



**SUN INN**  
POOLEY BRIDGE

# MENU



## STARTERS

### Chefs Soup of the day

*Served with a warm bread roll*

GfA £6.95

### Artisan Bread and Olives

*With olive oil and balsamic vinegar*

Ve £6.50

### Flaming Hot Chicken Wings

*Served with a hot sauce*

£8.50

### Creamy Garlic Mushrooms

*In a blue cheese sauce, served with toasted bread and salad garnish*

Ve, GfA £7.95

### Classic Prawn Cocktail

*With marie rose sauce and sliced wholemeal bread*

GfA, £9.50

### Chicken Liver Pate

*Toasted Sour Dough with Cumberland sauce*

Gfa £7.95

### Salt & Pepper Squid

*Served with Lemon Mayonnaise*

£8.50

## CHILDS MEALS OR FOR THOSE WITH A SMALLER APPETITE

### Sun Inn Fish & Chips

*Fresh haddock fillet in real ale batter served with chips and peas*

Gfa £9.95

### Tofish and Chips

*Tofu marinated in soya and veg stock and cooked in real ale batter*

Ve, Vg, GfA £8.95

### Fish Fingers & Chips

*Served with garden pea, mushy peas or beans*

£7.50

### Cumberland Sausage & Chips

*Served with garden pea, mushy peas or beans*

VgA £7.50

### Chicken Goujons & Chips

*Served with garden peas, mushy peas or beans*

£8.95

### Pasta Spaghetti

*Topped with tomato sauce and served with garlic bread*

Ve £7.00

### Cheeseburger & Chips

*6oz beefburger topped with cheese*

£8.95

### Wholetail Scampi & Chips

*Served with garden peas, mushy peas or beans*

GfA £9.95

### Mac & Cheese

*In a 3 cheese sauce, served with garlic bread*

Ve £8.50

## ALLERGEN ADVICE

Please be advised that food prepared here may contain these ingredients: milk, wheat soybean, fish, tree nuts, peanuts eggs and egg products. If you have a food allergy or special dietary requirement, please inform a member of staff or ask for more information.

**Abbreviations:** **Ve** – Vegetarian, **VeA** – Vegetarian available, **Vg** – Vegan, **VgA** – Vegan available, **GfA** – Gluten free available

## CLASSIC MAINS

### Cumberland Sausage Curl

*Served with creamy mash, seasonal veg and rich gravy*

VgA £15.95

### Local Lamb Shank

*Slowly braised in red wine and rosemary,  
served with creamy mash, seasonal veg and rich gravy*

£21.95

### Sun Inn Fish & Chips

*Fillet of fish in Cumberland ale batter served with chips and mushy peas*

GfA £17.50

### Tofish and Chips

*Tofu marinated in soya and veg stock and cooked in real ale batter*

Ve, Vg, GfA £15.95

### Whitby Wholetail Scampi

*Served with chips and garden peas*

GfA £16.95

### Homemade Deep Filled Steak & Ale Pie

*Our famous pie slowly cooked in Cumberland ale  
with shortcrust pastry case served with chips, garden peas and our rich gravy*

£17.50

### Beef Ragu Lasagne al Forno

*Served with garlic bread*

GfA £15.95

### Sun Inn Creamy Fish Pie

*White fish, smoked haddock, salmon, and prawns  
in a creamy white wine sauce topped with mash and grilled cheese*

£16.95

### Sun Inn Curry of the day

*Served with rice, nan bread and mango chutney  
with a choice of Chicken, Prawn, Tofu or Vegetables*

VeA, VgA £16.95

### Spaghetti Arabiatta

*With a spicy tomato sauce, served with garlic bread*

Ve £14.95

### Mac & Cheese

*in a 3 cheese sauce with garlic bread  
- Add bacon £2.00*

Ve £14.95

## SHARERS AND SALAD

### Ploughman's Platter

*Ham, cheese, salad, fruit, chutney and seeded bun*

Gfa £14.95

### Sun Inn Sharing Platter

*Chicken goujons, breaded mushrooms, scampi, onion rings, garlic bread with a selection of dips* £14.95

### Salt & Pepper Fries

*Salt & Pepper seasoning with chillies and fried onions*

Ve, Vg, Gfa £8.95

### Spicy Mexican Fries

*Jalapenos, salsa and melted cheddar*

Ve, Gfa £8.95

### Spicy Nachos

*Jalapenos, salsa and melted cheddar*

Ve, Gfa £7.95

### Prawn and advocado Salad

*Served with a warm seeded bun*

Gfa £15.95

## FROM THE GRILL & BURGERS

### 8oz Lakeland Steak Burger

Served on a brioche bun with salad garnish, chips and onion rings

£15.95

- Add bacon £1.00 Add Cheese £1.00

### Lakeland 9oz Sirloin Steak

Cooked to your liking served with tomato, mushrooms onion rings and fries

£24.95

- Add peppercorn sauce £3.00

### 12oz Gammon Steak

Served with tomato, mushrooms, fried egg or pineapple and chips

GfA £18.50

### Buttermilk Chicken Burger

Served on a brioche bun with salad garnish, chips and onion rings

£15.95

- Add bacon £1.00 Add Cheese £1.00

### Moving Mountain Plant Burger

Served on a brioche bun with salad garnish, chips and onion rings

Ve, Vg, GfA £15.95

## SANDWICHES

Served between 12-3pm

All Served with homemade coleslaw and nachos on seeded wholemeal or white bread (GfA)

Honey roasted ham and wholegrain mustard

£8.95

Tuna mayonnaise with spring onion

£8.95

Prawn with marie rose sauce

£9.95

Mature cheddar with chutney

£8.95

Pastrami and swiss cheese with horseradish sauce

£9.95

## HOT SANDWICHES

Bacon, Brie and Cranberry toasted baguette

£10.50

Fish fingers in a brioche bun with tartare sauce

£8.95

Hot tuna and cheese melt on a crusty baguette

£9.50

WINTER WARMER – Soup and sandwich

(does not include hot sandwiches or salad garnish)

£12.50

## SIDES

Garlic Bread

Ve, Vg, GfA £5.00

Garlic Bread with cheese

VgA, GfA £6.00

Chips

Ve, VgA, GfA £4.50

– add cheese £1.00 add gravy £1.00

Creamy Mash

Gf, Ve £4.50

Coleslaw

Gf, Ve £4.50

Onion Rings

£4.50

Side Salad

Vg, Ve, Gf £4.50

Seasonal Vegetables

Ve, Vg, Gf £4.50

## SUNDAY ROAST AVAILABLE EVERY SUNDAY

A traditional Sunday Roast comprising of a choice of meats and vegetarian, plus roast and mashed potatoes, seasonal vegetables, large Yorkshire pudding and a rich gravy.

Adult: Turkey, Beef, Pork, Ham **£16.95**. Lamb **£17.95**. Vegetarian **£15.95**.

Child: Turkey, Beef, Pork, Ham **£12.50**. Lamb **£13.50**. Vegetarian **£12.50**.

## PIZZA MENU

### 10" STONEBAKED PIZZA

All baked in a traditional stone bottomed oven, freshly prepared and made to order. Take away available.

#### Margherita

Simple and classic with our chefs own tomato sauce and a mixture of grated mozzarella and cheddar cheese GfA **£11.95**

#### Hawaiian

Our home-roasted ham with pineapple in this classic combination GfA **£12.95**

#### Hot and Spicy Meat Feast

Ground spicy beef and pepperoni, with jalapenos, sliced peppers and red onion GfA **£12.95**

#### Goats Cheese, Spinach, Balsamic Onion and Rocket

Creamy goats cheese and balsamic onions, dressed with rocket GfA **£12.95**

#### The Veggie

Sliced peppers, mushrooms, spinach, red onion and black olives Ve, VeA, GfA **£12.95**

#### Pepperoni

Sliced pepperoni on a margherita base GfA **£12.95**

#### Farmers

Chicken, red onions and mushroom GfA **£12.95**

#### The Vegan

Topped with tofu and vegan cheese Vg, GfA **£12.95**

#### Pizza cheesy garlic bread

GfA, VgA **£8.95**

## 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 **£8.50**

#### Hot Chocolate Fudge Cake

Served with cream, custard or ice cream GfA **£8.50**

#### Crumble of the Day

Served with cream, custard or ice cream **£8.50**

#### Cheesecake of the day

Served with cream or ice cream **£8.50**

#### Cheeseboard

Selection of cheese served with a selection of biscuits **£10.50**

#### Ice Cream Sundae

With cream and coulis: choice of vanilla, strawberry or chocolate VgA **£8.50**

#### Selection of Ice Cream

Choice of Vanilla, Strawberry or Chocolate VgA

1 scoop **£2.50**, 2 scoops **£5.00**, 3 scoops **£7.00**