

Sun Inn Menu 2021

Sandwiches

£7.95

(Served with homemade Coleslaw and Salad Garnish on seeded wholemeal or white bloomer bread) (GFA)

Honey Roasted Ham and Wholegrain Mustard with Sliced Cucumber **Gluten, Mustard, Egg, Milk**

Spicy Harrissa Chicken, Sun-Dried Tomatoes, Lettuce and Mayonnaise **Gluten, Mustard, Egg, Milk, Sulphites**

Tuna Mayonnaise with Spring Onion **Gluten, Egg, Mustard, Milk, Fish**

Prawn Marie Rose **Gluten, Mustard, Egg, Milk, Crustacea**

Mature Cheddar and Damson Chutney **Gluten, Mustard, Egg, Milk, sulphites**

Mint and Coriander Falafel with Hummus and Moroccan Salad (Ve) **Gluten, Mustard, Sesame**

Salads

£8.95

Classic Caesar Salad

Chicken, bacon, crisp leaves, parmesan and caesar dressing **Egg, Milk, Fish, Gluten**

Waldorf Salad (Ve)

Crisp leaves, apple, celery, walnuts and plant based cheese, plant based mayonnaise
Mustard, Nuts, Celery

Sun Inn House Salad (Ve)

Mixed leaves, tomato, cucumber, peppers, red onion and olives, French dressing **Mustard, Sulphites**

Caprese Salad

Tomato, mozzarella cheese, fresh basil and olive oil **Milk, Mustard, sulphites**

Sides

£2.75

Chunky Chips (Ve)

Skinny Fries (Ve)

Sweet potato Fries (Ve)

Coleslaw **Mustard, sulphites**

Onion Rings **Gluten**

Side Salad (Ve) **Mustard, sulphites**

Pizza Garlic Bread (Ve) **Gluten**

Pizza Garlic Bread with Cheese **Gluten, Milk**

Starters

Salads £5.95
All our full size salads - available as starters **For allergens see Salads above**

Smoked Salmon and Prawns £8.95
Sliced Scottish Smoked Salmon, Atlantic prawns, Summer leaves, Lime and Horseradish dressing **Fish, Crustacea, Mustard, Egg, Sulphites**

Chicken Liver, Blackberry and Prosecco Pate £6.95
Served with Lakeland Chutney and warm flatbread **Sulphites, Gluten, Egg**

Baba Ganoush (Ve) £6.95
Flame Grilled Aubergine, tahini, garlic and lemon flavour this classic dish. Served here with warm flatbreads **Gluten, Sesame**

Traditional 10" Stonebaked Pizzas

Our pizzas are cooked in a traditional Italian stone-bottomed oven, freshly prepared and baked to order. Gluten free bases are available on request

Margherita £8.95
Simple and classic with our chef's own tomato sauce and a mixture of grated Mozzarella and Cheddar Cheese for added flavour. **Gluten, Milk**

Ham and Pineapple £10.50
Our home Roasted Ham with juicy Pineapple in this classic combination. **Gluten, Milk**

Hot and Spicy £10.95
Spicy Chorizo and Pepperoni combine with Chilli, Peppers and Pickled Jalapenos. **Gluten, Milk**

Meat Feast £11.95
Italian Salami, Chorizo, Chicken and Ham, with sliced Peppers and Red Onion. **Gluten, Milk**

Fruits of the Sea £11.95
Smoked Salmon, Prawns, Tuna and Anchovy with Black Olives and Capers. **Gluten, Milk, Fish, Crustacea**

Goats Cheese, balsamic onion and Rocket £10.95
Creamy Goats Cheese and sharp Balsamic Onion, with dressed Rocket Leaves. **Gluten, Milk, Sulphites, Mustard**

The Veggie £10.50
Sliced Peppers, Mushrooms, Spinach, Red Onion, Cherry Tomatoes and Black Olives. **Gluten, Milk**

Plant Based Margherita (Ve) £8.95
A Vegan take on the classic pizza, with our chef's own tomato sauce and plant based cheese. **Gluten**

The Vegan Veggie (Ve) £10.50
Just like the Veggie above, but with plant-based cheese. **Gluten**

The Not-so Meat Feast (Ve) £10.95
Plant based Pepperoni and Vegan Sausage on plant-based cheese. **Gluten**

Sun Inn Classics

Our Famous Sun Inn Fish and Chips £13.95
Generous sized Haddock fillet in crisp Beer Batter, Chunky Chips and Mushy Peas. (GFA)
Gluten, Fish, Sulphites

Tofish and Chips (Ve) £9.95
Firm Tofu marinated in tamari and rolled in dulce and nori before coating in beer batter.
Served with Chips and Mushy Peas **Gluten, Soya**

Scampi and Chips £12.95
Whitby Scampi coated in golden crumbs and served with Chunky Chips and Garden Peas
Gluten, Crustacea

Cumberland Sausage Ring £12.95
Locally sourced Cumberland Sausage served with Mashed Potato, Garden Peas and Onion
Gravy **Gluten, milk**

Gammon, Egg & Pineapple £14.95
14oz Gammon steak served with Grilled tomato, mushroom and fried egg, served with Chips
and Garden Peas. (GF) **Egg**

Mushroom and Plant Pasty (Ve) £12.95
A meat free take on the well known classic. This version is richly flavoured with slow cooked
onion and plant mince. Served with Chips, Garden Peas and onion gravy. **Gluten, soya**

Sun Inn Street Food £12.95

These can be ordered with either Chicken, Prawns or Tofu (Ve)

Massaman Noodles
Indonesian style mildly curried noodles with cinnamon, nutmeg, garlic, peppers and coconut
cream. **Gluten, Peanuts, soya**

Nasi Goreng
Indonesian style Fried Rice; ours is loaded with garlic, fresh ginger, chilli and spring onions
as well as a healthy dose of shiitake mushrooms and peppers. **Soya**

Fajitas
The Sun Inn version of the popular Mexican street dish. Smoked paprika and tomato hit your
palate served with smashed avocado and lime. **Gluten**

Burgers £12.95
*Our burgers come in a choice of Brioche, Seeded Wholemeal or Gluten Free Buns.
Served with Chunky Chips, Onion Rings and Homemade Coleslaw*

Sun Inn Classic Burger
*Locally sourced 100% Beef patty, charred on the grill and served with tomato, lettuce, and
Sliced Gherkin. **Gluten, Mustard,***

Chicken and Bacon Melt

*Grilled Breast of locally sourced chicken, topped with bacon and melted cheddar cheese, served with tomato, lettuce and sliced Gherkin. **Gluten, Milk, Mustard***

Minted Lamb

*Locally sourced lamb patty with a hint of mint and topped with redcurrant jelly. Served with tomato, lettuce and sliced Gherkin. **Gluten Mustard***

Pork and Apple

*Locally sourced pork and apple burger served with apple sauce, tomato, lettuce and sliced gherkin. **Gluten, Mustard***

Moving Mountains Plant Burger (Ve)

*Just the thing on a meat-free day! Succulent plant based patty topped with tomato, lettuce, sliced Gherkin and Vegan Mayo. **Gluten***

Children's Menu

Fish and Chips with garden peas or baked beans Fish	£6.95 Gluten,
Fish Fingers and Chips with garden peas or baked beans Fish	£5.95 Gluten,
Margherita Pizza topped with tomato and mozzarella cheese (Ve avail) Milk	£4.95 Gluten,
Cumberland Sausage and Mash with garden peas or baked beans Gluten, Milk	£5.50
Two scoops ice cream (vanilla, chocolate or strawberry)	£3.50 Milk

Desserts

Sun Inn Sticky Toffee pudding. (GF) Our own take on the Classic local recipe, topped with Butterscotch sauce and served with fresh Cream or vanilla Ice Cream. Milk	£5.95
Raspberry Pavlova (GF) Homemade meringue nest, fresh raspberries, Chantilly cream. Need we say more? Egg, Milk	£5.95
Alabama Chocolate Fudge Gateau (GF, Ve) Served Warm with Fresh cream, Vanilla Ice cream or Plant based Ice cream	£5.95
Classic Custard Tart Made with Double cream, Egg yolks and Madagascan Vanilla pods. Gluten, Eggs, milk	£5.95
Strawberry Sundae (GF, Ve) Chopped strawberries, plant based Ice cream and cream, strawberry coulis.	£5.95
Selection of Ice creams (3 scoops) Chocolate, Strawberry, Vanilla, Plant based Vanilla. Milk	£4.95

Allergen advice

While we endeavour to carefully label our menu with any of the notifiable allergens, the nature of the kitchen environment means that there may be trace elements of these allergens in any of our dishes. Customers with extremely low tolerance should ask staff for advice.