



Heron Inn

LIGHT LUNCHES

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| Homemade Soup with Crusty Bread (v) * | £4.95 |
| Warm Bread with Hummus, our own marinated Olives and Balsamic Olive Oil (v) * | £5.25 |
| Nachos topped with Tomato Salsa, Jalapeno Peppers and melted Cheddar, served with Sour Cream and Guacamole (v) | £5.95 |
| Greek Salad with Feta Cheese, Olives and Crusty bread (v) * | £7.25 |
| Spicy breaded Crab Cakes served with a Sweet Chilli Dipping Sauce, Salad and Crusty Bread | £7.50 |
| Locally made Falafels (<i>Middle Eastern Chickpea fritters</i>) served with toasted Pitta Bread, Hummus, Tomato Salsa and Salad (v) * | £7.95 |
| Crispy Whitebait (<i>deep-fried, bite-size whole white fish</i>) served with Salad, Brown Bread and Butter and a pot of Mayonnaise | £7.95 |
| Deli Platter – Selection of Cured Meats, homemade Olive Tapenade, Sun Blush Tomatoes and Crusty Bread * | £7.95 |
| Ploughman's Platter – Cheddar, Stilton and Brie served with Fruit Chutney, Pickled Onions and a mini Cottage Loaf (v) * | £7.95 |
| Fisherman's Platter – Locally smoked Mackerel fillets with a homemade Beetroot and Horseradish Pickle, Salad and Crusty Bread * | £8.25 |

BIGGER BITES

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| Spiced Chickpea and Spinach Burger in a toasted Roll with Chips, Salad and Tomato Salsa (v) | £7.25 |
| Pasta with a homemade Four Cheese, Basil and Sun-dried Tomato sauce, with Garlic Bread (v) | £7.25 |
| Our Butcher's own Roast Ham, Fried free-range Egg and Chips | £7.95 |
| Homemade Chickpea and Vegetable Curry with Rice and Naan Bread (v)* | £7.95 |
| Locally made Cornish Beef Burger served in a toasted Roll with Chips, Salad and Onion Rings | £8.00 |
| Homemade Beef Lasagne served with Garlic Bread and dressed Mixed Leaves | £8.25 |
| Fish and Chips – Large Fillet of Haddock in homemade Local Ale Batter, with Chips and Peas | £8.50 |



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ROLLS

All served with dressed mixed leaves

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| Mature Cheddar with Tomato (v) | £5.50 |
| Tuna Mayonnaise with Cucumber | £5.95 |
| Brie and Rocket with Red Onion Marmalade (v) | £6.25 |
| Chicken Breast, Bacon and Guacamole | £6.75 |

TOASTED PANINI

All served with dressed mixed leaves

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| Local Roast Ham and Cheddar served with a pot of Fruit Chutney | £6.25 |
| Bacon, Sautéed Mushrooms and Cheddar | £6.25 |
| Tuna Melt (with Peppers, Red Onion and Cheddar) | £6.25 |
| Blue Cheese, Sautéed Mushrooms and Red Onion Marmalade (v) | £6.25 |

FOR THE LITTLE ONES

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| Toasted Pitta Bread fingers and sliced Peppers and Cucumber with a Hummus Dip (v) | £3.50 |
| Pasta with a Tomato Sauce and Garlic Bread (v) | £4.25 |
| Breaded Chicken Breast Goujons, Chips and Baked Beans | £4.95 |
| Homemade Spaghetti Bolognese with Garlic Bread | £4.95 |
| Giant Battered Cod Fillet Fish Finger with Chips with Peas | £4.95 |
| Two Pork Sausages, Mashed Potato and Baked Beans | £4.95 |



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ON THE SIDE...

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| Dips: | | | 65p |
| Sweet Chilli, Garlic Mayonnaise, Sour Cream, Fruit Chutney, Guacamole and Salsa | | | |
| Baked Beans | | | £1.00 |
| Roll and Butter | | | £1.75 |
| Marinated Olives | | | £1.95 |
| Onion rings | | | £2.00 |
| Chips | £2.00 | with Cheese | £2.35 |
| Garlic bread | £2.50 | with Cheese | £2.85 |
| Selection of Vegetables | | | £2.75 |
| Side Salad | | | £2.75 |

* = Gluten Free versions available please ask bar staff for full details

(v) = Vegetarian

All dishes are subject to availability

Prices include current rate of VAT