

## SALADS

All served with focaccia bread & homemade salad dressing

**Chicken, Bacon & Garlic Crouton** £8.95

**North Atlantic Prawn salad** £8.95

**Bourbon Roast Ham** £8.95

**Goats cheese and sunblushed tomato** £8.95 

## SANDWICHES & CIABATTA'S

Served daily 12-3pm

Soup of the day & any half size cold sandwich £5.50

### SANDWICHES

Served on white or brown fresh bloomer bread, with mixed root vegetable crisps, salad & a pot of coleslaw

**Tuna Mayonnaise** £5.50

**Chicken Mayo & Bacon** £5.50

**Bourbon Roast Ham** £5.50

**North Atlantic prawns in chef's seafood sauce** £5.50

**Crayfish & Lemon Mayonnaise** £5.50

**Mature Cheddar & Hawkshead Chutney** £5.50 

### HOT SANDWICHES

**Homemade Fish Finger Sandwich** £6.95


**Chefs BLT Stack served on white toast** £5.95

**Ham, Tomato & Mature Cheddar Stack** £5.95

### HOT CIABATTA'S

**BBQ Chicken & Monterey Jack Cheese** £5.95

**Blackened Cajun chicken with melted cheese** £5.95

**Brie, Red Onion & Cranberry** £5.95  Add bacon 50p

**Southern Fried Chicken with spicy mayo** £5.95

**Tuna & Mature Cheddar** £5.95

## SIDE ORDERS

**Chips with Dips** £3.00

**Garlic Ciabatta with Cheese** £3.00

**Sweet Potato Fries with dips** £3.00

**Buttered Vegetables** £3.00

**Homemade Onion Rings** £2.50

**Jug of Onion Gravy** £1.00

**Dressed Garden Salad** £3.00

**Pot of Coleslaw** £1.00

**Garlic Ciabatta** £2.50

## CHILDRENS MEALS

Suitable for Under 14s

**Battered Chicken Chunks with chips and baked beans** £4.95

**Homemade haddock goujons served with chips & baked beans** £4.95

**Mini cumberland sausage, mash & seasonal vegetables** £4.50

**Ham & Poached Egg served with chips & beans** £4.95

**Cheesy Tomato Pasta (with or without chicken)** £4.95

**Childrens ice cream with chocolate sauce** £2.50

**Scampi, Chips & Baked beans** £4.95

## DESSERTS

**Homemade Caramel Chocolate Tart with Popping Candy** £5.50

**Mango & Coconut Pudding with a homemade Orange Syrup** £5.50

**Original Crème Brulee with shortbread biscuits** £5.50

**Chocolate & Salted Caramel Profiteroles** £5.50

**Tart Au Citron** £5.50

**Vanilla & Chocolate Ice Cream Sundae** £4.95

## LIQUEUR COFFEE

Topped with cream and your choice of spirit:

**Irish coffee with Jamesons** £4.50

**Smugglers coffee with rum** £4.50

**French coffee with brandy** £4.50

**Calypso coffee with Tia Maria** £4.50

**Russian coffee with vodka** £4.50

**Italian coffee with amaretto** £4.50

**Tennessee coffee with Jack Daniels** £4.50

**Cointreau coffee** £4.50

## HOT DRINKS

**Americano** £2.00

**Cappuccino** £2.30

**Café latte** £2.30

**Hot chocolate** £2.00

**Espresso** £1.60

**Latte macchiato** £2.30

**Moccachino** £2.50

**Pot of tea for one** £2.00

WE HOPE YOU ENJOY YOUR TIME WITH US  
AND WE THANK YOU FOR YOUR CUSTOM.

FOLLOW US ON



THE  
**SUN INN**  
ULVERSTON



MENU

## WELCOME TO THE SUN INN

We take pride in preparing fresh food which is delivered daily from our chosen suppliers.

Our aim is to provide excellent service and a great atmosphere. Our bar offers a range of drinks including guest ales and a wide selection of wines.

## STARTERS & LIGHT BITES

### Soup of the day £4.50 V

Chef's homemade soup served with warm focaccia bread

### Steamed mussels £6.50

A pot of steamed mussels cooked with chilli, garlic, onion and white wine finished with cream and served TBC

### Cumberland Sausage Stack £5.95

A stack of black pudding, Cumberland sausage meat, & poached egg served on a muffin with fresh rocket

### Baked camembert £6.95 V S

A whole wheel of camembert finished with sprigs of rosemary and drizzled with honey. Served with Hawkshead Chutney & dipping bread

### Garlic Mushrooms £5.50 V

Creamy garlic chestnut mushrooms served on a garlic and rosemary focaccia bread with wild rocket

### Tempura prawns £5.95

Japanese style king prawns in a light crispy batter served with salad & sweet chilli dip

### Slow Roasted Belly Pork £5.95

Flat pressed and slow roasted belly pork served with oriental vegetables and an apple and star anise sauce

## MAIN COURSES

### Corn Fed Roast Chicken £11.95

Roasted corn fed chicken served on dauphinoise potatoes, with fine beans wrapped in bacon and a mushroom and cream sauce

### Cumberland Sausage £10.95

A large Cumberland sausage ring served on a bed of mashed potato with seasonal vegetables and onion gravy

### Homemade Steak and ale Pie £11.95

Slow cooked beef steak and local real ale with shortcrust pasty, served with chips or mashed potato and seasonal vegetables

### Chefs Homemade Mixed Bean

#### Chilli £10.95 V

Medium spiced 5 bean chilli served with tortilla chips, infused rice and soured cream

#### Add Minute Steak £3.00

Want it hot? Just ask!

### Posh Ham, Egg and Chips £10.95

Chefs own bourbon roast ham, served with poached eggs, potato rosti, grilled asparagus and a bucket of homemade chips

## FROM THE SEA

### Fillet of Hake £11.95

Fresh hake served on a sweet potato fondant with grilled asparagus and a creamy white wine sauce with mussels.

### Pan Fried Salmon £12.95

Served with sautéed new potato's, boiled samphire, steamed vegetables and a lemon & crayfish sauce.

### Seafood Paella £12.95

Chefs homemade seafood paella made with long grain rice, served with foccacia bread and topped with langoustines

### Scampi £10.95

Breaded scampi served with homemade chips and dressed salad

### Jumbo haddock £11.95

A generous size fresh haddock, hand battered and served with homemade mushy peas and hand cut chips

## FROM THE GRILL

### Gammon £11.95

A 14oz gammon steak served with hand cut chips or sweet potato fries, mixed leaves, garden peas and choice of egg or pineapple

### 12oz Ribeye £16.95

Cooked to your liking served with homemade onion rings, mushroom, hand cut chips and salad

### 10oz Sirloin £14.95

Cooked to your liking served with homemade onion rings, mushroom, hand cut chips and salad

### Steak Sauces £2.50

Choose from Pink Peppercorn, Brandy & Mushroom or Lancashire Blue Cheese

## INSPIRED DISHES

### Chicken Parmigiana £11.95

Panko and parmesan coated chicken breast topped with Napoli tomato sauce and mozzarella on a bed of herb buttered pasta.

### Chefs Own Recipe Homemade

#### Curry £11.95

Ever changing and created by our award winning curry chef, please see the specials board for the choice of curry available

### Honey Chicken Stir Fry £10.95

Chicken breast cooked with mixed vegetables, egg noodles, soy sauce and honey

#### Veggie Option £8.95

### Mushroom & Spinach Risotto

#### £10.95 V

Creamy risotto with wilted spinach, chestnut mushrooms & garden peas served with a wensleydale fritter

## THE SUN INN BURGER MENU

### Build your own burger £10.95

All of our burgers are served in a bun & stacked with salad & onion rings with chips or sweet potato fries!

#### Choose your 8oz burger:

Aberdeen Angus Beef

Lamb & Mint

Chicken Fillet

Beer Battered Chicken Fillet

Pork and Apple

Falafel & Spinach Veggie Burger V

#### Choose your Cheese:

Blue Cheese

Brie

Mature Cheddar

Goats Cheese

Monterey Jack

Mozzarella

#### Choose your sauce:

Homemade Burger Sauce

Garlic & Herb Mayo

BBQ Sauce

Chilli Jam

Homemade Tabasco Sauce

Homemade Burger Relish

#### Choose your toppings (50p extra)

BBQ Pulled Pork, Mixed Bean Chilli (V),

Potato Rosti, Flat Mushroom,

Pineapple, Bacon, Gherkins,

Caramelised red onion, Jalapenos,

Fried egg, coleslaw, crispy onions,

sunblushed tomato, Black pudding,

Fresh Chilli, Wilted spinach

#### Feeling brave?

Double up any full size burger for £3 extra

## SUNDAY ROAST MENU

Every Sunday we have a choice of roast with all the trimmings on our traditional Sunday lunch menu

Please see the specials for this week's roast.

#### KEY

V Suitable for vegetarians

S Suitable for sharing

All our food is cooked fresh to order on the premises so during busy times you may experience a wait, thank you in advance for your patience

#### FOOD ALLERGIES & INTOLERANCES

If you have any allergy requirements please don't hesitate to speak to a member of staff who will be happy to advise you.

Please be aware that whilst we aim to cater for your dietary restrictions and every care is taken to minimise the risk of cross contamination, we cannot eliminate all risk due to the amount of ingredients used on the premises.

Gluten Free variants are available on some dishes, please ask a member of staff for details prior to placing your order.