

ALL DAY GRAZING

Available 12.30pm – 8.45pm

SMALL PLATES

Soup of the Day Homemade Sourdough	£8.95
Caramelised Chicory & Blue Cheese Tart Rocket, Pickled Pear & Walnut Salad (Contains Nuts)	£10.95
Grilled King Prawns Sweet Chilli Sauce, Asian Slaw	£12.95
Korean Fried Chicken Octo dressing, Peanut Asian Salad	£9.95
Smoked Mackerel Pate Dill Pickled Cucumber Salad & Sour Dough Croutes	£10.95
Pulled Moroccan Lamb Flatbread, Harissa Crème Fraiche, Almonds (Contains Nuts)	£11.50
Seaweed, Sesame & Miso Crusted Tofu Asian Slaw, Vegan Sriracha Mayonnaise (Contains Nuts, Vegan, GF)	£9.95
Cornish Mussels Red Thai Curry Sauce, Coconut, Coriander, Bread	£10.95

MAIN COURSE

8oz Ribeye Steak Served Medium Rare, Chips, Bearnaise Sauce Watercress and Shallot Salad (GF) <i>(£13 supplement for spa day visitors)</i>	£35.00
Fish and Chips Pea Puree, Lemon, Tartar Sauce (DF)	£21.95
Mullion Cove Beef Burger Fries, Mustard Mayo, Cheddar, Gherkin	£19.95
Cornish Spider Crab Linguine Olive Oil, Lemon, Chilli, Pasley, Garlic	£23.95
Cornish Mussels Red Thai Curry Sauce, Coconut, Coriander, Bread	£20.95
Chicken Schnitzel Holstine Shallot & Watercress Salad, Fries, Anchovies Fried Egg, Caper & Parsley Butter	£19.95
Catch of the Day Crushed New Potatoes, Tenderstem, Tarragon Butter Sauce	£25.95
Tempura Vegetable Sticky Rice, Peanut & Coconut Curry, Coriander Crispy Onions, Sesame Seeds (Vegan)(GF option available)	£18.95
Pea and Asparagus Risotto Crumbled Feta, Pinenuts, Mint Oil, Rocket	£18.95

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.

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.

SIDES

Mullion Cove House Salad	£5.00
Triple Cooked Skinny Fries	£5.50
Buttered Cornish New Potatoes	£5.50

NIBBLES

Homemade Sourdough Whipped Butter, Hazelnut Duhka (Contains Nuts)	£6.50
Roasted Beetroot Hummus Crumbled Feta, Sourdough Croutes	£6.50
Ham Hock Ballotine Piccalilli, Watercress, Parsley Oil	£7.50
Garlic Marinated Anchovies (GF, DF) Parsley, Shallot & Baby Caper Dressing	£6.00
Marinated Artichokes (GF, DF Vegan)	£6.00
Lemon Verbena Noccerella Olives (GF, Vegan)	£6.00

SANDWICHES

Available 12.30pm – 5:00pm

Croque Monsieur Cheese, Ham, Pickled Vegetable Salad	£14.95
Croque Madame Cheese, Ham, Fried Egg, Pickled Vegetable Salad	£15.95
Moroccan Spiced Butternut Squash Flat Bread Harissa Marinated Goats Cheese, Pomegranate, Mint, Coriander, Coconut Yoghurt, Almond Duhka	£12.95
Mullion Cove Lobster Brioche Roll Lemon Mayo, Pickled Cucumber, Tomato, Avocado and Rocket Salad	£23.95
Open Smoked Salmon House Sourdough, Soft Cheese, Rocket, Lemon Dressing, Caper Berries	£16.95

AFTERNOON TEA

Available 2.00pm – 5.00pm

All our Cream/Afternoon Teas are served with Tea, or Cafetiere Coffee

Mullion Cove Cream Tea Plain and Fruit Scones, Cornish Clotted Cream & Homemade Strawberry Jam	£12.50
Mullion Cove Afternoon Tea (24 hour notice req) Smoked Mackerel & Horseradish Open Sandwich Leek, Asparagus & Chedder Tartlet Pork, Fennel & Apple Sausage Roll Scones, Cornish Clotted Cream, Homemade Strawberry Jam, Homemade Cakes (Contains Nuts)	£34.00
Champagne Afternoon Tea (24 hour notice req) Smoked Mackerel & Horseradish Open Sandwich Leek, Asparagus & Chedder Tartlet Pork, Fennel & Apple Sausage Roll Scones, Cornish Clotted Cream, Homemade Strawberry Jam, Homemade Cakes (Contains Nuts)	£45.95

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

Sticky Toffee Pudding Salted Caramel, Candied Walnuts, Clotted Cream	£9.50
Seasonal Berry Eton Mess White Chocolate Chantilly, Meringue, Raspberry Sorbet	£9.50
Chef's Homemade Sweet of the day (See daily specials)	£9.50
Ice Cream & Sorbet Three Scoops of Ice Cream or Sorbet	£9.00
A Selection of British Cheeses Chutney, Biscuits, Grapes, Quince <i>(£6 supplement))</i>	£13.50

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

	125ml	bottle
Prosecco Spumante NV (11%) Porte Nova, Veneto, Italy Delicately fruity and frothy; hints of apple and blossom	£9.00	£36.00
Gremillet Brut NV Champagne (12.5%) Baloet-sur-Laignes, Aube A stunning Champagne that delivers on all fronts. Sweet brioche overtones, balanced by peach and biscuit flavours.	£14.00	£65.00
	175ml	bottle
Pinot Grigio Rosé (11.5%) Folonari, Venezie, Italy Pale, Salmon-pink, off dry & Fruity	£8.50	£29.00
Merlot (13%) Rio Alto, Viña San Esteban, Chile Rich, ripe and full-bodied	£8.00	£29.00
Shiraz/ Cabernet (14%) 'Red Herring' South-Eastern Australia <i>Spicy with layers of soft black-fruit</i>	£7.50	£26.00
Sauvignon Blanc (12.5%) Lanark Lane, Marlborough, NZ Green nettle aromas and gooseberry fruit	£9.50	£39.00
Muscadet Sur Lie (12%) Domaine de la Bretonnière, France <i>Dry, zingy and fruity; crisp and refreshing</i>	£9.00	£33.00

Please see our full wine list for a more extensive selection