

for mains

Grilled Chicken £14.00

Grilled chicken breast on a bed of wild mushroom risotto, with charred baby leeks, crispy free range egg and Parmesan wafer.

Mackerel Fillet £13.50

Oven baked mackerel fillets served with a hot salad of new potatoes, grilled asparagus, gem lettuce leaves, confit tomatoes and cockles. Finished with a herb oil.

Salmon Fillet £14.50

Grilled fillet of salmon with tomato & crayfish linguine, charred greens and a lemon & coriander oil.

Lamb Gigot £16.00

Braised bone-in leg of lamb steak served with crushed olive oil new potatoes, roasted shallots, garden peas and a balsamic jus.

Fish, 'Fish' or "Fish" & Chips

Go for the traditional, a veggie or a vegan option in our homemade Lancaster Blonde beer batter, served with chunky chips and garden peas.

Fresh **Haddock** with tartar sauce **£13.00**

• Spiced **Halloumi** with chimichurri mayo **£12.50**

• Spiced **Tofu** with vegenaïse **£12.50**

• **Pasta Bowl £12.00**

Linguine pasta with confit tomatoes, avocado, red onion, chilli, lime and coriander.

~ Add Chorizo +£2

• Halloumi +£2

King Prawns +£5

• **Sun Salad £9.00**

Baby gem salad leaves with sun blushed tomatoes, grilled asparagus, garden peas and vegenaïse potato salad.

~ Add Chicken +£4

• Halloumi +£2

Salmon +£4



burgers

Served on a brioche bun with beef tomato and gem lettuce, with sides of skinny fries and Lancaster Blonde beer battered onion rings.

Go "Bunless" and switch the brioche to flat field mushrooms.

Barn Burger £13.50

Two 4oz beef mince burgers stacked with streaky bacon, Lancashire Tasty cheese, tomato chutney and a mustard mayonnaise.

Coop Burger £13.50

Fried buttermilk chicken breast with streaky bacon, avocado and Cajun coleslaw.

• **Allotment Burger £12.50**

Harissa bean burger layered with roasted peppers, avocado and a tomato mayonnaise.

Vegan option available •

Add Tasty Lancashire or Garstang Blue cheese +£2

on the side

Hand cut chips £2.50

Skinny fries £2.50

Sweet potato fries £3.50

Beer battered onion rings £3.00

House salad bowl £3.00

Garlic Ciabatta £2.50

+ with Lancashire Tasty Cheese £3.50

Tomato Chutney £1.50

Basket of doorstep bread £3.00

If you suffer from any food allergies or intolerances and require more information about the ingredients we use please ask a member of staff for the allergen menu. Please ensure you inform us of any allergies or intolerances when placing your order, regardless of whether you think it is relevant to your dish.

gourmet boards

A big meal for one or a sharing platter for two.

Raise The Steak £22.00

So good you'll want all this steak board to yourself! A sous vide 10oz flat iron steak served medium with beer battered onion rings, roasted peppers, grilled tomato and wild mushrooms. Served with Chef's secret green sauce (trust us - it's delicious!), chimichurri sauce, sweet potato fries, skinny fries and a sliced oven baked ciabatta.

Make it surf & turf and add 8 king prawns +£6

Plenty More Fish £20.00

Our seafood board with mini battered haddock & chips, blanch bait, prawn cocktail, smoked salmon and bite sized salmon & prawn fishcakes. Served with tartar sauce, a citrus & basil mayonnaise and a wedge of doorstep bread.

• **Herbi-Board £19.00**

So delicious we bet you can't tell it's vegan! Wild mushroom & cashew paté, new potato & chive salad, sun blushed tomatoes, red pepper hummus, chickpea battered spiced cauliflower, tamarind glazed tofu and a wild mushroom & pea arancini rice ball. Served with tomato chutney, a sliced oven baked ciabatta and sweet potato fries.

Omni-Board £20.00

A smorgasbord of our deli favourites; Parma ham, salami and chorizo with Lancashire Tasty cheese, Garstang Blue and a Taleggio cheese fondue pot. Served with roasted peppers, artichokes, olives and a rocket & Parmesan salad. Finished with pickled onions, spicy tomato chutney, balsamic olive oil, sweet potato fries and a selection of croutes and bread.

Carni-Board £20.00

This board will leave you with sticky fingers! Chilli & honey ribs, pigs in blankets, tamarind glazed chicken wings, sweet & spicy chicken thighs, breaded mac & cheese balls and corn on the cob. Served with skinny fries, Cajun coleslaw, tomato chutney, garlic mayonnaise and a wedge of doorstep bread.

Tastes of Asia £20.00

A collection of Asian inspired treats; tamarind chicken wings, char siu pork belly, chilli & honey glazed ribs, Katsu chicken dippers, steamed rice and salt & pepper chips. Served with prawn crackers, sesame chilli oil, sour cream, curry mayonnaise and sweet chilli sauce.

• Vegan

• Vegetarian

MENUDO

THE SUN HOTEL & BAR

service

Kitchen opening times

Breakfast

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

Lunch

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

Supper

Mon - Sat 4-9pm & Sun 12-8pm

Bank Holidays = Sunday service hours

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.

a little something

- **Olives £3.00***

A selection of market olives.

- **Vegetable Crisps £3.50***

Selection of vegetable crisps with red pepper hummus.

- **Bread Board £4.50***

Oven baked ciabatta and doorstop 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 doorstop bread and butter, (please see board for today's options).

We'll always have a 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 candied balsamic shallots.

- **Salmon Fishcake £6.50**

Salmon and prawn fishcake topped with a fried egg yolk and finished with a citrus & basil mayonnaise and fresh pea shoots.

- **Tamarind Chicken Wings £6.50**

Chicken wings glazed with tamarind served with sour cream and spring onions.

- **Wild Mushroom & Pea Arancini £7.00**

Risotto rice ball stuffed with wild mushrooms and peas. Served with roasted tomato ragù and fresh rocket leaves.

Sundays at The Sun

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

Treat your Sunday dining party and pre-order a roasted chicken for 2-3 people or a leg of lamb for 6-8 people.

Please enquire with staff for pricing and table availability. 48hours notice + deposit required.

posh butties

All served with beef tomato and salad leaves on ciabatta or doorstop brown bread. Your choice of a pot of vegetable crisps or salad on the side.

- **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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• **Vegan** • **Vegetarian**

WEDNESDAY

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