

# SANDWICHES

SERVED UNTIL 5PM

White or granary bread with dressed salad & Burts sea-salt crisps. Gluten free bread available upon request. Add skinny fries to your sandwich for £3

TRIBUTE ALE BATTER COD FINGERS **gf\*** £14  
Gem lettuce, pickled slaw, lemon & tartare sauce

BRIE & CRANBERRY **v gf\*** £10  
Add grilled bacon for £2

BACON, LETTUCE & TOMATO **gf\*** £12  
Mayonnaise

CHEDDAR CHEESE & CHUTNEY **v gf\*** £11  
Red onion marmalade

COLD SMOKED SALMON **gf\*** £14  
Cream cheese, chives & lemon

VEGAN FISH FINGERS **gf\*** £13  
Vegan tartare



# HERON INN

MALPAS

# MENU

## SIDES

CHUNKY CHIPS **v vg** £6

CHEESEY CHIPS **v** £7

SKINNY FRIES **v vg** £6

POSH FRIES **v** £7

(Truffle oil, parmesan & parsley)

GARLIC FOCACCIA **v** £4  
(add cheese £5)

DRESSED SALAD **v vg** £6



**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)



[www.heroninnmalpas.co.uk](http://www.heroninnmalpas.co.uk)

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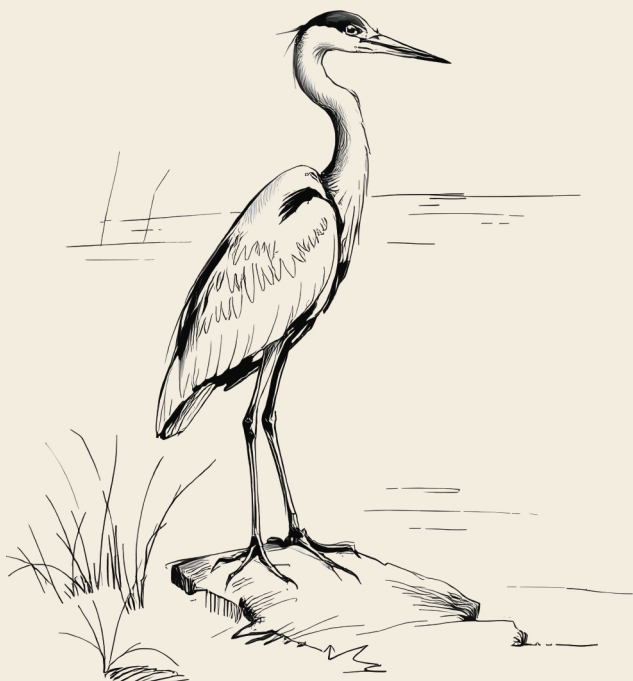


## NIBBLES

- MARINATED PITTED OLIVES v gf £6  
BREAD, OILS & BALSAMIC v gf\* £6  
HUMMUS & WARM BREAD v gf\* £6  
CHORIZO BITES & HOT HONEY £8

## STARTERS

- SOUP OF THE DAY gf\* £9  
Warm bread roll & butter
- ROASTED GARLIC FOREST MUSHROOMS gf\* v £12  
Port, garlic, Cornish blue cheese & sourdough
- VEGAN SCALLOPS gf vg £11  
Butternut puree, crispy bacon & green oil
- COLD SMOKED SALMON MOUSSE gf\* £12  
Cream cheese, chives & crostini
- GRILLED TIGER PRAWNS gf\* £14  
Garlic, lemon, chilli, parsley, olive oil & warm bread
- STEAMED CORNISH MUSSELS gf\* £14  
White wine, shallots, garlic, parsley, cream & warm bread
- CARPACCIO OF BEEF gf\* £15  
Rocket, capers, parmesan, cold press rapeseed,  
crostini & pinenuts
- CHARRED PAPRIKA & CUMIN CHICKEN gf\* £12  
Honey glazed, cucumber & mint yoghurt



## MAINS

- HERON FISH PIE £22  
Cod, salmon, smoked haddock, prawns, saffron, peas,  
creamed potato topping & seasonal vegetables
- SEAFOOD CHOWDER £23  
Pancetta, cod, prawns, smoked haddock, peas, sweetcorn,  
potato & toasted focaccia
- CORNISH MUSSELS & FRITES gf\* £23  
White wine, garlic, parsley, cream, shallots,  
skinny fries & warm bread
- SEAFOOD LINGUINE £22  
Mussels, prawns, cod, bisque, tomato,  
basil & parmesan
- TRIBUTE ALE BATTERED COD gf\* £19/£14  
Chunky chips, garden peas,  
lemon & tartare sauce
- WHOLETAIL SCAMPI £19/£14  
Chunky chips, garden peas, lemon & tartare sauce
- FISH PLATTER £50 or £25 for one  
Steamed mussels, grilled sardines, spiced whitebait, crevettes,  
cold smoked salmon, anchovies, salad, nettle & ginger dressing,  
toasted focaccia, aioli & lemon mayo
- GOAN TIGER PRAWN CURRY gf\* £24  
Steamed jasmine rice, warm naan bread, mango chutney
- CHAR-GRILLED SIRLOIN gf £28  
Pomme Anna, slow roasted tomato, mushrooms,  
watercress & Café de Paris butter  
Sauces - DIANE - PEPPERCORN - BEARNAISE £4
- CHAR-GRILLED BEEF BURGER gf\* £19  
Toasted bun, crispy bacon, Monterey Jack cheese,  
pickled slaw, spicy tomato chutney & chunky chips
- PAN ROASTED CHICKEN BREAST gf £20  
Crushed new potatoes, tenderstem, pancetta,  
wild mushroom & red wine jus
- SLOW COOKED LAMB RAGU £19  
Linguine, red wine, thyme, carrots, onion,  
tomato & parmesan gratin
- PERSIAN BEAN TAGINE gf\* vg £19  
Giant pearl couscous, warm flatbread, tomato,  
onion & coriander salsa
- BETROOT & GOATS CHEESE RISOTTO gf £18  
White wine, parmesan, pinenuts & micro rocket
- VEGAN FISH & CHIPS gf\* £18  
Banana blossom, nori, crispy light batter, chunky chips,  
peas & vegan tartare

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