

SUN INN MENU

SANDWICHES.

All £7.95, Served 12.00 until 3.00pm

Malted Sourdough, Floured French Rustique or Multigrain Seeded Roll

All served with dressed leaves, homemade coleslaw and vegetable crisps

Add bowl of soup or fries £2.00.

COLD

Local Mature Cheddar Cheese & Sweet Damson Chutney (Vegetarian)

Tuna Mayonnaise with a Lemon Pepper Dip

Prawn & Marie Rose

Ploughman's (Local ham, Cheeses, Pickles and Chutney)

HOT

Gourmet Fish Fingers and Homemade Tartare Sauce in a Brioche Bun

Welsh Rarebit on a Multigrain Roll

Italian Chicken & Bacon (Parmesan and Oregano Melt) on a White Rustique

BAKED POTATOES - £7.95

Vegan Five Bean, Quinoa and Sweet Potato Chilli

Sticky Cumberland Sausage & Caramelised Onion

Three Cheese and Caramelised Onion

Shepherd's Pie Jacket (Slow Braised Lamb Mince topped with Cheese)

PLATTERS

Mediterranean Antipasti Platter

£8.95

A delicious selection of black & green olives, sundried tomatoes tossed in garlic with a combination of balsamic and olive oil accompanied with artisan bread

Eden Cheese Bon Bon Platter

£10.95

Crispy light breaded selection of local goats' cheese and caramelised onion, black pudding and black dub blue cheese & applewood smoked cheese with plum bon bons served with a dressed leaf salad and a damson chutney

Solway Fish Board

£11.95

Mackerel pate, smoked salmon stuffed with prawns and smoked haddock with dressed leaves, a citrus dip and warm seeded loaf

STARTERS

Chefs Selection of Soup	£5.95
Served with a warm sliced rustique & Lakeland butter	
Oven Baked Garlic Mushrooms	£6.95
with a herb and mozzarella crust	
Pork Belly Pate	£6.95
Pork belly, cranberry and pistachio nut pate with artisan bread, salad garnish & Cumberland sauce	
Sanbei Taiwanese Confit of Chicken	£7.95
Slow roasted confit chicken thigh slow marinated in a ginger, soy sweet marinade accompanied with a roast pepper salad and dipping rustic loaf.	
Warm Chilli & Lime King Prawn Cocktail	£7.95
Succulent king prawns in a chilli, lime and Marie Rose dressing on a bed of zesty leaf salad served with warmed seeded loaf	

THE GRILL

12 oz Horseshoe Gammon Steak	£13.95
10oz Flat Iron Steak	£14.95
Richly flavoured shoulder cut sous vide cooked to your liking between medium-rare and well done	
12oz Cumberland Sausage Curl	£12.95
100z Barnsley Lamb Chop	£15.95
The finest loin double sided chop sous vide and cooked medium as our Chef recommends	
<i>All the above are served with egg, seared beef tomato, peas, portobello mushroom, beer battered onion rings and either chips <u>or</u> fries</i>	

Burgers

Classic Beef	£10.95
6oz, 100% pure Lakeland beef	
Loaded Chicken, Bacon & Cheese	£11.95
Locally sourced chicken breast topped with crisp bacon and cheddar cheese	
Cumbrian Burger	£12.95
6oz, 100% pure Lakeland beef burger topped with a Cumberland patty, caramelised red onion & cheese	
<i>All the above are presented in a Brioche bun, lettuce and tomato served with steak chips, onion rings and dill gherkin and a fresh red apple slaw.</i>	

SUN INN CLASSICS

- Sun Inn Fish & Chips** **£13.95**
Large fresh Haddock fillet in a real ale batter, chunky chips, mushy peas chargrilled lemon and homemade tartare sauce
- Whole Tail Scampi** **£12.95**
Whitby breaded scampi served with chunky chips, salad garnish, chargrilled lemon and homemade tartare sauce
- Steak and Ale Shortcrust Pie** **£12.95**
Prime diced beef steak & sweet glazed red onion encased in pastry served with chips, fondant or creamed potatoes, vegetables topped with a bourguignon jus
- Spaghetti Albondigas Meatballs** **£11.95**
Homemade beef and pork meatballs with a traditional Mediterranean tomato ragu, dressed salad and garlic bread
- Sun Inn Creamy Fish Pie with a Lemon Herb and Parmesan Crust** **£13.95**
Flaky white fish, prawns, smoked haddock, salmon, fresh parsley, sliced boiled egg cooked in a rich creamy white wine and parsley sauce crowned with mashed potato topped with grilled cheese
- The Sun Inn Tartiflette** **£11.95**
A traditional dish from the Alps with our own twist, a warmed cheese, onion, bacon and potato dish served with a freshly dressed Sun Inn salad and garlic bread
- Herb & Honey Glaze Lamb Banquet** **£16.95**
Shoulder of Lamb Slowly Braised in a rich stock and served with creamy mash potato, Seasonal vegetables and a rich jus

SUN INN STREET FOOD

- Bulgogi Beef Chilli** **£14.95**
Korean Sriracha sweet and savoury beef chilli on a bed of wild & basmati rice with a crushed garlic salt flatbread
- BBQ Ginger Jerk Chicken** **£13.95**
Caribbean barbecued jerk chicken breast served with a pineapple & ginger chutney on a bed of five bean rice garnished with a fresh salad
- Swordfish & King Prawn Souvlaki** **£15.95**
Mediterranean style swordfish & king prawns pan fried in lemon, oregano, olive oil & garlic. Served with pita bread and tzatziki sauce and a Greek cous cous
- Keralan Cauliflower & Chickpea Curry** **£12.95**
South-West Indian coconut and green chilli curry with sautéed cauliflower and chickpeas

VEGETARIAN AND VEGAN ALTERNATIVES

Thai Green Sweet Vegetable Curry **£12.95**

Trio of peppers, Mediterranean vegetables and oriental vegetables in a sweet and spicy Thai green sauce served on a bed of wild basmati rice, mango chutney and flatbread

Vegetarian Shepherd's Pie **£12.95**

Slow braised Quorn mince and root vegetables tenderised into a hearty autumnal dish topped with a dairy free creamed potato

Sweet Potato, Five Bean & Quinoa Chilli **£12.95**

Slow roasted sweet potatoes, ripened tomatoes, five beans and glazed onions mildly spiced on a bed of wild basmati rice and served with a warm flatbread

Wild Garlic Mushrooms **£9.95**

Creamy sautéed wild mushrooms on a oven baked vegan garlic buttered flatbread served with a large antipasti olive salad (ideal as a starter to share)

Falafel Burger **£10.95**

Soft chickpeas bound with potato and onions flavoured with herbs and spices in a Brioche bun, lettuce and tomato served with steak chips, onion rings and dill gherkin and a fresh red apple slaw

GLUTEN AND DAIRY FREE SPECIALIST OPTIONS

12oz Cumberland Sausage **£12.95**

Locally sourced Cumberland sausage served with root vegetables, dairy free mash and gluten free gravy

Beef Ragu Lasagne al Forno (Not dairy free) **£12.95**

Rich beef Bolognese ragu sauce layered between gluten free pasta topped with a cheddar cheese bechamel sauce served with a freshly dressed salad and garlic bread

Gluten Free Battered Haddock **£13.95**

Crispy battered freshly sourced haddock fillet on chunky chips served with mushy peas

Shepherd's Pie **£12.95**

Slow braised lamb mince and autumnal vegetables in a rich jus topped with mashed potato

SMALLER APPETITES

6oz Classic Fish, Chips & Peas **£7.95**

Three Cheese Baked Macaroni Cheese **£6.95**

Cumberland Sausage, served with creamy mash, veg & gravy **£6.95**

Spaghetti Meatballs **£6.95**

Southern Fried Chicken Burger **£7.95**

SIDE DISHES £2.95

Chunky Chips
Fries

House Coleslaw
Garlic Bread

House Salad
Onion Rings

DESSERTS

Local Cumbrian Cheese Board **£7.95**

Selection of local creamery cheeses, crackers, grapes and celery

Grasmere Gingerbread Cheesecake **£6.95**

Served with Madagascan vanilla ice cream and toffee brickle

Crumble of the Day **£5.95**

Served with a vanilla custard

Creamy Homemade Rice Pudding (GF) **£5.95**

Served with a blackcurrant compote and fresh blueberries

Sun Inn Sticky Toffee (GF) **£5.95**

Homemade with our butterscotch sauce & custard

Alabama Chocolate Fudge Cake (GF) **£5.95**

Served warm with cream

Speciality Chocolate Brownie **£5.95**

Homemade brownie with Madagascan vanilla ice cream

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

Chef's selections of local made ice creams,

WEEKEND SPECIALITIES

Come and join us at the weekend for our seasonal specials and our Sunday Roast where we offer 2 or 3 of locally sourced Lamb, Beef, Turkey, Pork, Chicken or a vegetarian roast.

HOT BEVERAGES

Espresso	£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	Pot of English Breakfast tea	£1.70
Selection of fruit & herbal tea	£1.95	Deluxe hot chocolate	£2.95