

# WEEKEND

## A LITTLE SOMETHING

MARKET OLIVES £3.00 

Selection of market olives

BREAD BOARD £4.50 

Locally baked bread served with olive oil and balsamic

DIPPING BOARD £5.50 

Oven baked ciabatta with hummus, chutney and balsamic oil

VEGETABLE CRISPS £3.50 

Served with hummus

BLANCH BAIT £5.50

Fried whitebait with a homemade tartar sauce

## TO START

SOUP OF THE DAY £5.00

Chef's homemade soup with doorstep bread and butter, (please see board for today's options). We'll always have at least one vegan soup but please let us know so we can avoid putting butter on your plate!

FISHCAKES £6.50

Crayfish and salmon fishcakes with a lime aioli and fresh pea shoots

HALLOUMI FRIES £5.50 

Breaded halloumi with a chimichurri mayonnaise

CHICKEN LIVER PARFAIT £6.50

Homemade parfait with toasted ciabatta and a blackberry chutney

GARLIC MUSHROOMS £5.50 

Peppered garlic mushrooms topped with blue cheese croutons

BUTTERBEAN PÂTÉ £6.00 

Homemade butterbean and sundried tomato pâté served with beetroot, baby gem lettuce and balsamic

PORK BELLY £6.50

Crispy pork belly with pickled sweet and sour vegetables, soy, honey and pea shoots

## FOR MAINS

FISH & CHIPS £12.50

Fresh haddock coated in Lancaster Blonde beer batter, served with hand cut chips, garden peas and homemade tartar sauce

"FAKE FISH & CHIPS" £11.50 

Spiced halloumi in Lancaster Blonde beer batter with hand cut chips, garden peas and chimichurri mayonnaise

BREAST OF CHICKEN £14.00

Roasted chicken breast with chorizo mashed potatoes, seasonal greens and cherry tomatoes. Finished with a tarragon jus

FILLET OF HAKE £14.50

Grilled hake fillet with a hot potato salad, asparagus, crayfish, and a sauce vierge

DUO OF PORK £15.00

Slow roasted pork collar and crispy pork belly served with apple dauphinoise potatoes, white bean puree and wild mushrooms. Finished with a raisin jus.

SHOULDER OF LAMB £16.00

Locally sourced shoulder of lamb roasted for four hours. Served with boulangere potatoes, garden peas, spinach and a balsamic jus

SWEET POTATO CHILLI £13.00 

Sweet potato, kidney bean and pepper chilli, with potato nachos, guacamole and cashew nut sour cream

VEGAN "BUTTER CHICKEN" £13.00 

Pan fried tofu in a chick pea and spinach butter sauce, served with basmati rice and coriander flat bread

SUN SALAD £12.00

Grilled chicken or salmon or halloumi (V) on a hot new potato salad, with baby gem lettuce, asparagus and a caper and shallot dressing

## ON THE GRILL

10OZ RIBEYE £24.00 OR 10OZ SIRLOIN £23.00

Add a sauce; Peppercorn, Diane or Blue Cheese +£2.50

Served with grilled tomato, sautéed mushrooms, Lancaster Blonde beer battered onion rings, skinny fries and a house salad

## BURGERS

all served on a brioche bun with skinny fries and Lancaster beer battered onion rings  
Watching the carbs? Go bunless - Swap out the bun for flat field mushrooms

COOP BURGER £13.50

Buttermilk fried chicken breast with streaky bacon, avocado, spiced tomato mayonnaise

BARN BURGER £13.50

Two 5oz beef burgers with streaky bacon, Lancashire cheese, caramelised onions, tomato chutney and a mustard mayonnaise

ALLOTMENT BURGER £12.00 

Harissa bean burger with sweet potato fries, sweet onions, tomato and avocado

## ON THE SIDE

Hand cut chunky chips £2.00

Skinny fries £2.00

Sweet potato fries £3.00

Lancaster Blonde beer battered onion rings £2.50

Basket of oat crackers £2.00

Basket of bread £2.50

Extra tomato chutney £1.50

Extra pickled onions £1.50

House salad bowl £2.50

Garlic ciabatta £2.00

Garlic ciabatta topped with Tasty Lancashire cheese £3.00

If you suffer from any food allergies or intolerances and would like to find out more about the ingredients we use please ask a member of staff for our Allergen Menu.



# WEEKEND

## GOURMET BOARDS

*A big meal for one, a sharing meal for two*

### THIS LITTLE PIGGY £18.00

Go the whole hog with this board of crispy pork belly, salt and pepper ribs, honey & mustard chipolata sausages, a Cumberland Scotch egg and crackling. Served with skinny fries and a slice of doorstep bread and butter

### THE BIG CHEESE £18.00

A board of our favourite cheeses: Lancashire Tasty, Garstang Blue, brie, mature cheddar and chilli monster. Served with celery, tomato chutney, pickled onions and a basket of doorstep bread and butter

### HERBI-BOARD £17.00

Go veggie or vegan with our selection for herbivores; tomato and mozzarella salad, market olives, hummus, guacamole, halloumi (or vegan cheese) fries, peppers, sun blushed tomatoes and a basket of sweet pot fries. Please let us know when ordering if you'd like the vegan option of this board

### SOME LIKE IT HOT £18.00

Our hot and spicy board with BBQ chicken wings, salt and pepper ribs, chilli and ginger chipolatas, chorizo and white beans, Lancaster Blonde hot sauce. Finished with a basket of skinny fries and slice of doorstep bread and butter

### PLENTY MORE FISH £18.00

Our seafood board with mini fish and chips, smoked salmon, crayfish cocktail, mackerel paté and white bait. Served with homemade tartar sauce and doorstep bread.

### OMNI-BOARD £18.00

Best of both worlds with our deli selection of Parma ham, market olives, sun blushed tomatoes, roasted ham, chorizo, salami and Tasty Lancashire cheese. Served with a slice of doorstep bread, balsamic oil and tomato chutney

## POSH BUTTIES

*All served with beef tomato and salad leaves, on a choice of ciabatta or doorstep brown bread, with a house salad pot.*

### CHEESE ON TOAST £7.00

Toasted ciabatta topped with a Lancashire cheese rarebit

### HAM & CHEESE £7.00

Honey roasted ham with Lancashire Tasty cheese and piccalilli

### FISH GOUJONS £8.50

Lancaster Blonde beer battered strips of cod with homemade tartar sauce and fresh rocket leaves

### GOATS CHEESE £7.50

Melting goats cheese with roasted red peppers, pesto and rocket leaves

### BRIE & BACON £7.50

Grilled brie with bacon, caramelised onions and chutney

### STEAK £8.50

Strips of steak with a mustard mayonnaise and watercress

### BUTTERMILK CHICKEN £8.50

Buttermilk fried chicken breast with a garlic mayonnaise

*Add a tankard of soup to the side of your sandwich +£2.50*

## SOMETHING SWEET

### STICKY TOFFEE PUDDING £6.00

with a salted caramel sauce and vanilla ice cream

### BREAD & BUTTER PUDDING £6.00

with a vanilla custard and vanilla ice cream

### CHOCOLATE BROWNIE £6.00

with a chocolate sauce and vanilla ice cream

\*\* Vegan version available\*\*

### ICE CREAM £4.50

Three scoops of ice cream or sorbet from our selection. Served with a wafer and fruit coulis

### ETON MESS £6.00

Fresh berries with meringue, cream, ice cream and fruit coulis

## SERVICE

Take a seat and order at the bar whenever you are ready. Don't worry about table numbers there aren't any! If you prefer you can open a tab and make the most of our table service when our table cards are out.

All our dishes are prepared to your order and regrettably at peak times there may be a bit of a wait. We will always do our best to let you know. We work closely with local suppliers to ensure top quality produce comes into our kitchen so we can provide tasty home cooked food on each and every plate.

## KITCHEN OPENING TIMES

### BREAKFAST

Mon-Fri 7.30-10.30am, Sat 8-11am  
Sun & Bank Holidays 8.30-11am

### LUNCH

Mon-Sat 12-3pm, Sun & Bank Holidays 12-8pm

### DINNER

Mon-Thu 4-9pm, Fri 4-8pm, Sat 4-8pm & Sun 12-8pm

Please note we may need to finish serving earlier on Bank Holiday Sundays.

## LITTLE PLATES

Please see our chalkboards for our kids' menu

 Vegetarian

 Vegan

## SUNDAYS AT THE SUN

Join us every Sunday 12-8pm for our all day brunch, roast dinners and our roast sharing platter. Upgrade your Sunday roast to our sharing board for two people with a sous vide picanha steak for just an extra £1 per person!! Limited availability each week.



THE  
**SUN**  
HOTEL & BAR

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