

THE
SUN
HOTEL & BAR

01524 66006

WWW.
THESUNHOTELANDBAR
.CO.UK

THE MENU

SERVED

MON-SAT
12-3PM
&
4-9PM

SUN &
BANK HOLS
12-8PM

Plant Based* Vegetarian°

LUNCH AND BRUNCH

SERVED 12-3PM EACH DAY

BRUNCH CIABATTA 8.50

bacon, sausage, egg and avocado on toasted ciabatta

EGGS BENEDICT 9.00

poached eggs hollandaise toasted muffin + with your choice of two: avocado, bacon, chorizo, ham, smoked salmon, spinach

PORRIDGE BOWLS 7.00

choose your topping combo

- Honey, chia seeds & blueberries
- Chocolate, strawberry & coconut
- Banoffee & walnuts

SUN SANDWICHES
ON A CHOICE OF DOORSTOP
BROWN OR CIABATTA BREAD
WITH A SIDE OF CRISPS

STEAK & ONION 8.50

mustard

BACON & BRIE 8.50

cranberry

PLANT-BASED BLT* 8.00

mayonaise

HAM & CHEESE 7.50

piccalilli

FISH GOUJONS 8.50

tartar sauce

HALLOUMI & CHORIZO 8.00

spicy tomato chutney

HUMMUS, RED PEPPER & AVO* 7.50

pesto

SIDE PLATES

ORDER AS NIBBLES OR A
BIT ON THE SIDE

HONEY & MUSTARD CHIPOLATAS 5.00

HALLOUMI FRIES° 6.00

CHIPS* 3.00

SWEET POTATO FRIES* 3.50

BREAD, BUTTER & OIL° 2.50

OLIVES* 3.50

Food allergies and/or intolerances: please let us know of any and all food allergies/intolerances when placing your order, even if they do not seem relevant to the dish you are ordering. We prepare all food in areas where allergens are handled so cannot guarantee there will be no cross-contamination. If you would like to see our allergen menu or wish to discuss the ingredients we use and if we can make substitutions to dishes please ask a member of staff.

SMALL PLATES

ORDER AS STARTERS,
SNACKS OR SHARERS

CHICKEN SCHNITZEL 8.50

garlic mayo, parmesan, lemon

SOUP OF THE DAY° 5.00

doorstop bread, butter

WILD MUSHROOM LINGUINE* 7.50

pesto, spinach, walnuts, plant-based cream
add Parmesan +50p

BANGERS & MASH 8.00

sausages, gravy

LOADED HUMMUS* 6.50

red onion, olives, rocket

PANKO PRAWNS 8.00

harissa mayo

POSH CHIPS° 6.00

truffle, parmesan

PORK BELLY 8.00

Asian broth, chillies

GOATS CHEESE SOUFFLE* 8.50

twice baked, leeks, parmesan
(please allow an extra 20 mins cooking time)



SCAN ME

SCAN THE QR TO SEE THE DIGITAL VERSION
AND SHARE WITH YOUR FRIENDS

SERVICE: PLEASE PLACE YOUR ORDER AT
THE BAR OR PRESS YOUR TABLE BUZZER IF
AVAILABLE AND WE'LL COME TO YOU.

DON'T WORRY ABOUT TABLE NUMBERS -
THERE AREN'T ANY! WE COOK EVERYTHING
FRESH TO ORDER SO THERE MAY BE A WAIT

AT PEAK TIMES. WE'LL DO OUR BEST TO KEEP
YOU INFORMED BUT REST ASSURED, WE'LL BE
WORKING AS FAST AS WE CAN AT ALL TIMES!

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BIG PLATES

ORDER ON ITS OWN OR AS A MAIN
AFTER A SMALL PLATE

24-HOUR SOUS VIDE LAMB SHANK 19.50

smoked garlic, orange, minted mashed
potatoes, artichoke puree, jus

MONKFISH SCAMPI 14.00

Lancaster Blonde beer batter, wild garlic
mayo, crispy capers, charred lemon, chips

STEAK & LANCASTER RED ALE POT PIE 13.50

chips, peas

MISO GLAZED SEABASS 15.50

miso broth, egg noodles, shiitake mushrooms,
tenderstem broccoli

VEGETABLE BHUNA CURRY* 11.00

tomatoes, peppers, chilli, spinach, kale,
potatoes, chickpeas, basmati rice
add chicken +£3.50, add sea bass +£5.00,
add prawns +£5.00, add tofu* +£3.00

DUCK BREAST 18.00

carrot anise puree, black pudding,
dauphinoise, pak choi, jus

SPRING VEG STEW* 12.50

sweet potato, butternut squash, coconut milk,
lentils, kale, spinach, ginger, lime, sourdough
croute

FISH & CHIPS 13.50

catch of the day, Lancaster Blonde beer
batter, chips, mushy peas, tartar sauce

FAKE FISH & CHIPS° 13.50

spiced halloumi, Lancaster Blonde beer batter,
chips, chilli mayo

SUNNY BURGERS

ALL SERVED ON BRIOCHE BUNS
WITH CHIPS & HOUSE SLAW

BARN BURGER 14.00

7oz beef burger chilli tomato jam, gherkin,
bacon, Lancashire cheese, mustard mayo

FELLSIDE BURGER 14.50

Moroccan spiced lamb, garlic shrimp,
harissa mayo

COOP BURGER 13.50

jerk chicken, garlic mayo

ALLOTMENT BURGER* 13.00

pistachio falafel, avocado, chilli mayonnaise

PLANT-BASED BURGER* 13.00

meatless burger, lemon hummus, oink-less
bacon, mayonnaise

SHARING PLATES

All served with bread, oils & dips

ORDER AS A VERY BIG MEAL FOR
ONE OR AS A SHARING PLATTER
FOR TWO

EARTH & TURF* 25.00

wild mushrooms on sourdough, "plant based
sausage" & root veg cassoulet, hummus,
crisps, deep fried avocado, olives, charred
tenderstem broccoli

CARNI-BOARD 25.00

chicken schnitzel, honey mustard chipolatas,
crispy pork belly, black pudding, loaded sweet
potato fries, house slaw

SUN SMORGASBORD 25.00

smoked salmon, Lancashire cheeses, halloumi,
parma ham, chorizo, olives, hummus, crisps,
house slaw

FISHY ON A DISHY 25.00

fish goujons, panko prawns, smoked salmon,
monkfish scampi, mushy peas, chips, tartar
sauce, lemon

SWEET PLATES

FOR WHEN YOU STILL
HAVE ROOM

MILLE FEUILLE° 7.00

pear, hazelnut, chocolate, puff pastry,
Chantilly cream, berries

STICKY TOFFEE PUD° 7.00

toffee & Lancaster Black beer sponge, toffee
sauce, ice cream

COCONUT PANNA COTTA° 7.00.

pineapple, raspberry powder

CHEESE PLATE 9.00

trio of Lancashire cheeses, crackers, chutney

CHOCOLATE FONDANT* 7.00

mango sorbet, nutty flap jack, passionfruit
(please allow 15 mins extra cooking time)

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