

Sunday Lunch Menu

Starters

Soup of the day.	4.95
Salad of local tomatoes, Buffalo mozzarella & pesto.	5.95
Warm summer herb blinis topped with Rosemount smoked salmon in a caper & lemon dressing.	6.75
Selection of award winning salamis & chorizo with roasted red pepper salsa & crisp garlic toasts.	6.95
Cornish crab croquettes with a minted pea salad & citrus vinaigrette.	6.75
Warm goat's cheese & red onion tart with green leaves & balsamic dressing.	5.75

Complimentary bread & local Fussells' rape seed oils are provided while you wait for your meal.
In addition we can bring you some succulent marinated Italian olives for £3.25 a pot.

Main Courses

All main courses are served as a complete meal with vegetables as appropriate

Roasted sirloin of beef with seasonal vegetables, roast potatoes, Yorkshire pudding & red wine gravy	11.95
Slow roasted shoulder of lamb with apricot, thyme and shallot stuffing served with roast potatoes and a red wine gravy.	12.95
Roasted breast of chicken with seasonal vegetables and roast potatoes served with caramelised red onion and sage stuffing and gravy.	10.45
Whole Cornish sardines, pan fried with garlic chilli & local tomatoes served with fries & dressed leaves.	12.75
Roasted fillet of Cornish hake with braised chorizo rice, summer herb dressing & a mixed garden salad.	13.95
Orecchiette pasta with summer peas, courgettes & spinach in a white wine cream sauce topped with shaved Parmesan.	10.50
Sweet potato & coconut curry with basmati rice & lentil dhal.	10.50

Side Orders

Green leaf salad, fries, seasonal vegetables.	3.25
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Desserts

Local cheeses with biscuits, homemade chutney & seasonal extras	6.75
A selection of Marshfield ice creams & sorbets	4.95
Hot chocolate & peanut butter fondant served with clotted cream.	5.95
Local strawberry shortbread with whipped cream & strawberry sauce.	5.95
White chocolate pot topped with raspberry compote & served with chocolate chip biscuits.	5.95
Lemon tart served with vanilla sauce & fresh raspberries.	5.95

14.95 SET

From 5 pm Monday-Friday, when you order either a starter and main or a main and dessert from the items marked with **14.95 Set** on the menu, the price you will pay is £14.95 per person.
Not available on Bank Holidays

8s before 7

Until 7 pm Monday-Friday & from 5pm Sundays, when you order either a starter and main or a main and dessert from the items marked with **8.88** on the menu, the price you will pay is £8.88 per person.
Not available on Bank Holidays

The Mill as your Office?

Meet a colleague or client, order lunch or a coffee, what could be better? Sometimes you just need a change of scenery to get your head around something, next time you do remember the Mill. Simply open up your laptop or other fancy gizmo and log on to the internet, check email etc all from your table, no charges.

Don't forget that the Mill makes an excellent venue for a team meeting or conference. We host conferences throughout the year either upstairs or in the atmospheric wheel bar downstairs. Our rates are very reasonable and you know the food will be great, so if you find yourself looking for a venue then give us a call or drop us an email: to

info@themillatrade.co.uk

Children's Main Courses (Suitable for Children aged 10 and under)

Penne pasta with tomato sauce and cheddar cheese.	5.95
Roasted sirloin of beef with seasonal vegetables roast potatoes and Yorkshire pudding.	5.95
Roasted chicken breast with seasonal vegetables and roast potatoes served with caramelised red onion and sage stuffing and gravy.	5.95
Mini Miller: a selection of local cheeses, baked ham & chutney with seasonal extras & homemade bread (vegetarian option available)	5.95
Char-grilled breast of chicken with fries and peas.	5.95

Children's Desserts

Lemon tart served with vanilla sauce & fresh raspberries.	3.45
Ice cream selection, please choose 2 from the following: chocolate, strawberry, vanilla or mint choc chip	3.45
Nipperchocacino. Frothy hot choc' for tiny tots	1.25
Local strawberry shortbread with whipped cream & strawberry sauce.	3.45

Coffee and Tea

Tea	1.75
Speciality teas	2.00
Cappuccino	2.35
Espresso	2.00
Large Espresso	2.25
Latte	2.50
Mocha	2.30
Liqueur coffee	from 4.35
Hot Chocolate	2.50
Coffee	2.10

Cyber Facelift

Our website is getting a facelift. In fact more than that it is getting an entire makeover. Over the last six years or so www.themillatrade.co.uk has received around 1200 unique users a month generating hundreds of requests for menus, wedding brochures and reservations, it really is our shop window. However all things need freshening up over time and the new website is a big change. Galleries have always been the most visited pages, people want to see what a place looks like, so that has driven the design. Pictures are everywhere, showing The Mill in all its glory and giving a real feel for what we are all about, in addition there are web only opportunities to download special offers and information. www.themillatrade.co.uk

Socialize The Mill has joined  the world of social networking. So for more offers, news and pictures follow us on.... 

Did you know.....

That we now serve all of our wines by the 1/2 bottle carafe, ideal for sharing if you don't want to drink a whole bottle between you; or, indeed, if you'd like to sample a couple of different wines from our wine list. The price is almost exactly 1/2 the full bottle price. We are also now serving more of our wines by the glass and you can choose from a 125ml or a 175ml size.

Children

All the children's meals are made here at the Mill, using the same high quality ingredients used in all our other dishes. We understand that children can be fussy so please ask if you have any special requirements. On the first floor, opposite the bar, there is a domestic type microwave for parents to heat baby food or milk. Also on the first floor there is a children's play room, with baby changing facilities in the back left corner.



Thinking of Proposing?

We still have a small number of wedding dates available for this year. So if you have just decided to get married and can't wait to tie the knot then give us a call. You may find that the date you are thinking about is still available.