



THE SUN HOTEL & BAR

Our Veggie & Plant Based Picks

Our collection of vegetarian and vegan options from our main menu. Please ensure you specify your dietary requirements when ordering so we can make any necessary adjustments to your dish.

For your reference: we use separate fryers for our meat/fish products and our vegetable/plant based items. We also use bottles of Lancaster Blonde which is certified by the vegan society for all our beer batter.

Nibbles & Starters

<i>Market olives</i>	£3.00	<i>Vegetable crisps</i>	£3.50
Selection of market olives		Served with hummus	
<i>Dipping board</i>	£5.50	<i>Bread board</i>	£4.50
Oven baked ciabatta with hummus, chutney and balsamic oil		Locally baked doorstep bread with olive oil and balsamic	
<i>Halloumi Fries</i>	£5.50	<i>Garlic Mushrooms</i>	£5.50
Breaded halloumi with a chimichurri mayonnaise		Peppered garlic mushrooms topped with blue cheese croutes.	
<i>Butterbean Pate</i>	£6.00		
Homemade butterbean and sundried tomato pâté served with beetroot, baby gem lettuce and balsamic			

For Mains

<i>Fake "Fish" and Chips</i>	£11.50
Spiced halloumi in Lancaster beer batter with hand cut chips, garden peas and chimichurri mayonnaise.	
<i>Sun Salad with Halloumi</i>	£12.00
Grilled halloumi on a hot new potato salad, with baby gem lettuce and asparagus. Finished with a caper and shallot dressing.	
<i>Vegan "Butter Chicken"</i>	£13.00
Pan fried tofu in a chick pea and spinach butter sauce, served with basmati rice and coriander flat bread.	
<i>Sweet Potato Chilli</i>	£13.00
Sweet potato, kidney bean and pepper chilli with potato nachos, guacamole and cashew nut sour cream.	
<i>Allotment Burger</i>	£12.00
Harrissa bean burger on a brioche bun with a layer of sweet potato fries, sweet onions, tomato and avocado. Served with fries and Lancaster beer batter onion rings.	
Swap out the brioche bin for a ciabatta if you'd like it vegan	

Gourmet Deli Boards

<i>The Big Cheese</i>	£18.00
Lancashire Tasty, Garstang Blue, brie, mature cheddar and chilli monster cheeses, served with a basket of bread, chutney, celery and pickled onions.	
<i>Herbi-Board</i>	£17.00
Tomato & mozzarella salad, market olives, hummus, guacamole, halloumi fries, peppers, sun blushed tomatoes and a basket of sweet potato fries.	
Please let us know if you'd like this board served vegan so we can swap out the relevant items	

To Finish

<i>Chocolate Brownie</i>	£6.00
Our chocolate brownie made with vegan ingredients, served with dairy free vegan ice cream.	

Drink options

We update our bar offering all the time but here are some of our current drinks which are labelled vegan

Please ask at the bar for other options and pricing £

False Bay Chenin Blanc ~ Lancaster Brewery bottled beers ~

Fritz spritz sparkling grape juice ~ Fritz kolakafelimo ~ Fritz limo cloudy lemonade

We also serve breakfast every day with veggie/vegan options too!