CHICKEN FILLETS GF	7.50	<i>Pickled cucumber, saffron and cardamom aioli.</i>

## HERON SHARERS

VEGETARIAN PLATTER GF* V	20.00	<i>Crispy halloumi fries, mixed olives, patatas bravas, sun-blushed tomatoes, toasted focaccia, roasted red peppers, rosemary oil and sweet balsamic dressing.</i>
HERON FISH PLATTER	28.00	<i>Salt &amp; pepper squid, smoked mackerel, steamed West Country mussels, tiger prawns, grilled sardines, dressed salad, Baker Tom's focaccia, aioli and sriracha mayo.</i>

## MAIN COURSES

BEER BATTERED COD GF*	7.95   13.75	<i>Chips, garden peas and tartare sauce.</i>
THE HERON BOUILLABAISSE GF*	16.75	<i>Fragrant fish broth, monkfish, cod, mussels, tiger prawns and toasted ciabatta.</i>
STEAMED WEST COUNTRY MUSSELS GF*	15.50	<i>White wine, shallots, garlic, parsley, cream, bread and fries.</i>
WHOLETAIL SCAMPI	7.95   13.75	<i>Chips, garden peas and tartare sauce.</i>
OVEN BAKED CORNISH HAKE GF	15.95	<i>New potatoes, chorizo, peppers, olives and tomatoes.</i>
CORNISH INSPIRED PAELLA GF*	17.50	<i>Monkfish, mussels, tiger prawns, chicken, chorizo and vegetables with charred lemon.</i>
GOAN STYLE CHICKEN CURRY GF	15.75	<i>Braised rice, aromatic salsa and toasted sesame seeds.</i>
HAND PRESSED BEEFBURGER GF*	13.25	<i>Smoked bacon, Monterey Jack cheese, apple coleslaw, relish, toasted bun and chips.</i>
CAJUN CHICKEN BREAST BURGER GF*	13.25	<i>Smoked bacon, Monterey Jack cheese, apple coleslaw, relish, toasted bun and chips.</i>
10oz WEST COUNTRY RUMP STEAK GF*	18.50	<i>Cherry vine tomatoes, rocket &amp; parmesan salad and skinny fries.</i> <b>ADD PEPPERCORN OR PORT &amp; CORNISH BLUE SAUCE FOR AN EXTRA £2.00</b>
PAN FRIED CORNFED CHICKEN BREAST GF	15.50	<i>Crushed new potatoes, wild mushroom, pancetta &amp; tarragon cream with steamed greens.</i>
GRILLED HALLOUMI & CORNISH BLUE CHEESE BURGER GF* V	12.75	<i>Pickled beets, apple coleslaw, toasted bun and chips.</i>
MEDITERRANEAN VEGETABLE & GOATS' CHEESE TART V	13.75	<i>Dressed salad and sweet balsamic glaze.</i>
AUBERGINE & SPICED LENTIL MOUSSAKA GF* V	14.75	<i>Garden salad and toasted focaccia.</i>
CHICKPEA, TORCHED CAULIFLOWER & HALLOUMI SALAD GF V	12.50	<i>Rocket pesto, toasted pine nuts and popped quinoa.</i>
MALPAS PLOUGHMAN'S GF*	12.50	<i>Choice of mature Cheddar, Cornish blue or home cooked ham, pickled onion, celery, apple, free-range egg, chutney and bread.</i>



**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](http://www.cornwallgoodseafoodguide.org.uk)