

# **SUN INN MENU**

## **SANDWICHES.**

**All £7.95, Served 12.00 until 3.00pm**

*Artisan Ciabatta, Multigrain seeded wholemeal or Tuscan Flatbread*

*All served with dressed leaves, homemade coleslaw and vegetable crisps*

*Add bowl of soup or fries £2.00.*

### **COLD**

**Local Mature Cheddar Cheese & Sweet Damson Chutney (Vegetarian)**

**Lemon Peppered Tuna**

**Prawn & Marie Rose**

**Ploughman's (Local ham, cheeses, pickles and chutney)**

### **HOT**

**Gourmet Fish Fingers and Homemade Tartare Sauce**

**Welsh Rarebit**

**Chicken and Bacon**

### **BAKED POTATOES - £7.95**

**Vegan Five Bean, Quinoa and Sweet Potato Chilli**

**Sticky Cumberland Sausage & Caramelised Onion**

**'Pizza' Jacket (Cheese, Tomato, Pepperoni & Basil)**

**Three Cheese and Caramelised Onion**

**Shepherd's Pie Jacket (Slow Braised Lamb Mince topped with Cheese)**

### **PLATTERS**

**Garlic & Rosemary Infused Camembert £9.95**

Baked Camembert infused with fresh rosemary and garlic bulbs served with dressed leaves, toasted ciabatta and a locally sourced damson chutney

**Solway Fish Board £11.95**

Mackerel pate, smoked salmon stuffed with prawns and smoked haddock with dressed leaves, a citrus dip and warm seeded loaf

**Mediterranean Antipasti Platter £8.95**

A delicious selection of black & green olives, sundried tomatoes tossed in garlic with a combination of balsamic and olive oil accompanied with artisan ciabatta

## STARTERS

<b>Chefs Selection of Soup</b>	<b>£5.95</b>
Served with sliced artisan ciabatta	
<b>Warm Chilli &amp; Lime King Prawn Cocktail</b>	<b>£7.95</b>
Succulent king prawns in a chilli, lime and Marie rose dressing on a bed of zesty leaf salad served with warmed seeded loaf	
<b>Pate of the Day</b>	<b>£6.95</b>
Chefs weekly selection of pate with toasted ciabatta, salad garnish & Cumberland sauce	
<b>Black Pudding &amp; Blue Cheese Bon Bons</b>	<b>£6.95</b>
Locally sourced black pudding & Appleby creamery blue cheese encased in shallow fried breadcrumb served with a dressed salad & Cumberland sauce	
<b>Garlic Mushroom Bruschetta</b>	<b>£6.95</b>
Creamy sautéed mushrooms in a white wine and garlic sauce served on a toasted Tuscan flatbread topped with a mozzarella crust	

## THE GRILL

<b>12 oz Horseshoe Gammon Steak</b>	<b>£13.95</b>
<b>10oz Flat Iron Steak</b>	<b>£14.95</b>
Richly flavoured shoulder cut sous vide cooked to your liking between medium-rare and well done	
<b>12oz Cumberland Sausage Curl</b>	<b>£12.95</b>
<b>100z Barnsley Lamb Chop</b>	<b>£15.95</b>
The finest loin double sided chop sous vide and cooked medium as our Chef recommends	
<i><b>All the above are served with egg, seared beef tomato, peas, portobello mushroom, beer battered onion rings and either chips <u>or</u> fries</b></i>	

## Burgers

<b>Classic Beef</b>	<b>£10.95</b>
6oz, 100% pure Lakeland beef	
<b>Loaded Chicken, Bacon &amp; Cheese</b>	<b>£11.95</b>
Locally sourced chicken breast topped with crisp bacon and cheddar cheese	
<b>Cumbrian Burger</b>	<b>£12.95</b>
6oz, 100% pure Lakeland beef burger topped with a Cumberland patty, caramelised red onion & cheese	
<i><b>All the above are presented in a Brioche bun, lettuce and tomato served with steak chips, onion rings and dill gherkin and a fresh red apple slaw.</b></i>	

## SUN INN CLASSICS

<b>Sun Fish &amp; Chips</b>	<b>£13.95</b>
Large fresh Haddock fillet in a real ale batter, chunky chips, mushy peas and homemade tartare sauce	
<b>Whole Tail Scampi</b>	<b>£12.95</b>
Whitby breaded scampi served with chunky chips, salad garnish and homemade tartare sauce	
<b>Steak and Ale Shortcrust Pie</b>	<b>£12.95</b>
Prime diced beef steak & sweet glazed red onion encased in shortcrust pastry served with chips, fondant or creamed potatoes, vegetables topped with a bourguignon jus	
<b>Spaghetti Meatballs</b>	<b>£10.95</b>
Homemade meatballs with a traditional Italian tomato ragu, dressed salad and garlic ciabatta	
<b>Beef Ragu Lasagne al Forno</b>	<b>£12.95</b>
Rich beef Bolognese ragu sauce layered between pasta sheets topped with a cheddar cheese bechamel sauce served with a freshly dressed salad and garlic ciabatta	
<b>Sun Inn Creamy Fish Pie with a Lemon Herb and Parmesan Crust</b>	<b>£13.95</b>
Flaky white fish, prawns, smoked haddock, salmon, fresh parsley, sliced boiled egg cooked in a rich creamy white wine and parsley sauce crowned with mashed potato topped with grilled cheese	
<b>Steak and Kidney Pudding</b>	<b>£13.95</b>
Locally sourced steak and kidney in a rich stout gravy encased in suet pastry, served with either chips, fondant or creamed potatoes and seasonal vegetables	
<b>The Sun Inn Tartiflette</b>	<b>£11.95</b>
A traditional dish from the Alps with our own twist, a warmed cheese, onion, bacon and potato dish served with a freshly dressed sun inn salad	
<b>Herb &amp; Honey Glaze Lamb Banquet</b>	<b>£16.95</b>
Shoulder of Lamb Slowly Braised in a rich stock and served with creamy mash potato, Seasonal vegetables with a rich jus	
<u>SMALLER APPETITES</u>	
<b>6oz Classic Fish, Chips &amp; Peas</b>	<b>£7.95</b>
<b>Three Cheese Baked Macaroni Cheese</b>	<b>£6.95</b>
<b>Cumberland Sausage, served with creamy mash, veg &amp; gravy</b>	<b>£6.95</b>
<b>Spaghetti Meatballs</b>	<b>£6.95</b>
<b>Southern Fried Chicken Burger</b>	<b>£7.25</b>

## VEGATARIAN AND VEGAN ALTERNATIVES

**Thai Green Sweet Vegetable Curry** **£12.95**

Trio of peppers, Mediterranean vegetables and oriental vegetables in a sweet and spicy Thai green sauce served on a bed of wild basmati rice & flatbread

**Vegetarian Shepherd's Pie** **£12.95**

Slow braised Quorn mince and root vegetables tenderised into a hearty autumnal dish topped with a dairy free creamed potato

**Sweet Potato, Five Bean & Quinoa Chilli** **£12.95**

Slow roasted sweet potatoes, ripened tomatoes, five beans and glazed onions mildly spiced on a bed of wild basmati rice and served with a warm flat bread

**Wild Garlic Mushroom Flatbread** **£9.95**

Creamy sautéed wild mushrooms on a Tuscan garlic flatbread served with a large antipasti olive salad (ideal as a starter to share)

**Falafel Burger** **£10.95**

Soft chickpeas bound with potato and onions flavoured with herbs and spices in a Brioche bun, lettuce and tomato served with steak chips, onion rings and dill gherkin and a fresh red apple slaw

## GLUTEN AND DAIRY FREE SPECIALIST OPTIONS

**12oz Cumberland Sausage** **£12.95**

Locally sourced Cumberland sausage served with root vegetables, dairy free mash and gluten free gravy

**Bolognese Penne** **£9.95**

Beef Bolognese in a traditional ragu sauce on a dairy and gluten free penne pasta

**Gluten Free Battered Haddock** **£13.95**

Crispy battered freshly sourced haddock fillet on chunky chips served with mushy peas

**Shepherd's Pie** **£12.95**

Slow braised lamb mince and autumnal vegetables in a rich jus topped with mashed potato

**The vegetarian and vegan options can be dairy and gluten free too just enquire with the server for more information.**

## SIDE DISHES

**ALL £2.95**

**Chunky Chips**

**House Coleslaw**

**House Salad**

**Fries**

**Garlic Bread**

**Onion Rings**

## DESSERTS

<b>Crumble of the Day</b>	<b>£5.95</b>
Served with a vanilla custard	
<b>Creamy Homemade Rice Pudding</b>	<b>£5.95</b>
Served with a blackcurrant compote and fresh blueberries	
<b>Sun Inn Sticky Toffee (GF)</b>	<b>£5.95</b>
Homemade with our butterscotch sauce & custard	
<b>Alabama Chocolate Fudge Cake (GF)</b>	<b>£5.95</b>
Served warm with cream	
<b>Speciality Chocolate Brownie</b>	<b>£5.95</b>
Homemade brownie with Madagascan vanilla ice cream	
<b>Local Ice Cream Selection (2 Scoops)</b>	<b>£3.95</b>
Chef's selections of local made ice creams,	
<b>Belgium Waffles</b>	<b>£4.95</b>
Drizzled with maple syrup and a scoop of Madagascan vanilla ice-cream	
<b>Local Cumbrian Cheese Board</b>	<b>£7.95</b>
Selection of local creamery cheeses, crackers, grapes and celery	

## WEEKEND SPECIALITIES

Come and join us at the weekend for our seasonal specials and our Sunday Roast where we offer 2 or 3 of locally sourced Lamb, Beef, Turkey, Pork, Chicken or a vegetarian roast.

## HOT BEVERAGES

Espresso	<b>£1.85</b>	Macchiato	<b>£2.25</b>
Americano	<b>£2.25</b>	Cappuccino	<b>£2.25</b>
Latte	<b>£2.25</b>	Cafetière for one	<b>£2.25</b>
Cafetière for two	<b>£4.95</b>	Liqueur coffee	<b>£5.50</b>
Hot chocolate	<b>£2.25</b>		
Deluxe hot chocolate	<b>£2.95</b>		
(With whipped cream & mini marshmallows)			
Pot of English Breakfast tea	<b>£1.70</b>		
Selection of fruit & herbal tea	<b>£1.95</b>		