

# THE MENU

- SERVED DAILY -

MON - SAT 12 - 3PM & 4 - 9PM | SUN & BANK HOLS 12 - 8PM

PLANT BASED\* VEGETARIAN<sup>o</sup>

## • BRUNCH & LUNCH •

SERVED 12-3PM

### LOADED HASH BROWN 11

avocado • poached egg • chilli • crispy onions  
bacon • seeds • nuts

OR

avocado • scrambled tofu • oinkless bacon  
• crispy onions • chilli • seeds • nuts \*

### EGGS BENEDICT 10.5

poached eggs • hollandaise • toasted  
muffin + your choice of two...  
• avocado<sup>o</sup> • bacon • chorizo • ham  
• spinach<sup>o</sup>

### SUN SANDWICHES

On doorstep brown or ciabatta bread  
with a side of crisps

#### minute steak 9

• crispy onions • wholegrain mustard mayo

#### ploughmans 8

• ham • cheese • salad • sweet pickle

#### chorizo & halloumi 9

• spiced tomato chutney

#### chicken & bacon 9

• fried egg

#### Lancaster Blonde fish goujons 9

• tartar sauce

#### beetroot hummus\* 8

• pickled veg • red onions • kale

#### avocado club\* 8

• oinkless bacon • lettuce • tomato • mayo

## • SMALL PLATES •

ORDER AS STARTERS, SHARERS OR SNACKS

### PEA & MINT SOUP\* 6.5

pea • mint • spring onion •  
sourdough • plant-based butter

### CONFIT DUCK 9

crispy hen egg • kale • harissa aioli

### KING PRAWNS 9

smoked paprika & chorizo butter  
• sourdough

### CRISPY CORN FRITTER\* 8.5

green chilli & coriander salsa •  
chipotle cream

### COD CHEEK SCAMPI 8.5

saffron & garlic aioli • lemon &  
black pepper salt

### LOADED HUMMUS\* 7

beetroot & hazelnut hummus •  
olives • onions • balsamic • ciabatta

## SIDES

FOR WHEN YOU NEED A BIT ON THE SIDE...

CAJUN HALLOUMI FRIES • CHILLI MAYO<sup>o</sup> 6

CHIPS • LEMON & BLACK PEPPER SALT<sup>o</sup> 4

POSH CHIPS • TRUFFLE • PARMESAN 6

HONEY MUSTARD CHIPOLATAS • MUSTARD MAYO 5.5

HOUSE VEG BOWL<sup>o</sup> 4

BREAD • OIL • BUTTER<sup>o</sup> 3.5

OLIVES\* 4.5

HOUSE SALAD\* 3.5

## • SWEET PLATES •

FOR WHEN YOU NEED A SWEET FINISH

### PANNA COTTA 7

rhubarb & ginger • ginger shortbread  
biscuit

### STICKY TOFFEE PUD<sup>o</sup> 7

Lancaster Black beer & toffee sponge •  
toffee sauce • vanilla ice cream

### CHEESE PLATE<sup>o</sup> 10

trio of Lancashire cheeses • crackers •  
chutney

### BLONDIE BERRY MESS<sup>o</sup> 7

meringue • chocolate soil • berry gel •  
chantilly cream

### CHOCOLATE DUO\* 7

cake • truffle • hazelnut • strawberry &  
yuzu ice cream • strawberry textures

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!

WWW.THESUNHOTELANDBAR.CO.UK

☎ 01524 66006

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, wish to discuss the ingredients we use or whether we can make substitutions to dishes please ask a member of staff.

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## • BIG PLATES •

ORDER AS A MAIN COURSE

<b>WHOLE CORNISH SOLE</b> 18 baked on the bone • new potatoes • spring veg • caper & spicy tomato butter	<b>SHORT RIB OF BEEF</b> 20 potato terrine • spring cabbage • bourguignon sauce	<b>DANSAK CURRY *</b> 15 lentil • chickpea • pineapple • cauliflower • tenderstem broccoli • tomato • pepper • spinach • coconut • lime & coriander rice
<b>ROASTED CHICKEN</b> 17 fondant potato • artichoke puree • spring veg • truffle & tarragon sauce	<b>SUNNY FISH PIE</b> 16 veloute fish sauce • parmesan mashed potatoes • bread • butter	
<b>HAKE FILLET</b> 19 crushed potatoes • pea puree • charred tenderstem broccoli • lemon butter sauce	<b>LAMB SHOULDER</b> 19 black garlic mashed potatoes • crispy onions • jus	

## • MAIN PLATES •

ORDER AS A MAIN COURSE

<b>BARN BURGER</b> 16 7oz beef burger • bacon • cheese • crispy onions • mustard mayo	<b>FELLSIDE BURGER</b> 16.5 minted lamb • halloumi • spiced tomato chutney
<b>ALLOTMENT BURGER*</b> 14 hazelnut falafel • avocado • onions • harissa mayo	<b>PLANT BASED BURGER*</b> 14.5 meatless burger • oinkless bacon • snoutless sausage • mayo
ALL BURGERS SERVED ON BRIOCHE WITH HOUSE SLAW & CHIPS	
<b>FISH &amp; CHIPS</b> 15 catch of the day • Lancaster Blonde beer batter • chips • mushy peas • tartar sauce	<b>FAKE "FISH" &amp; CHIPS<sup>o</sup></b> 15 halloumi • Lancaster Blonde beer batter • chips • sweet chilli
<b>CHICKEN CAESAR SALAD</b> 15.5 anchovies • egg • croutons • bacon • parmesan	<b>LOADED SALAD*</b> 13 leaves • kale • chickpeas • tenderstem broccoli • nuts • seeds • olives • croutons • peppers • dressing

## • SHARING PLATES •

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

<b>CARNI-BOARD</b> 30 12oz pork porterhouse chop • minute steak • black pudding • chipolatas • peppercorn sauce • chips
<b>SUN SMORGASBORD</b> 27.5 Lancashire cheeses • serrano ham • house cooked ham • chorizo • egg • pickled veg • hummus • olives • gherkins • slaw
<b>FISHY ON A DISH</b> 30 Lancaster Blonde beer battered fish goujons • king prawns • scampi • mini fish pie • mushy peas • chips • tartar sauce
<b>EARTH &amp; TURF*</b> 27.5 loaded hash • beetroot hummus • corn fritters • hazelnut falafel • charred veg • harissa mayo • veg crisps

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