

# ALL DAY GRAZING

Available 12.30pm – 8.45pm

## SMALL PLATES

<b>Soup of the Day</b> Homemade Sourdough	£7.50
<b>Caramelised Chicory &amp; Blue Cheese Tart</b> Rocket, Pickled Pear & Walnut Salad (Contains Nut)	£9.00
<b>Korean Fried Chicken</b> Octo dressing, Peanut Asian Salad	£9.50
<b>Whitebait</b> Roasted Garlic & Saffron Aioli (DF)	£8.00
<b>Pulled Moroccan Lamb</b> Flatbread, Harissa Crème Fraiche, Almonds (Contains Nuts)	£9.95
<b>Seaweed, Sesame &amp; Miso Crusted Tofu</b> Asian Slaw, Vegan Sriracha Mayonnaise (Contains Nuts, Vegan, GF)	£8.95
<b>Cornish Mussels</b> Local Cider, Leek & Saffron Cream, Sourdough	£8.95

## MAIN COURSE

<b>8oz Ribeye Steak</b> Served Medium Rare, Chips, Bearnaise Sauce Watercress and Shallot Salad (GF) (£10 supplement for spa day visitors)	£34.00
<b>Fish and Chips</b> Pea Puree, Lemon, Tartar Sauce (DF)	£19.00
<b>Mullion Cove Beef Burger</b> Fries, Mustard Mayo, Cheddar, Gherkin Tomato & Lettuce	£16.95
<b>Cornish Mussels</b> Local Cider, Leek & Saffron Cream, Fries, Bread	£17.50
<b>Chicken Schnitzel Holstine</b> Shallot & Watercress Salad, Fries, Anchovies Fried Egg, Caper & Parsley Butter	£18.50
<b>Catch of the Day</b> Crushed New Potatoes, Tenderstem, Tarragon Butter Sauce	£24.95
<b>Tempura Vegetable</b> Sticky Rice, Peanut & Coconut Curry, Coriander Crispy Onions, Sesame Seeds (Vegan)	£16.50
<b>Caramelised Cauliflower Risotto</b> Roasted Florets, Hazelnuts, Truffle, Parmesan	£16.50

## SIDES

<b>Mullion Cove House Salad</b>	£5.00
<b>Triple Cooked Fries</b>	£5.00
<b>Buttered Cornish New Potatoes</b>	£5.00

## NIBBLES

<b>Roasted Beetroot Hummus</b> Crumbled Goats Cheese, Sourdough Croutes	£5.00
<b>Duchy Charcuterie Platter</b> Focaccia, Balsamic Onions, Olives & Rocket (GF, DF)	£12.00
<b>Garlic Marinated Anchovies</b> (GF, DF) Parsley, Shallot & Baby Caper Dressing	£5.00
<b>Smoked Mackerel Tartine</b> Horseradish Cream, Pickled Shallots, Watercress	£6.50
<b>Marinated Artichokes</b> (GF, DF Vegan)	£5.00
<b>Lemon Verbena Noccerella Olives</b> (GF, Vegan)	£5.00
<b>Homemade Sourdough</b> Whipped Butter, Hazelnut Duhka (Contains Nuts)	£5.00

## SANDWICHES

Available 12.30pm – 5:00pm

<b>Croque Monsieur</b> Pickled Vegetable Salad	£12.50
<b>Roasted Mediterranean Veg &amp; Goat Cheese Focaccia</b> Rocket, Pesto, Balsamic	£11.50
<b>Smoked Salmon &amp; Cream Cheese Sourdough</b> Rocket, Lemon Dressing, Caper Berries	£14.50
<b>Open Flat Iron Steak Sandwich</b> (served medium rare) Chimichurri, Avocado, Tomato, Red Onion, Rocket	£18.00

## AFTERNOON TEA

Available 2.00pm – 5.00pm

All our cream/afternoon teas are served with tea, or filter coffee

<b>Mullion Cove Cream Tea</b> Plain and Fruit Scones, Cornish Clotted Cream & Strawberry Jam	£12.00
<b>Mullion Cove Afternoon Tea (24 hour notice req)</b> Smoked Salmon Open Sandwich with Crème Fraiche Leek & Cheddar Tartlet Pork, Fennel & Apple Sausage Roll Scones, Cornish Clotted Cream, Strawberry Jam, Homemade Cakes (Contains Nuts)	£29.95
<b>Champagne Afternoon Tea (24 hour notice req)</b> Smoked Salmon Open Sandwich with Crème Fraiche Leek & Cheddar Tartlet Pork, Fennel & Apple Sausage Roll Scones, Cornish Clotted Cream, Strawberry Jam, Homemade Cakes (Contains Nuts)	£43.50

**All our staff are trained in allergen awareness, please do not hesitate to speak to a member of staff if you have any allergen requests or requirements.**

## SWEETS

<b>Sticky Toffee Pudding</b>	£9.00
<b>Chef's Homemade Sweet of the day</b> (See daily specials)	£9.00
<b>Ice Cream &amp; Sorbet</b> Three Scoops of Ice Cream or Sorbet	£9.00
<b>A Selection of British Cheeses</b> Chutney, Biscuits, Apple	£13.00

## CHILDREN'S MENU

We are more than happy to provide a smaller portion of this menu or alternatively, please ask a member of our bar staff for a kids menu, and crayons to keep them entertained.

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## RECOMMENDED WINES

	150ml	bottle
<b>Prosecco Spumante NV</b> (11%) <b>Porte Nova, Veneto, Italy</b> Delicately fruity and frothy; hints of apple and blossom	£9.00	£36.00
<b>Gremillet Brut NV Champagne</b> (12.5%) <b>Balnot-sur-Laignes, Aube</b> A stunning Champagne that delivers on all fronts. Sweet brioche overtones, balanced by peach and biscuit flavours.	£14.00	£65.00
	175ml	bottle
<b>Pinot Grigio Rosé</b> (11.5%) <b>Folonari, Venezia, Italy</b> Pale, Salmon-pink, off dry & Fruity	£8.00	£28.00
<b>Merlot</b> (13%) <b>Rio Alto, Viña San Esteban, Chile</b> Rich, ripe and full-bodied	£8.00	£28.00
<b>Shiraz/ Cabernet</b> (14%) <b>'Red Herring' South-Eastern Australia</b> Spicy with layers of soft black-fruit	£7.00	£25.00
<b>Sauvignon Blanc</b> (12.5%) <b>Lanark Lane, Marlborough, NZ</b> Green nettle aromas and gooseberry fruit	£9.50	£39.00
<b>Muscadet Sur Lie</b> (12%) <b>Domaine de la Bretonnière, France</b> Dry, zingy and fruity; crisp and refreshing	£8.50	£32.00

Please see our full wine list for a more extensive selection

## MULLION COVE SPA

The romance and healing of the sea permeates every aspect of our beautiful spa, from the materials used in the building itself to our natural, invigorating Atlantic Sea Salt spa treatments offered for your benefit.

Please ask at reception for late availability for spa treatments.

## MULLION COVE LEISURE CLUB

Mullion Cove Hotel & Spa welcomes local residents to join our Spa & Leisure Club, which is open all year round. We have two levels of membership: full membership from £80 per month or gym memberships from £45 per month.