

MULLION COVE SPA

Our state-of-the-art spa is rather special. Designed to make the most of the ocean views, swim in the outdoor pool, soak in the indoor hydro-infinity pool or sink into the cliff-top hot tub with its unrivalled outlook. Relax in the heat of our sauna, inhale the scent of the aroma steam room and unwind in the salt laconicum.

Should you wish to book a treatment during your stay then please ask at the hotel or spa reception. For last-minute availability please ask at reception.

YOGA FLOW

Every Wednesday between 6:30pm and 8pm

An opportunity to find space in breath and movement. Gill will guide you through a 90-minute class that is suitable for all abilities. This class incorporates yoga poses with breathwork and relaxation to find a sense of coming home to our body.

£10 per class



MULLION COVE HOTEL SPA & APARTMENTS

A World of its Own

BREAKFAST

MENU

Good Morning

Please help yourself to the buffet and our waiting staff will take your order for either freshly ground coffee or tea and a choice of white or brown toast (*please note speciality coffees are not available during breakfast service*). Your cooked food order will also be taken at your table.

Cornish Breakfast

Poached, Scrambled or Fried Egg, Bacon,
Cornish Sausage, Grilled Tomato, Mushroom
Hogs Pudding, Hash Brown, Baked Beans

Vegetarian Breakfast

Poached, Scrambled or Fried Egg
Thyme & Onion Rosti, Spinach, Hollandaise, Tomato

Spa Breakfast

Poached Egg, Bacon, Avocado, Rye Toast

Smoked Salmon

Scrambled Egg
Sourdough Toast, Watercress

Vegan Breakfast

Tomato, Baked Beans, Mushrooms
Tyme & Onion Rosti, Spinach

Baked Duck Egg

Tomato, Mushroom & Spinach Ragù
Davidstow Cheddar, Sourdough Soldiers

Buttermilk Pancakes

Crispy Pancetta & maple Syrup or
Greek Yoghurt & Berry Compote

St Ives Smoked Haddock Fillet

Free Range Poached Egg, Spinach, Hollandaise

Grilled Kipper

Capers, lemon

Classic Eggs Benedict

Ham, Hollandaise

Classic Eggs Royale

Smoked Salmon, Hollandaise

Classic Eggs Florentine

Spinach, Hollandaise

Avocado

Sourdough Toast, Poached Egg

Porridge

Berry Compote, Nuts & Seeds