

# SUN INN MENU

Sandwiches, Paninis & Jackets Served 12.00 until 5.00pm

## SANDWICHES

*Artisan Ciabatta or Multigrain roll, (gluten free bread available). All served with salad garnish, homemade coleslaw. All £6.95, Add bowl of soup or fries £2.00 (VGA)*

**Honey roast ham & Hawkshead piccalilli**

**Local mature cheddar cheese & sweet damson chutney (VG)**

**Tuna mayonnaise & sweetcorn**

**Smoked salmon & crème fraiche**

**Prawn & Marie Rose**

**Hot roast of the day with gravy**

**Gourmet fish fingers and homemade Tartar sauce**

## PANINIS

*All served in a Grilled Panini, all £6.95*

**Ranch marinated Chicken and Bacon**

**Tomato, Basil, Mozzarella Cheese and Roasted Peppers (VG)**

**Bacon, Brie & Cranberry**

## BAKED POTATOES

**Cream cheese, sun blushed Tomato & chives (v) all £6.95**

**Mozzarella Cheese, Tomato and Ham**

**Prawn with Marie-Rose sauce**

**Tuna mayo**

**Chilli with a fresh Salsa**

**Any 2 of the following:-**

**Cheese, Beans, Bacon (add another 75p for all 3)**

## SALADS

**Cumbrian Fellman's Platter £11.95**

Cumbrian roast ham, a selection of Cumbrian cheeses, baby gem lettuce

Hawkshead sweet chutney, gherkins, apple, mixed salad leaf, a rustic roll and butter

**Fruits of the sea Platter £11.95**

Smoked salmon, prawns, crayfish tails, smoked haddock and scampi, served with pots of lemon mayo, sweet chilli and a Marie Rose sauce.

## STARTERS

**Homemade Soup of The Day (VGA) £4.95**

Served with wholemeal bread

**Prawn Cocktail £5.95**

Atlantic Prawns bound in a Marie rose sauce served on shredded crisp lettuce

**Pate of the Day £5.95**

Chefs weekly selection with toast and salad garnish

**Chefs Fishcakes**

(Thai cod or Salmon and Dill) £5.95

**Tempura King Prawns £5.95**

Red King Prawns coated in a light tempura batter, succulent & juicy

**Creamy garlic mushrooms (V, VGA) £5.50**

Served on a toasted sourdough croute

**Ricotta and spinach cannelloni (V) £5.95**

Filled Cannelloni pasta tubes served on a bed of leaves with a rich cream cheese.

## THE GRILL

**Burgers: - £9.95**

**Griddled Beef**

6oz, 100% pure Lakeland beef

**Falafel**

Soft chickpeas bound with potato and onions flavoured with herbs and spices (VG)

**Chicken**

Local sourced chicken breast

**Wild Venison**

6oz 100% local wild venison

All the above presented in a Brioche bun, lettuce and tomato served with steak chips, onion rings and dill gherkin.

## MAINS

<b>Horseshoe Gammon Steak (GF)</b>	<b>£9.95</b>
Grilled with pineapple, fried egg, chips & peas	
<b>Curl of Cumberland Sausage</b>	<b>£8.95</b>
Sticky red cabbage, mash potato with thyme and onion gravy	
<b>Sun Fish &amp; Chips (GFA)</b>	<b>£11.95</b>
Large fresh Haddock fillet in a real ale batter, chunky chips, mushy peas and homemade tartar sauce.	
<b>Whole Tail Scampi</b>	<b>£9.95</b>
Breaded, deep fried, served with chunky chips, salad garnish and homemade tartar sauce.	
<b>Steak and Jennings Real Ale Pie</b>	<b>£9.95</b>
Prime steak chunks with a puff pastry lid, vegetables, new potatoes or chunky chips.	
<b>Spaghetti meatballs</b>	<b>£8.95</b>
Homemade meatballs with a traditional Italian tomato ragu and toasted garlic bites	
<b>Ham, egg and fries (GF)</b>	<b>£8.50</b>
Our honey roasted ham with two local free-range eggs and shoestring fries	
<b>Shepherd's pie (GF)</b>	<b>£9.95</b>
Minced Lamb topped with cheese peaked creamy mash and seasonal veg	
<b>Sun Inn fish pie (GF)</b>	<b>£12.95</b>
Flaky white fish, prawns, smoked haddock, salmon, fresh parsley, sliced boiled egg cooked in a rich creamy white wine sauce crowned with mashed potato topped with grilled cheese peaks.	
<b>Featherblade steak (GF)</b>	<b>£10.95</b>
slow cooked served with red cabbage, creamy chive mash	

## SMALLER APPETITES

<b>Fish &amp; Chips (GFA)</b>	<b>£5.95</b>
<b>Gourmet Fish Fingers with fries, beans or peas</b>	<b>£5.25</b>
<b>Cumberland Sausage, served with creamy mash &amp; gravy</b>	<b>£5.25</b>
<b>Spaghetti meatballs (GF)</b>	<b>£5.95</b>

## **Burger & Chips**

**£5.25**

### **SIDE DISHES**

#### **ALL (GF)**

Chunky Chips	<b>£2.25</b>	House Coleslaw	<b>£2.00</b>
House Salad	<b>£2.50</b>	Fries	<b>£2.25</b>

### **DESSERTS**

**Crumble of the day** **£4.95**

Served with homemade custard

**Sticky toffee pudding** **£4.95**

Homemade with our butterscotch sauce & custard

**Alabama Chocolate Fudge Cake (GF)** **£4.95**

Served warm with cream

**Belgium chocolate brownie and ice cream** **£4.95**

Homemade brownie with Madagascan vanilla ice cream

**Local Ice Cream selection (2 Scoops)** **£3.95**

Chef's selections of local made ice creams,

### **HOT BEVERAGES**

Espresso	<b>£1.85</b>	Macchiato	<b>£2.25</b>
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Americano	<b>£2.25</b>	Cappuccino	<b>£2.25</b>
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Latte	<b>£2.25</b>	Cafetière for one	<b>£2.25</b>
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Cafetière for two	<b>£4.95</b>	Liqueur coffee	<b>£5.50</b>
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Hot chocolate	<b>£2.25</b>
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Deluxe hot chocolate	<b>£2.95</b>
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(With whipped cream & mini marshmallows)

Pot of English Breakfast tea	<b>£1.70</b>
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Selection of fruit & herbal tea	<b>£1.95</b>
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***If you or your guests have an allergen, then please let us know and we can inform you of any allergen information on our dishes  
(V) Vegetarian (GF, GFA) Gluten Free, Available (VG, VGA) Vegan, Available***

