

# ALL DAY GRAZING

Available 12.30pm – 8.45pm

## SMALL PLATES

<b>Soup of the Day</b> Homemade Sourdough	£8.95
<b>Cornish Fish Soup</b> Garlic Croutes, Rouille	£11.50
<b>Potted Smoked Mackerel</b> Pickled Cucumber, Sourdough Toast	£9.50
<b>Homemade Hoggs Pudding Scotch Egg</b> Brown Sauce, Apple & Shallot Salad	£10.50
<b>Chicken Liver Parfait</b> Soused Vegetables, Rye Toast	£10.50
<b>Cornish Rarebit</b> Tribute, Davidstow Cheddar, Mustard, Poached Hens Egg, Watercress, Shallot & Apple Salad	£9.50
<b>Creamy St Georges Mushrooms On Toast</b> Parsley, Spinach, Garlic, Parmesan, Sourdough	£9.00

## MAIN COURSE

<b>6oz Rump Steak</b> Fries, Watercress & Shallot Salad, Café De Paris Butter	£0.00
<b>6oz Minute Steak</b> Fries, Watercress & Shallot Salad, Café De Paris Butter	£19.95
<b>Mullion Cove Beef Burger</b> Cheddar, Gherkin, Lettuce, Tomato, Mustard Mayo, Pretzel Bun, Fries	£18.95
<b>Chicken Schnitzel Holstine</b> Watercress Salad, Fries, Anchovies Fried Egg, Caper & Parsley Butter	£21.95
<b>Tomato &amp; Rosemary Braised Lamb Shank</b> Creamed Potato, Greens, Olive Crumb, Crispy Capers	£28.95
<b>Tribute Battered Cornish Haddock</b> Fries, Pea Puree, Tartar Sauce, Lemon	£21.95
<b>St Ives Smoked Haddock Chowder</b> Potato, Leek, Samphire, Parsley Oil, House Sourdough, Whipped Butter	£18.95
<b>St Austell Bay Mussels</b> Cornish Cider, Leek & Saffron Cream Or Classic Marinare Sauce, Sourdough – Small Option Or Large With Fries	£20.95
<b>Cornish Yarg &amp; Leek Sausages</b> Mustad Mash, Seasonal Greens, Tarragon & Shallot Ketchup	£17.50
<b>Jerusalem Artichoke Risotto</b> Parmesan, Rocket, Hazlenut & Truffle Dressing	£17.50

## 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

<b>Mullion Cove House Salad</b>	£5.00
<b>Triple Cooked Skinny Fries</b>	£5.50
<b>Buttered Cornish New Potatoes</b>	£5.50

## NIBBLES

<b>Homemade Sourdough</b> Caramelised Whipped Butter, Hazelnut & Almond Duhka (Contains Nuts)	£5.50
<b>Roasted Beetroot &amp; Rosemary Hummus</b> Crumbled Feta, Sourdough Croutes	£6.00
<b>Garlic Marinated Anchovies</b> (GF, DF) Tomato & Caper Dressing	£6.00
<b>Confit Lemon Marinated Nocerella &amp; Cerignola Olives</b>	£6.00

## SANDWICHES/ SALADS

Available 12.30pm – 5:00pm

<b>St Ives Open Smoked Salmon/ Salad</b> House Sourdough, Soft Cheese, Rocket, Lemon Dressing, Caper Berries	£16.95
<b>Croque Monsieur</b> Pickled Vegetable Salad	£15.95
<b>Cornish Crab/ Salad</b> Lemon Mayonnaise, Pickled Cucumber & Rocket Salad	£22.95
<b>Atlantic Prawn &amp; Marie Rose/ Salad</b> Baby Gem, Pickled Cucumber & Rocket Salad	£0.00
<b>Davidstow Cheddar &amp; Tomato Chutney</b> Pickled Vegetable Salad	£12.95
<b>Roast Beef &amp; Horseradish/ Salad</b> Crème Fraiche, Shallot & Watercress Salad	£15.95
<b>Open Roast Mediterranean Vegetables &amp; Goats Cheese Focaccia/ Salad</b> Pesto, Balsamic, Rocket	£14.95

## AFTERNOON TEA

Available 2.00pm – 5.00pm

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

<b>Mullion Cove Cream Tea</b> Plain and Fruit Scones, Cornish Clotted Cream & Homemade Strawberry Jam	£12.50
<b>Mullion Cove Afternoon Tea (24 hour notice req)</b> 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
<b>Champagne Afternoon Tea (24 hour notice req)</b> 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

<b>Sticky Toffee Pudding</b> Candied Walnuts, Toffee Sauce, Cornish Clotted Cream	£9.50
<b>Chef's Homemade Sweet of the day</b> (See daily specials)	£9.50
<b>Ice Cream &amp; Sorbet</b> Three Scoops of Ice Cream or Sorbet	£9.00
<b>Three Local Cheeses</b> Tomato Chutney, Grapes, Quince, Crackers (£4 supplement)	£12.50

## 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
<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, Venezie, Italy</b> Pale, Salmon-pink, off dry & Fruity	£8.50	£29.00
<b>Merlot</b> (13%) <b>Rio Alto, Viña San Esteban, Chile</b> Rich, ripe and full-bodied	£8.00	£29.00
<b>Shiraz/ Cabernet</b> (14%) <b>'Red Herring' South-Eastern Australia</b> Spicy with layers of soft black-fruit	£7.50	£26.00
<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	£9.00	£33.00

Please see our full wine list for a more extensive selection