

SUN INN MENU

SANDWICHES

SERVED 12 - 3 PM

COLD

All Served with Homemade Coleslaw and Salad Garnish on Seeded Wholemeal or White Bloomer Bread (GfA)

Honey Roasted Ham and Wholegrain Mustard	Glu, Mu, Eg, M	£8.95
Tuna Mayonnaise with Spring Onion	Glu, Eg, M, F	£8.95
Prawn Marie Rose	Glu, Eg, M, Cru	£8.95
Mature Cheddar and Damson Chutney	Glu, Eg, M, Sulp	£8.95
Chicken, Parmesan and Pesto Mayo	Glu, M	£8.95
Ploughmans Platter	Glu, M, Cel	£13.95

A selection of Ham, Cheese, Salad, Fruit, Chutney and Seeded Bread Roll

HOT

Gourmet Fish Fingers in a Brioche Bun with Homemade Tartare Sauce	Glu, F	£8.95
Tuna and Cheese Melt on a Crusty Baguette	Glu, F, Eg, M	£8.95

STARTERS

Chef's Soup of the Day Served with a warm Bread Roll and Butter	Vg	£6.95
Oven Baked Garlic Mushrooms In a Blue Cheese Sauce, served with Toasted Bread and a Salad Garnish	M	£7.95
Chicken Liver Pate Served with Toasted Bread, Salad Garnish and Cumberland Sauce	Glu, M, Sulp	£7.95
Garlic King Prawns Sauteed in Garlic Butter, served with a Sweet Chilli Dip, Salad Garnish and Toasted Bread	Cru, M, Eg, Sulp	£9.95
Charcuterie Board - Meat Platter A selection of Italian Meats served with Balsamic Onions, Salad Garnish and Bread	Glu, M	£9.95
Smoked Haddock Fishcake Served with Pesto and Sour Cream, and a Salad Garnish	F, Glu	£9.95

SALADS

Chicken Caesar Salad Topped with Parmesan, Crunchy Croutons and a Boiled Egg	Glu, M, Eg, F	£13.95
Beetroot and Pear Salad Topped with Goats Cheese	M, N	£13.95
Mediterranean Salad Topped with Feta Cheese	M	£13.95

BURGERS

Burgers are served in a Brioche Bun, with Lettuce, Tomato, Steak Cut Chips, Onion Rings, Gherkin and a homemade Coleslaw.
Gluten Free buns are available

Steak Burger 8oz 100% pure Lakeland Beef. Fully cooked but retains a hint of pinkness. Succulent and satisfyingly filling	Glu	£14.95
Chicken Burger Locally sourced Butterflied Chicken Breast	Glu	£14.95
Moving Mountain Plant Burger Just the thing on a meat-free day! Succulent plant-based patty, topped with Tomato, Lettuce, sliced Gherkin and vegan Mayo	Ve	£14.95

Allergen Advise

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.

Abbreviations: Ve - Vegetarian, Vg - Vegan, Glu - Gluten, Eg - Egg, Cru - Crustacean, M - Milk, F - Fish, Sulp - Sulphates, Ses - Sesame, Cel - Celery, Soy - Soya, N - Nuts, Mu - Mustard,

GfA - Gluten Free Available. VeA - Vegetarian Available. VgA - Vegan Available

SUN INN CLASSICS

Cumberland Sausage Curl Served with Creamy Mash, Seasonal Veg and Rich Gravy	Glu, M, Sulp	£15.95
Local Lamb Shank Slowly Braised in Red Wine with Rosemary and served with Creamy Mashed Potato, Seasonal Veg and a rich Gravy	GfA M, Sulp	£19.95
Sun Inn Fish and Chips Large Fresh Haddock fillet in a Real Ale Batter. Served with Chips, Mushy Peas and a Homemade Tartar Sauce	GfA Glu, F	£16.95
Tofish and Chips Firm Tofu marinated in Soy Sauce and coated in Batter. Served with Chips and Mushy Peas	GfA Ve Glu, Soya	£13.95
Whitby Wholetail Scampi Whitby Breaded Scampi served with Chips, Salad Garnish, Lemon Wedge and Homemade Tartar Sauce	Glu, Cru	£15.95
Homemade Steak and Ale Pie Rich, slow-cooked Steak in Ale, bound in a Shortcrust Pastry shell, served with Chunky Chips, Garden Peas and Gravy	Glu, Sulp, M	£16.95
Beef Ragu Lasagne al Forno Rich Beef Bolognese Ragu Sauce, layered between Pasta sheets and topped with a Cheddar Cheese Bechamel Sauce	GfA Sulp	£15.95
Sun Inn Creamy Fish Pie Flaky White Fish, Prawns, Smoked Haddock, and Salmon, cooked in a rich creamy White Wine and Parsley Sauce crowned with Mashed Potato and Grilled Cheese	F, M, Cru, Sulp	£16.95
Meatballs in Tomato Sauce Served on Spaghetti	Glu, M	£15.95
Smoked Haddock Fishcakes Two Fishcakes served with Pesto and Sour Cream, and Chunky Chips	F, Glu	£16.95
Sun Inn's Curry of the Day Choose from Chicken, Prawn or Tofu. Served with Rice, Poppadom and Mango Chutney	Glu, M, N, Mu	£16.95

SMALLER APPETITES

Fish and Chips Served with Garden Peas or Baked Beans	GfA Glu, F	£9.50
Fish Fingers and Chips Served with Garden Peas or Baked Beans	Glu, F	£7.50
Cumberland Sausage and Chips Served with Garden Peas or Baked Beans	Glu, M	£7.50
Chicken Goujons and Chip Served with Garden Peas or Baked Beans	Glu	£8.50
Scampi and Chips Served with Garden Peas or Baked Beans	Glu, Cru	£8.50
Meatballs in Tomato Sauce Served with Spaghetti	Glu, M	£7.50
Beef Burger and Chips	Glu	£7.50
Tofish, Chips and Mushy Peas	GfA Ve Glu	£7.50

SIDES

Chunky Chips	Ve	£4.50
Creamy Mash Potato	M	£4.50
Coleslaw	Mu, Sulp	£4.50
Onion Rings	Glu	£4.50
Side Salad	Ve	£4.50
Seasonal Vegetables	Ve	£4.50

SUNDAY ROAST

A Traditional Sunday Roast comprising of a choice of meats,
plus Roast and Mashed Potatoes, Seasonal Vegetables, a Large Yorkshire Pudding and a rich Gravy
from £14.95

SUN INN PIZZA MENU

10" STONEBAKED PIZZA

All Baked in a Traditional Italian Stone-Bottomed Oven, Freshly Prepared and Made to Order.
Also Available to Take Away

Margherita Simple and Classic with our Chef's Own Tomato Sauce and a mixture of Grated Mozzarella and Cheddar Cheese	VeA	Glu, M	£11.95
Hawaiian Our home-roasted Ham with Pineapple in this classic combination		Glu, M	£12.95
Hot and Spicy Italian Salami, Chorizo and Pepperoni, with Jalapenos, Sliced Peppers and Red Onion		Glu, M	£12.95
Goats Cheese, Spinach, Balsamic Onion and Rocket Creamy Goats Cheese and Balsamic Onions, dressed with Rocket		Glu, M, Sulp	£12.95
The Veggie Sliced Peppers, Mushrooms, Spinach, Red Onion and Black Olives		VeA	£12.95
Pepperoni Sliced Pepperoni on a Margherita base	GfA	Glu, M	£12.95
Vegan Tofu Tofu, Sliced Peppers and Red Onions, served on a Margarita base made with Vegan Cheese		Vg	£12.95
Farmers Chicken, Red Onions and Mushrooms		Glu, M	£12.95
Seafood Prawns, Squid, Tuna and Anchovies, with Peppers and Red Onion		Glu, M, F, Cru	£13.95
Pizza Cheesy Garlic Bread	GfA	Ve	£8.95

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SUN INN DESSERT MENU

DESSERTS

Sun Inn Sticky Toffee Pudding Our own take on the classic local recipe, topped with Sticky Toffee Sauce and served with Cream, Custard or Ice Cream	GfA Eg, M	£7.95
Chocolate Fudge Cake Served with Chocolate Sauce and a choice of Custard, Cream or Ice Cream	Eg, M	£7.95
Fruit Pavlova Homemade Meringue Nest, Fresh Fruit and Whipped Cream.	Eg, M	£7.95
Crumble of the Day Served with Custard, Cream or Ice Cream	Glu, M, Eg	£7.95
Cheesecake of the Day Served with Cream or Ice Cream	Glu, Eg, M	£7.95
Selection of Ice Creams (3 Scoops) Chocolate, Strawberry, Vanilla or Plant Based Vanilla	M VgA	£4.95

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