

# Food Trail around the Isles of Mull, Iona and Ulva

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## DRIVING ON THE ISLE OF MULL

*If this is your first visit to Mull it may also be your first encounter with single track roads. They can be a bit daunting at first, but you'll soon get the hang of it if you follow the code.*

*Passing places occur frequently. Most are marked by a black and white banded pole, although some have the newer diamond shaped reflective sign which is easier to see at night.*

*Think of passing places as very short stretches of twin-track road, and you'll avoid most of the pitfalls. As per the Highway Code, always KEEP LEFT and stop in a passing place on your left, or opposite a passing place on the right to let approaching vehicles past (do not force your way past other drivers in between passing places - reverse if necessary).*

*LET THE DRIVER BEHIND PASS! (again stopping on the left). They are probably experienced in driving on single track roads and could be members of the emergency services, or have a ferry to catch. You are welcome to enjoy the scenery at 30mph, but please allow others to get on. Show consideration to cyclists and horse riders. This will prevent frustration on their part and make your time on Mull more pleasurable for all.*

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The islands of Mull, Iona and Ulva offer an amazing range of home grown, home harvested, home produced, home cooked food and an even wider choice of eating places in which to enjoy them!

There's also the Tobermory Distillery, home of Mull's own malt whisky.

A rich abundance of seafood is harvested from the clear waters around the islands – mussels, crabs, langoustines, mackerel, skate, turbot and salmon – and within a short time they can be prepared, cooked and on your plate.

Several hotels have organic gardens and produce many of their own vegetables and soft fruits in season. Small market gardens also supply many local establishments with the pick of their seasonal crops.

Home produced beef, lamb and pork feed on the lush, herb-filled grasses and are slaughtered locally on the island. Many restaurants feature this prime quality, slow grown, local meat regularly on their menus.

Below is a list of **Eating Places** on the islands AND a list of **producers** who sell direct to the public. Whether you're looking for a quick snack or a fine dining experience or to buy some mussels to prepare in your self-catering cottage, you'll find inspiration here!

OPENING TIMES VARY DEPENDING ON THE SEASON – PLEASE CHECK BEFORE VISITING



L - local food served here

C – restaurants and hotels where **children are welcome**

\* – member of Holiday Mull and Iona tourism association

### **Eating Places on Iona**

*Argyll Hotel* \* L C breakfast, coffee, lunch, afternoon tea, dinner [www.argyllhoteliona.co.uk](http://www.argyllhoteliona.co.uk) 01681 700334

*Iona Abbey Community Shop* hot drinks 01681 700404

*Martyrs' Bay Bar & Restaurant* L C snacks, lunches, dinners [www.martyrsbay.co.uk](http://www.martyrsbay.co.uk) 01681 700382

*St Columba Hotel* \* L C breakfast, coffee, lunch, afternoon tea, dinner [www.stcolumba-hotel.co.uk](http://www.stcolumba-hotel.co.uk) 01681 700304

*The Spar Shop* hot drinks 01681 700321

*The Iona Heritage Centre* hot drinks, light snacks

### **Eating Places in & around Fionnphort**

*Ninth Wave Restaurant* L C (over 12 yrs ) dinners [www.ninthwaverestaurant.co.uk](http://www.ninthwaverestaurant.co.uk) 01681 700757

*The Ferry Shop* tea, coffee, snacks to take away

*The Keel Row Bar & Restaurant* L C lunch, dinner, bar snacks 01681 700458

*The Kiosk, Calmac Pier* tea, coffee, snacks

### **Producers near Fionnphort**

*Knockvologan Organic Lamb* 01681 700372

*The Crofter's Kitchen* \*, Kintra 01681 700509

### **Eating Places in & around Bunessan**

*Ardachy House Hotel* \* C dinners by reservation [www.ardachy.co.uk](http://www.ardachy.co.uk) 01681 700797

*Ardalanish Farm* hot drinks 01681 700265

*Argyll Arms Hotel* \* C breakfast, coffee, lunch, afternoon tea, dinner, bar snacks [www.isleofmull.co.uk](http://www.isleofmull.co.uk) 01681 700240

*Bunessan Bakehouse* tea, coffee, snacks, lunches, take away 01681 700454

*Fingal's Cave* hot drinks 01681 700395

There's a Community Café every month in Buinessan Community Hall. See local notices or call 01681 700105 for more details.

### **Producers near Buinessan**

*Ardalanish Organic Beef and Lamb* [www.ardalanish.com](http://www.ardalanish.com) 01681 700265

### **Eating Places in and around Pennyghael**

*Pennyghael Hotel* \* L C lunches, dinners [www.pennyghaelholidays.co.uk](http://www.pennyghaelholidays.co.uk) 01681 704288

*Pennyghael Post Office & Stores* hot drinks 01681 704229

*Tiroran House* \* dinners L C (over 10 yrs) [www.tiroran.com](http://www.tiroran.com) 01681 705232

### **Producers at Pennyghael**

*Pennyghael Estate* venison [www.pennyghael-estate.co.uk](http://www.pennyghael-estate.co.uk) 01681 704232

### **Eating Places in Craignure**

*Arlene's Coffee Shop* tea, coffee, snacks, lunches 01680 812238

*Craignure Inn* \* L C Bar meals, dinners [www.craignure-inn.co.uk](http://www.craignure-inn.co.uk) 01680 812305

*Isle of Mull Hotel* C tea, coffee, snacks, lunch, dinner [www.crerarhotels.com](http://www.crerarhotels.com) 01680 812544

*MacGregor's Roadhouse* tea, coffee, snacks, lunches, dinners 01681 812471

### **Producers near Craignure**

*Inverlussa Mussels* [www.inverlussa.com](http://www.inverlussa.com) 01680 812436

Craignure Producers Market with refreshments, Sundays 2.30 – 4 pm. Dates for 2012: 8 April, 6 May, 3 June, 15 July, 12 August, 26 August, 9 September, 25 November. Please contact 01680 812051 to confirm dates and see local notices.

### **Eating Places in Salen**

*Glenforsa Hotel* L C lunches, dinners [www.glenforsa.com](http://www.glenforsa.com) 01680 300377

*Mediterranea* L C dinner [www.mull-cuisine.co.uk](http://www.mull-cuisine.co.uk) 01680 300200

*The Coffee Pot* tea, coffee, snacks 01680 300555

*The Salen Hotel* L C light snacks, bar lunches, suppers [www.salenhotelmull.co.uk](http://www.salenhotelmull.co.uk) 01680 300324

*Salen Post Office* hot drinks, snacks 01680 300321

### **Producers in Salen**

*Ardmore Fish* 01680 300644

### **Eating Places in Tobermory**

*An Tobar* L C tea, coffee, home baking, snacks [www.antobar.co.uk](http://www.antobar.co.uk) 01688 302211

*Café Fish* (Calmac Pier) L C tea, coffee, home baking, lunch, dinner [www.thecafefish.com](http://www.thecafefish.com) 01688 301253

*Crystal Palace*, Chinese restaurant 01688 301271

*Glengorm Coffee Shop* [www.glengormcastle.co.uk](http://www.glengormcastle.co.uk) 01688 302321

*Golden Dragon*, Thai/Chinese restaurant

*Highland Cottage Hotel* \* L C (over 10 yrs) dinner [www.highlandcottage.co.uk](http://www.highlandcottage.co.uk) 01681 302030

*MacDonald Arms Hotel* L bar meals 01688 302011

*Macgochans* bar meals 01688 302350

*Mishnish Hotel* L lunch, dinner [www.mishnish.co.uk](http://www.mishnish.co.uk) 01681 302662

*Mull Pottery Bistro* L tea, coffee, snacks, lunch, dinner [www.thepotteryrestaurant.co.uk](http://www.thepotteryrestaurant.co.uk) 01688 302592

*Park Lodge Hotel* L C evening meals [www.park-lodge-tobermory.co.uk](http://www.park-lodge-tobermory.co.uk) 01688 302430

*Pier Café* (Calmac Pier) hot food takeaway

*Sagar Indian Restaurant* 01688 302422

*The Café at Tobermory Chocolate* tea, coffee, snacks 01688 302526  
*The Fisherman's Pier Fish & Chip Van*  
*The Tobermory Bakery Café* 01688 302225  
*The Tobermory Hotel* \* L C dinners [www.thetobermoryhotel.com](http://www.thetobermoryhotel.com) 01688 302091  
*Western Isles Hotel* \* L C tea, coffee, lunch, dinner [www.westernisleshotel.co.uk](http://www.westernisleshotel.co.uk) 01688 302012

### **Producers in & near Tobermory**

*Glengorm Castle* beef, lamb, venison, market garden produce [www.glengormcastle.co.uk](http://www.glengormcastle.co.uk) 01688 302321  
*Island Bakery Organics* [www.islandbakery.co.uk](http://www.islandbakery.co.uk) 01688 302223  
*Isle of Mull Cheese* [www.isleofmullcheese.co.uk](http://www.isleofmullcheese.co.uk) 01688302235  
*Tobermory Bakery* 01688 302225  
*Tobermory Distillery* [www.tobermorymalt.com](http://www.tobermorymalt.com) 01688 302647  
*Tobermory Fish Co.* 01688 302120  
*Tobermory Handmade Chocolate* [www.tobermorychocolate.co.uk](http://www.tobermorychocolate.co.uk) 01688 302526

### **Eating Places in & near Dervaig**

*AmBirlinn Restaurant* \* L C (up to 7 pm) lunch, dinner [www.ambirlinn.com](http://www.ambirlinn.com) 01688 400619  
*Killoran House* \* L dinners [www.killoranmull.co.uk](http://www.killoranmull.co.uk) 01688 400362  
*The Bellachroy Inn* \* L C bar meals [www.thebellachroy.co.uk](http://www.thebellachroy.co.uk) 01688 400314  
*The Old Byre* tea, coffee, home baking, light snacks [www.old-byre.co.uk](http://www.old-byre.co.uk) 01688 400229

### **Producers in and near Dervaig**

*The Mull Crab Co.* Croig 01688 400364

From April to September there's a **Producers' Market** at Dervaig every fortnight on a Sunday. See local notices or tel: 01688 400268 for more details.

### **Eating Places in Calgary**

*The Carthouse at Calgary Farmhouse* \* L tea, coffee, home baking, light lunches [www.calgary.co.uk](http://www.calgary.co.uk) 01688 400256

### **Eating Places on Ulva**

*The Boathouse* \* L C tea, coffee, home baking, lunches. [www.theboathouseulva.co.uk](http://www.theboathouseulva.co.uk) 01688 500241

### **Producers on Ulva**

*The Boathouse* \* Ulva oysters [www.theboathouseulva.co.uk](http://www.theboathouseulva.co.uk) 01688 500241

On Mull, close to Ulva island –

*Lagganulva Farm* beef, lamb, mutton 01688 588139