

The Mull Café & Deli
Mabou
Cape Breton
Nova Scotia
Canada
902-945-2244

We reserve the right to limit take out orders during peak hours.

SOUPS & SALADS

SEAFOOD CHOWDER	8.50
A traditional recipe with haddock, clams, scallops & lobster in light cream.	
SOUP OF THE DAY	5.00
A variety of hearty homemade soups.	
THE CAESAR	6.25 & 9.25
Romaine, mushrooms & bacon, our famous dressing & parmesan.	
THE CHICKEN CAESAR	9.25 & 12.25
Add a grilled chicken breast to the Caesar to make a hearty meal.	
THE MULL SALAD	12.50
A meal of garden veggies, topped with cheddar cheese & ham.	
THE TACO SALAD	10.00
Garden veggies with fresh cooked tortilla chips, red beans. Topped with cheddar cheese & catalina dressing.	
THE GREEK SALAD	8.00 & 11.00
Romaine, feta cheese, greek olives & garden veggies tossed in our own house vinaigrette dressing.	
GARDEN SALAD	8.50
Mix of garden veggies with choice of dressings.	

The above soups & salads are served with roll or garlic bread.

SIDE SALAD	5.00
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DELI SANDWICHES

THE DELI COMBO	6.25
Black forest ham, smoked meat, havarti & Swiss cheese, served hot or cold.	
ROAST BEEF	6.25
Choice of Spanish onions & horseradish, served cold.	
SMOKED MEAT	6.25
Montreal style smoked meat, served hot or cold.	
HAM & CHEESE	6.25
Black forest ham & Swiss cheese, served hot or cold.	
THE VEGGIE	8.25
Lightly grilled open-faced, topped with garden veggies and melted havarti.	

*Deli sandwiches are served on choice of bread.
Served with lettuce, tomato, dill pickle & choice of spreads.*

THE CLUB	9.00
Turkey breast, bacon, lettuce & tomato. Served with fries	
PHILLY STEAK SANDWICH	9.00
Steak, onions, mushrooms, peppers & cheddar cheese. Served with fries & coleslaw.	
HOT SANDWICHES	9.00
Turkey or hamburger served with fries, gravy, coleslaw and veggies. All white turkey meat add .1.00	

Note: Replace fries or potato with Caesar or side salad - 1.50 extra.

BURGERS & DOGS

THE MULL BURGER	8.00
6 ounces of lean beef, bacon, mushrooms, onion, mozzarella, lettuce & tomato.	
QUARTER POUNDER	Plain 4.00 Works 4.50
QUARTER POUNDER WITH CHEESE	4.50 & 5.00
BOCA BURGER vegetarian meat substitute with choice of spreads.	5.50
THE CHICKEN BURGER Served grilled with coleslaw.	6.00
THE FISH BURGER Served grilled with coleslaw.	6.00
HOT DOG	3.00
WHISTLE DOG with bacon & melted cheese.	4.00

SNACKS & SANDWICHES

NACHOS & CHEESE	5.50	POUTINE	3.50 & 4.50
DELUXE NACHOS	11.00	POTATO SKINS	7.50
Hamburger, onions, green peppers, hot peppers, green olives & cheddar cheese.		Cheddar cheese & bacon	
VEGGIE FRITTERS	6.50	EGG ROLLS (2)	3.25
FRIES	2.50 & 3.50	ONION RINGS	3.25 & 4.50
GARLIC BREAD	3.25	MOZZA STICKS	7.00
With cheese	4.75	With ranch dressing	
BRUSCHETTA French bread with a blend of Italian veggies and melted mozza.			7.00
CHEESE QUESADILLAS Flour tortillas topped with veggies and monterey jack.		With chicken	8.50
GOLDEN DEEP FRIED JUMBO SHRIMP With cocktail and tarter sauce.			8.50
B.L.T.	4.50	Ham & Cheese	5.00
Grilled Cheese	3.75	Western	5.00
Turkey	5.00		

PASTA FAVORITES

PASTA PRIMAVERA	13.00
Italian style veggies tossed with garden rotini, garlic, cream & parmesan.	
SPAGHETTI CARBONARA	13.00
Smothered in creamy egg & parmesan, with mushrooms, onions & bacon.	
CHICKEN ALFREDO	14.25
Fettuccine in cream & parmesan, with broccoli, mushrooms & onions.	
TOMATO BASIL CHICKEN	14.25
Fettuccine in spicy tomato sauce, with zucchini, mushrooms, onions & peppers.	
LASAGNA	9.00 & 13.50
Beef, mozzarella, ricotta, spinach, mushrooms, onions & peppers.	

*Pasta favorites are served with garlic bread.
Add a small Caesar salad for 5.00*

FROM THE SEA

FISH & CHIPS	8.50 & 10.50
Deep fried haddock. Served with coleslaw & choice of potato.	
SEAFOOD PLATTER	14.00
Deep fried scallops, clams & haddock. Served with coleslaw & choice of potato.	
GRILLED HADDOCK	14.00
Grilled to perfection, served with fresh veggies & choice of potato.	
SCALLOPS & CHIPS	12.00
Deep fried breaded scallops. Served with coleslaw & choice of potato.	
CLAMS & CHIPS	7.00
Deep fried clam strips. Served with coleslaw & choice of potato.	

FROM THE FARM

CHICKEN FINGERS	8.00
Breaded chicken strips served with fries & coleslaw & choice of sauces.	
CHICKEN WINGS	9.00
One Dozen Mild, Medium, Hot or Honey Garlic. Served with fries & coleslaw.	
BEEF TENDERLOIN	18.00
Two 4 ounce charbroiled bacon wrapped tenderloins, served with fresh veggies & choice of potato. Garnished with grilled mushrooms 2.00 – onions 1.00	
NEW YORK STRIP LOIN	15.00
6 ounce charbroiled steak, served with coleslaw, garlic bread & choice of potato. Garnished with grilled mushrooms 2.00 – onions 1.00	
GRILLED PORK CHOPS	14.50
Served with fresh veggies, grilled onions & choice of potato.	
CHICKEN STIR FRY	14.25
Stir-fried garden veggies & chicken served over a bed of rice.	

Note: Replace fries, potato or vegetable with Caesar or side salad - 1.00 extra.

DESSERTS

FRESH APPLE CRISP	4.50	ICE CREAM	2.50 & 3.50
BROWNIE PUDDING PIE	4.50	SUNDAES	3.50 & 4.50
CARROT CAKE	5.00	PIES	4.50
CHEESECAKE	5.50	A LA MODE	2.00

BEVERAGES

FRESH GROUND COFFEE	2.00	TEA OR HERBAL TEA	2.00
POP	2.00	JUICE	1.00 1.50 2.00
PERRIER	3.00	BOTTLED WATER	1.75
MILK	1.25 2.25 3.25	HOT CHOCOLATE	3.00
MILKSHAKES & FLOATS	4.50	ORANGE JULIUS	4.50

THE MULL DINNER MENU

The Mull dinner menu is served after 5:00PM and all day Sunday.

HALIBUT STEAK

Grilled or charbroiled. Served with choice of potato & fresh vegetables.

18.00

FISHERMAN'S PLATTER

A medley of grilled halibut, lightly seared scallops and deep fried jumbo shrimp.
Served with fresh vegetables and choice of potato.

24.00

SCALLOPS IN WINE

Atlantic scallops finished with onions, mushrooms,
flavored with white wine, cream, parmesan & parsley.
Served with rice pilaf & fresh vegetables.

22.00

SCALLOP STIR FRY

Stir fried scallops, mushrooms, peppers, zucchini & onions
flavored with white wine, garlic & parsley.
Served with rice pilaf & fresh vegetables.

22.00

LEMON CHICKEN SUPREME

Boneless breast of chicken, pan-fried in lemon butter.
Served with rice pilaf & fresh vegetables.

19.00

CHICKEN PARMESAN

Boneless breast of chicken rolled in parmesan & bread crumbs,
pan fried & topped with spicy tomato sauce.
Served with pasta primavera & garlic bread.

17.00 & 21.00

T-BONE STEAK

12-ounce charbroiled steak.

Served with choice of fresh vegetables or side salad, & choice of potato,

24.00

Garnished with grilled mushrooms 2.50 – onions 1.25

WINE, BEER & SPIRITS

HOUSE WINES

White	Glass	½ Litre	Litre
B & G Cuvee Special ~ France (1)	4.50	16.00	30.00
Kressman ~ France (2)	4.50	16.00	30.00
Red			
Concho Y Toro Cabernet Merlot ~ Chili(1)	4.50	16.00	30.00
Kressman ~ France (1)	4.50	16.00	30.00

BY THE BOTTLE - 750 ml.

White

Jost Reisling Gold ~ Nova Scotia (3)	22.00
Lindemans Semillon Chardonnay -- Australia (1)	23.00
Concha Y Toro Sauvignon Blanc ~ Chile (1)	23.00
Hardys Nottage Hill Chardonnay ~ Australia (1)	23.00
Ernest & Julio Gallo Chardonnay ~ United States (1)	23.00
Masi Soave Classico Superiore ~ Italy (1)	24.00

Red

Jost Marble Mountain ~ Nova Scotia (2)	22.00
Lindemans Shiraz Cabernet ~ Australia (1)	23.00
Concha Y Toro Cabernet Sauvignon Merlot ~ Chile (1)	23.00
Valpolicella Folanari ~ Italy (1)	24.00

Sparkling Wine

Andres Baby Champagne ~ Canada (1)	22.00
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Note: Sweetness Index (1) Dry (2) Medium (3) Sweet

BEER

Domestic

Keiths, Keiths Lite, Labatts Blue, Blue Lite, Olands, Moosehead, Moosehead Dry, Schooner, Coors Lite, Budweiser	4.00
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Imported

Heineken, Becks, Stella Artois Pilsner, Corona, MacEwans	6.00
Harp & Smithwicks (330ml)can	6.00
Pub Draught Guinness Stout (450ml)can	7.00

SPIRITS

1 oz jigger	4.00
1 oz jigger with mix	5.50

Cocktail drinks priced individually
HST Additional