



SUN INN
POOLEY BRIDGE

MENU



All our food is made from fresh ingredients, locally sourced and expertly crafted by our skilled chefs for your enjoyment.

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) £7.95

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

(GfA) £8.50

Classic Prawn Cocktail

With marie rose sauce and sliced wholemeal bread

(GfA) £9.50

Salt & Pepper Squid

Served with Lemon Mayonnaise

£8.95

CHILDS MEALS OR FOR THOSE WITH A SMALLER APPETITE

Homemade Sun Inn Fish & Chips

Fresh haddock fillet in real ale batter served with beans, garden peas or mushy peas

(GfA) £10.95

Fish Goujons & Chips

Served with garden peas, mushy peas or beans

£8.50

Cumberland Sausage & Chips

Served with garden peas, mushy peas or beans

(VgA) £7.50

Chicken Goujons & Chips

Served with garden peas, mushy peas or beans

£8.95

Homemade Pasta Spaghetti

Topped with tomato sauce and served with garlic bread and cheese

(Ve) £7.00

Cheeseburger & Chips

6oz beefburger topped with cheese

£8.95

Wholetail Scampi & Chips

Served with garden peas, mushy peas or beans

(GfA) £10.95

Homemade Mac & Cheese

In a 3 cheese sauce, served with garlic bread

£8.50

CLASSIC MAINS

Cumberland Sausage Curl

Served with homemade creamy mash, seasonal veg and rich gravy (VgA) £15.95

Homemade Local Lamb Shank

Slowly braised in red wine and rosemary, served with homemade creamy mash, seasonal veg and rich gravy £22.50

Homemade Sun Inn Fish & Chips

Fillet of fresh haddock in real ale batter served with chips and mushy peas and homemade tartare sauce (GfA) £17.50

Whitby Wholetail Scampi

Served with chips, garden peas and homemade tartare sauce (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

Homemade Beef Ragu Lasagne al Forno

Served with garlic bread (GfA) £15.95

Homemade 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

Homemade Sun Inn Curry of the day

Served with rice, nan bread and mango chutney with a choice of Chicken, Prawn or Vegetables £16.95

Homemade Mac & Cheese

in a 3-cheese sauce with garlic bread – Add Bacon £2.00 £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) £8.95

Spicy Mexican Fries

Jalapenos, salsa and melted cheddar £8.95

Spicy Nachos

Jalapenos, salsa and melted cheddar £7.95

Mediterranean salad

Mixed leaves, olives, peppers, cucumber, and red onion with a salad dressing £11.50
- add chicken £2.50 - add prawn £3.00 - add ham £2.50

Classic Caesar salad

gem lettuce, crisp bacon, shaved parmesan and croutons with classic Caesar dressing £12.95
- add grilled chicken £2.50 - add anchovies £2.00

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

FROM THE GRILL & BURGERS

8oz Lakeland Steak Burger

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

£15.95

- Add bacon £1.00 Add Cheese £1.00

12oz Gammon Steak

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

£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 11.30-3pm All Served with homemade coleslaw and side salad on 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

Chicken, Parmesan, and Pesto Mayo

£9.50

HOT SANDWICHES

Bacon, Brie, and Cranberry toasted baguette

£10.50

Fish goujons in a brioche bun with homemade tartare sauce

£8.95

Hot tuna and cheese melt served on a crusty baguette

£9.50

SIDES

Garlic Bread

£5.00

Coleslaw

£4.50

Garlic Bread with cheese

£6.00

Onion Rings

£4.50

Chips

£4.60

Side Salad

£4.60

- add cheese £1.00 - add gravy £1.00

Homemade Creamy Mash

£4.60

Seasonal Vegetables

£4.60

A BIT ABOUT THE SUN INN

The Sun Inn dates from the mid 1700's when the Inn was located at the car park end and the rest was a series of cottages. In the 1800's the whole building was re-purposed to become the Sun Inn that we know and love today. This is now a family run business hosted by Andrew and Wendy Hardman who have been welcoming guests old and new for the last few years.

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 from £15.95
Child from £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) £13.95

Goats Cheese, Spinach, Balsamic Onion and Rocket

Creamy goats cheese and balsamic onions, dressed with rocket

(GfA) £13.95

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) £13.50

Pizza garlic bread

- add cheese £2.00

(GfA) £7.50

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

(GF) £8.50

Hot Chocolate Fudge Cake

Served with cream, custard or ice cream

(GF) £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