

For mains

Chicken Risotto £14.00

Creamy risotto rice with roasted breast of chicken and ham hock. Together with asparagus, a roasted onion and mustard hollandaise.

Braised Lamb Shank £17.00

Braised shank of lamb served with truffle mashed potatoes, charred courgette and tenderstem broccoli. Topped with gremolata crumb and finished with a tomato jus.

Pork Belly £15.00

Confit pork belly on a bed of bubble and squeak with a pulled pork bonbon, butter beans and black pudding. Served with a shallot jus.

24 Hour Beef £17.00

Short rib of beef sous vide for 24 hours, served with spinach mashed potatoes, baby onions, glazed carrots and pancetta. Finished with a red wine jus.

Roasted Cod Loin £14.00

Cod loin roasted with Indian spices, served with a potato and vegetable broth. Finished with mussels and an onion and pea bhaji.

Fish & Chips £13.00

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

• "Fake Fish & Chips" £12.50

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

• "Even Faker Fish & Chips" £12.50

Go even faker and switch to spiced tofu in Lancaster Blonde beer batter with hand cut chips, garden peas and chimichurri mayonnaise.

• Sweet Potato Curry £13.00

Sri Lankan style sweet potato and spinach curry with basmati rice and garlic roti.

• Butternut Squash Linguine £13.00

Linguine with roasted butternut squash, spinach and pine nuts. Finished with a basil oil drizzle.

Sun Salad £13.00

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



burgers

Served on a brioche bun with skinny fries and Lancaster Blonde beer battered onion rings.

Watching the carbs? Go bunless - swap out the bun for flat field mushrooms.

Barn Burger £13.50

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

Coop Burger £13.50

Buttermilk fried chicken breast with streaky bacon, avocado and Cajun coleslaw.

• Allotment Burger £12.50

Harissa bean burger layered with sweet onions, tomato and avocado finished with tomato mayonnaise. VEGAN version available •

Upgrade your fries to sweet potato fries +£1

on the grill

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

10oz Ribeye £24.00

or 10oz Sirloin £23.00

Cumbrian Fell Bred beef cooked to your liking. Add peppercorn, diane or blue cheese sauce +£2.50.

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

House salad bowl £2.50

Garlic ciabatta £2.00

Garlic ciabatta topped with

Tasty Lancashire cheese £3.00

gourmet boards

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

Look out for this month's chef selection on the Special's Board.

This little piggy £18.00

Go the whole hog with this board of crispy pork belly, BBQ ribs, pigs in blankets, a Rarebit Scotch egg and crackling. Served with a honey mustard mayonnaise, tomato chutney, skinny fries and a 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 a slice of doorstep brown bread.

Tastes of Asia £18.00

Honey & soy chicken wings, butter chicken bon bon, salt & pepper chips, Katsu chicken dippers and Tamarind glazed ribs. Served with sweet chilli sauce, a curry mayonnaise and a sesame & soy oil.

• Herbi-Board £18.00

So delicious we bet you can't tell it's vegan! Cauliflower and mushroom "buttermilk chicken" with a ranch dip, tomato and basil no cheese arancini rice ball, stuffed pittas with lemon and coriander falafel, crispy tofu, Cajun courgette chips, hummus, olives, tomato chutney and pea chutney.

Omni-Board £18.00

Best of both worlds with our deli selection of Parma ham, salami, chorizo, honey roasted ham, Lancashire Tasty and Garstang Blue cheeses. Served with a tomato and mozzarella salad, piccalilli, tomato chutney and two slices of doorstep bread and butter.

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.

• Vegan • Vegetarian

WEDNESDAY

THE SUN HOTEL & BAR

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 7:30-11am,
Sat 8-11am & Sun 8:30-11am

Lunch

Mon - Sat 12-3pm & Sun 12-8pm

Dinner

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

Bank Holidays = Sunday service hours

a little something

- **Olives £3.00**

A selection of market olives.

- **Vegetable Crisps £3.50**

Selection of vegetable crisps with hummus.

- **Bread Board £4.50**

Oven baked ciabatta and doorstep brown bread with olive oil and balsamic.

- **Dipping Board £5.50**

Oven backed ciabatta with spiced tomato chutney, hummus and balsamic olive oil.

- **Halloumi Fries £6.00**

Breaded halloumi served with a chimichurri mayonnaise.

- **Pigs in Blankets £5.00**

Chipolata sausages wrapped in bacon, served with a honey mustard mayonnaise.

- **Halloumi "Pigs" in Blankets £5.00**

Grilled halloumi wrapped in courgette, served with a spicy tomato mayonnaise.

- **Blanch Bait £5.50**

Breaded white bait with 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 when ordering so we can switch to dairy free butter.

- **Chicken Liver Parfait £6.50**

Homemade parfait with toasted brioche and an apricot chutney.

- **Fishcakes £6.50**

Breaded smoked haddock fish cakes served with rocket leaves and a spiced green pea chutney.

- **"Fake Buttermilk Chicken" Bites £6.50**

Crispy cauliflower and oyster mushrooms marinated in vegan buttermilk and spices. Served with a ranch dip.

- **Chinese Style Chicken Wings £6.50**

Soy and ginger sticky chicken wings served with a chilli dipping sauce.

Sundays at The Sun

Join us every **Sunday 12-8pm** for a choice of two meat roasts, vegetarian roast dinner and our Sunday sharing platters.

Upgrade your roast dinner to our select cut of meat on our sharing board for **£1 per person**.

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.

- **Falafel & Hummus £7.50**

Chickpea falafel and hummus with rocket leaves, pickle, tomato and a tahini dressing.

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

brunch plates

(Served 12-3pm each day)

- **Eggs Benedict £8.00**

Poached free range eggs layered on a toasted English muffin with your choice of bacon, ham, smoked salmon or spinach • (go half and half if you'd prefer). Topped with Hollandaise sauce and lightly grilled.

- **Brunch Hash £7.50**

Lightly spiced potato hash with turmeric, onions, tomatoes, peppers and avocado. Topped with a fried egg • or tofu • and served with sour dough bread.

Add bacon or halloumi • **£2.00 each**

something sweet

- **Sticky Toffee Pudding £6.00**

with a salted caramel sauce and vanilla ice cream.

- **Chocolate Brownie £6.00**

with a chocolate sauce and vanilla ice cream.

• VEGAN version available •

- **Eton Mess £6.00**

Seasonal fruit berries with meringue, cream, ice cream and fruit coulis.

- **Banoffee in a Jar £6.00**

Banana slices layered with caramel, biscuit crumb and cream.

- **Ice Cream Sundae £4.50**

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



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