

SUN INN SAMPLE MENU

SANDWICHES £7.95

Served 12.00 Till 3.00pm

Served with homemade coleslaw and salad garnish on seeded wholemeal or white bloomer bread. (GFA)

COLD

Honey Roasted Ham and Wholegrain Mustard. (Glu, Mu, Eg, M)

Tuna Mayonnaise with Spring Onion. (Glu, Eg, Mu, M, F)

Prawn Marie Rose. (Glu, Mu, Eg, M, Cru)

Mature Cheddar and Damson Chutney. (Glu, Mu, Eg, M, Sulp)

Chicken, Parmesan, and Pesto Mayo. (Glu, M)

HOT

Gourmet Fish Fingers in a brioche bun with homemade tartare sauce. (Glu, F)

Homemade Falafels with tahini sauce and tomato in pitta bread. (Glu, Ses)

Bacon, Brie and Cranberry. (Glu, M)

SALADS

Served 12.00 Till 3.00pm

Classic Caesar Salad £10.95
Chicken, bacon, crisp leaves, anchovy, parmesan, and Caesar dressing. (Eg, M, F, Glu)

Ploughman's Platter (GFA) £12.95
A selection of Ham, Cheese, Salad, Fruit, Chutney and seeded bread roll. (Glu, M, Cel)

STARTERS

Chefs Selection of Soup. (Vg) £5.95
Served with a warm sliced rustique & Lakeland butter. (Glu)

Oven Baked Garlic Mushrooms £6.95
with a herb and mozzarella crust. (M)

Chicken Liver Pate with Blackberry & Prosecco £7.95
Served with artisan bread, salad garnish & Cumberland sauce. (M, Sulp, Glu)

Garlic King Prawns £8.95
King prawns sauteed in a Garlic Butter, served with a sweet chilli dip, salad garnish and Focaccia bread. (Cru, Mu, Eg, Sulp)

Abv. Vg-vegan, Ve-vegetarian, GFA- Gluten free available, Glu-gluten, Eg-egg, Cru-crustacea, M-milk, F-fish, Sulp-sulphites, Ses-sesame, Cel-celery, Soy-soya, N-nuts.

SUN INN CLASSICS

Burgers are served in a Brioche bun, with lettuce, tomato, steak chips, onion rings, dill gherkin and a homemade coleslaw. Gluten free buns are available.

Classic 8oz Beef Burger £12.95

A half pounder 100% pure Lakeland beef, **(Glu)** add cheese and bacon + £2.00

Loaded Chicken, Bacon & Cheeseburger (Glu. M) £12.95

Locally sourced chicken breast topped with bacon and cheddar cheese

Moving Mountain Plant Burger (Ve) £11.95

Just the thing on a meat-free day! Succulent plant-based patty topped with tomato, lettuce, sliced gherkin and vegan mayo. **(Glu)**

Horseshoe Gammon Steak £13.95

12oz steak served with egg, beef tomato, peas, portobello mushroom and chips. **(Eg, Glu)**

Cumberland Sausage Curl £12.95

Served with a creamy mash, French beans, Red Cabbage and rich gravy. **(Glu, M, Sulp)**

Local Lamb Shank (GF) £18.95

Slowly braised in red wine with rosemary and served with creamy mashed potato, green beans, and red cabbage. **(Sulp, M)**

Sun Inn Fish & Chips (GFA) £13.95

Large fresh Cod fillet in a real ale batter, it's not just about the size but the quality. Served with chunky chips, mushy peas and homemade tartare sauce. **(Glu, F)**

Tofish and Chips (Ve, GFA) £12.95

Firm Tofu marinated in tamari and rolled in nori before coating in beer batter. Served with Chips and Mushy Peas. **(Glu, Soy)**

Whitby Whole Tail Scampi £13.95

Whitby breaded scampi served with chunky chips, salad garnish, lemon wedge and homemade tartare sauce. **(Glu, Cru)**

Beef Bourguignon Casserole £14.95

Tender pieces of diced Beef, cooked in a rich red Burgundy sauce with carrots, pearl onions, mushrooms, bacon and new potatoes. **(Sulp, M)**

Sun Inn Creamy Fish Pie £14.95

Flaky white fish, prawns, smoked haddock, salmon, parsley, boiled egg. Cooked in a rich creamy white wine and parsley sauce crowned with mashed potato & grilled cheese. **(Cru, F, M, Sulp,)**

Mushroom and Plant Pasty (VE) £12.95

*A meat free take on the well known classic. This version is richly flavoured with caramelised onion and plant mince. Served with chips, garden peas and onion gravy. **(Glu, Sulp)***

Beef Ragu Lasagne al Forno (GF) £12.95

Rich beef Bolognese ragu sauce layered between pasta sheets topped with a cheddar cheese bechamel sauce served with a freshly dressed salad. **(Sulp)**

The next two dishes are Asian street food and are quite hot but as they are cooked to order, can be made a little milder but will still be spicy. They can be ordered with either Chicken, Prawns or Tofu (Ve)

Massaman Noodles **£13.95**

Indonesian style mildly curried noodles with cinnamon, nutmeg, garlic, peppers and coconut cream. **(Glu, N, Soy)**

Nasi Goreng **£13.95**

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. **(Soy)**

10" STONEBAKED TRADITIONAL PIZZA

Our pizzas are baked in a traditional Italian stone-bottomed oven, freshly prepared and made to order.

Margherita (VEA) **£9.95**

Simple and classic with our chef's own tomato sauce and a mixture of grated mozzarella and cheddar cheese for added flavour. **(Glu, M)**

Ham and Mushroom **£10.95**

Our home roasted ham with sliced button mushrooms in this classic combination. **(Glu, M)**

Hot and Spicy **£11.95**

Spicy chorizo and pepperoni combine with chilli, peppers and pickled jalapenos. **(Glu, M)**

Meat Feast **£11.95**

Italian salami, chorizo, chicken, and ham, with sliced peppers and red onion. **(Glu, M)**

Goats Cheese, Spinach, Balsamic Onion and Rocket **£11.95**

Creamy goats cheese and balsamic onions, with dressed rocket Leaves. **(Glu, M, Sulp)**

The Veggie (VEA) **£10.50**

Sliced peppers, mushrooms, spinach, red onion, cherry tomatoes and black olives. **(Glu, M)**

SMALLER APPETITES

Fish and Chips with garden peas or baked beans. (GFA), (Glu, F) **£7.50**

Fish Fingers and Chips with garden peas or baked beans. (Glu, F) **£5.95**

Cumberland Sausage, Chips, garden peas or baked beans. (Glu, M) **£5.95**

Tagliatelli and Bolognese Ragu (Glu, Sulp) **£5.95**

Tofish, chips & mushy peas (VE, GFA) (Glu) **£6.50**

SIDES

£3.25

Chunky Chips **(V e)**

Skinny Fries (Ve)

Creamy Mash **(M)**

Coleslaw **(Mu, Sulp)**

Onion Rings **(Glu)**

Side Salad (Ve) **(Mu, Sulp)**

Pizza Garlic Bread (Ve) **(Glu)** **£4.95** add cheese **(Glu, M)** + **£1.00**

DESSERTS

Sun Inn Sticky Toffee Pudding (GF)

£5.95

Our own take on the classic local recipe, topped with butterscotch sauce and served with fresh cream or vanilla ice cream. **(M)**

Raspberry Pavlova (GF)

£5.95

Homemade meringue nest, fresh raspberries, Chantilly cream. Need we say more? **(Eg, M)**

Gooseberry, Toffee and Apple Crumble Tart

£5.95

Served with a vanilla custard **(Glu, M, Eg)**

Classic Crème Brulee

£5.95

Made with double cream, egg yolks and Madagascan vanilla pods. **(Glu, Eg, M)**

Strawberry Sundae (GF, VE A)

£5.95

Chopped strawberries, vanilla ice cream, whipped cream, strawberry coulis. **(M)**

Selection of Ice creams (3 scoops)

£4.95

Chocolate, Strawberry, Vanilla, Plant based Vanilla. **(M)**

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.

SUNDAY ROAST

A Traditional Sunday roast comprising of: - 3 types of meat to choose from plus

Roast potatoes, seasonal veg, large Yorkshire pudding and a rich

onion gravy. (M,Eg, Mu)

£10.95