

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

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

SMALLER APPETITES

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

Burger & Chips**£5.25****SIDE DISHES****ALL (GF)**

Chunky Chips	£2.25	House Coleslaw	£2.00
House Salad	£2.50	Fries	£2.25

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 BEVERAGESEspresso **£1.85** Macchiato **£2.25**Americano **£2.25** Cappuccino **£2.25**Latte **£2.25** Cafetière for one **£2.25**Cafetière for two **£4.95** Liqueur coffee **£5.50**Hot chocolate **£2.25**Deluxe hot chocolate **£2.95**

(With whipped cream & mini marshmallows)

Pot of English Breakfast tea **£1.70**Selection of fruit & herbal tea **£1.95**

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

