

*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	8.00
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	5.50 & 8.50
Romaine, mushrooms & bacon, our famous dressing & parmesan.	
THE CHICKEN CAESAR	8.50 & 11.00
Add a grilled chicken breast to the Caesar to make a hearty meal.	
THE MULL SALAD	11.00
A meal of garden veggies, topped with cheddar cheese & ham.	
THE TACO SALAD	9.00
Garden veggies with fresh cooked tortilla chips, red beans. Topped with cheddar cheese & catalina dressing.	
THE GREEK SALAD	7.00 & 10.00
Romaine, feta cheese, greek olives & garden veggies tossed in our own house vinaigrette dressing.	
GARDEN SALAD	7.50
Mix of garden veggies with choice of dressings.	

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

SIDE SALAD	4.50
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## ***DELI SANDWICHES***

THE DELI COMBO	5.50
Black forest ham, smoked meat, havarti & Swiss cheese, served hot or cold.	
ROAST BEEF	5.50
Choice of Spanish onions & horseradish, served cold.	
SMOKED MEAT	5.50
Montreal style smoked meat, served hot or cold.	
HAM & CHEESE	5.50
Black forest ham & Swiss cheese, served hot or cold.	
THE VEGGIE	7.50
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	8.50
Turkey breast, bacon, lettuce & tomato. Served with fries	
PHILLY STEAK SANDWICH	8.50
Steak, onions, mushrooms, peppers & cheddar cheese. Served with fries & coleslaw.	
HOT SANDWICHES	8.50
Turkey or hamburger served with fries, gravy, coleslaw and veggies. All white turkey meat add .90	

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

## ***BURGERS & DOGS***

THE MULL BURGER	7.50
6 ounces of lean beef, bacon, mushrooms, onion, mozzarella, lettuce & tomato.	
QUARTER POUNDER	Plain 3.75 Works 4.25
QUARTER POUNDER WITH CHEESE	4.25 & 4.75
BOCA BURGER vegetarian meat substitute with choice of spreads.	5.00
THE CHICKEN BURGER Served grilled with coleslaw.	5.50
THE FISH BURGER Served grilled with coleslaw.	5.50
HOT DOG	3.00
WHISTLE DOG with bacon & melted cheese.	4.00

## ***SNACKS & SANDWICHES***

NACHOS & CHEESE	5.00	POUTINE	3.25 & 4.25
DELUXE NACHOS	10.00	POTATO SKINS	7.00
Hamburger, onions, green peppers, hot peppers, green olives & cheddar cheese.		Cheddar cheese & bacon	
VEGGIE FRITTERS	6.00	EGG ROLLS (2)	3.00
FRIES	2.25 & 3.25	ONION RINGS	3.00 & 4.00
GARLIC BREAD	3.00	BRUSCHETTA	4.50
With cheese	4.50	With cheese	6.00
SANDWICHES		MOZZA STICKS	6.50
B.L.T.	4.00	CHEESE QUESADILLAS	5.00
Grilled Cheese	3.50	With chicken	7.50
Turkey	4.50	TORPEDO SHRIMP	8.00
Ham & Cheese	4.50		
Western	4.50		

## ***PASTA FAVORITES***

PASTA PRIMAVERA	12.00
Italian style veggies tossed with garden rotini, garlic, cream & parmesan.	
SPAGHETTI CARBONARA	12.00
Smothered in creamy egg & parmesan, with mushrooms, onions & bacon.	
CHICKEN ALFREDO	13.00
Fettuccine in cream & parmesan, with broccoli, mushrooms & onions.	
TOMATO BASIL CHICKEN	13.00
Fettuccine in spicy tomato sauce, with zucchini, mushrooms, onions & peppers.	
LASAGNA	8.50 & 12.00
Beef, mozzarella & ricotta, tomato sauce with mushrooms, onions & peppers.	

*Pasta favorites are served with garlic bread.  
Add a small Caesar salad for 4.50*

## ***FROM THE SEA***

FISH & CHIPS	8.50 & 10.50
SEAFOOD PLATTER	13.00
Deep fried scallops, clams & haddock. Served with coleslaw & choice of potato.	
GRILLED HADDOCK	13.50
Grilled to perfection, served with fresh veggies & choice of potato.	
STUFFED SOLE	12.50
Stuffed with scallops and crab. Served with veggies & choice of potato.	
SCALLOPS & CHIPS	11.00
CLAMS & CHIPS	6.00

## ***FROM THE FARM***

CHICKEN FINGERS	7.50
Breaded chicken strips served with fries & coleslaw & choice of sauces.	
CHICKEN WINGS	8.00
One Dozen Mild, Medium, Hot or Honey Garlic. Served with fries & coleslaw.	
BEEF TENDERLOIN	16.00
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	13.00
6 ounce charbroiled steak, served with coleslaw, garlic bread & choice of potato. Garnished with grilled mushrooms 2.00 – onions 1.00	
GRILLED PORK CHOPS	13.00
Served with fresh veggies, grilled onions & choice of potato.	
CHICKEN STIR FRY	13.00
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	4.00	ICE CREAM	2.00 & 3.00
BROWNIE PUDDING PIE	4.00	SUNDAES	3.00 & 4.00
CARROT CAKE	4.50	PIES	4.00
CHEESECAKE	5.00	A LA MODE	1.75

## ***BEVERAGES***

FRESH GROUND COFFEE	1.75	TEA OR HERBAL TEA	1.75
POP	1.75	JUICE	.75 1.00 1.50
PERRIER	2.50	BOTTLED WATER	1.50
MILK	2.00 & 3.00	HOT CHOCOLATE	2.50
MILKSHAKES & FLOATS	4.00	ORANGE JULIUS	4.00

## ***THE MULL DINNER MENU***

*The Mull dinner menu is served after 5:00PM and all day Sunday.  
During summer hours the dinner menu is available until 8:30PM.*

### **HALIBUT STEAK**

Grilled or charbroiled. Served with choice of potato & fresh vegetables.  
15.00

### **SCALLOPS IN WINE**

Atlantic scallops finished with onions, mushrooms,  
flavored with white wine, cream, parmesan & parsley.  
Served with rice pilaf & fresh vegetables.  
20.00

### **SCALLOP STIR FRY**

Stir fried scallops, mushrooms, peppers, zucchini & onions  
flavored with white wine, garlic & parsley.  
Served with rice pilaf & fresh vegetables.  
20.00

### **LEMON CHICKEN SUPREME**

Boneless breast of chicken, pan-fried in lemon butter.  
Served with rice pilaf & fresh vegetables.  
17.00

### **CHICKEN PARMESAN**

Boneless breast of chicken rolled in parmesan & bread crumbs,  
pan fried & topped with spicy tomato sauce.  
Served with pasta primavera & garlic bread.  
15.50 & 17.50

### **T-BONE STEAK**

12-ounce charbroiled steak.  
Served with choice of fresh vegetables or side salad, & choice of potato,  
22.00  
Garnished with grilled mushrooms 2.00 – onions 1.00

## ***WINE, BEER & SPIRITS***

### HOUSE WINES

White	Glass	½ Litre	Litre
B & G Cuvee Special ~ France (1)	4.50	15.00	28.00
Kressman ~ France (2)	4.50	15.00	28.00
Red			
Concho Y Toro Cabernet Merlot ~ Chili(1)	4.50	15.00	28.00
Kressman ~ France (1)	4.50	15.00	28.00

### BY THE BOTTLE - 750 ml.

White		
Jost Chablis ~ Nova Scotia (2)		20.00
Jost Reisling Gold ~ Nova Scotia (3)		20.00
Lindeman's Semillon Chardonnay -- Australia (1)		21.00
Concha Y Toro Sauvignon Blanc ~ Chile (1)		21.00
Le Piat D'or ~ France (2)		21.00
Gallo Chardonnay ~ United States (1)		22.00
Red		
Lindeman's Shiraz Cabernet ~ Australia (1)		22.00
Concha Y Toro Cabernet Sauvignon Merlot ~ Chile (1)		21.00
Le Piat D'or Rouge ~ France (2)		21.00
Valpolicella Folanari ~ Italy (1)		23.00
Sparkling Wine		
Andre's Baby Champagne ~ Canada (1)		20.00
Henkel Trocken Sekt ~ Germany (1)		26.00
Note: Sweetness Index (1) Dry (2) Medium (3) Sweet		

### BEER

Domestic		
Keith's, Keith's Lite, Labatt's Blue, Blue Lite		4.00
Oland's, Moosehead, Moosehead Dry, Schooner		4.00
Imported		
Heineken, Beck's, Stella Artois Pilsner, Corona, MacEwan's		6.00
Harp, Smithwick's (500ml)		7.00
Pub Draft Guinness Stout (450ml)		7.00

### SPIRITS

1 oz jigger	4.00
1 oz jigger with mix	5.50

Cocktail drinks priced individually  
HST Additional