

SANDWICHES & BRUNCH 12-3PM

EGGS BENEDICT 11

poached eggs • hollandaise • toasted muffin
+ your choice of two...

honey mustard ham • spiced avocado^o • bacon
• serrano ham • spinach^o • spiced tofu^o
• shredded confit duck

SUNNY PANCAKES 8.5

+ your choice of topping...

- maple & bacon
- blueberries & honey^o
- banoffee^o
- strawberries & chocolate^o
- coconut • lime • pineapple • toasted oats*

SIDES SMALL PLATES

ON SEEDED BROWN BLOOMER OR CIABATTA WITH A SIDE OF CRISPS

BEEF & BLUE 9

minute steak • Tuxford & Tebbutt blue cheese • mustard mayo

PLOUGHMAN'S 8

honey mustard ham • Lancashire cheese
• salad • sweet pickle

FANCY FISH FINGERS 9

Lancaster Blonde beer battered fish
goujons • tartare sauce • rocket

ORDER AS STARTERS, SHARERS OR SNACKS...

BBQ PORK RIBS 10

hoisin • honey & five spice • chillies • spring onion salsa

MISO BUTTERNUT SQUASH & GINGER SOUP* 6.5

sourdough • 'butter'

LOADED HUMMUS* 7.5

roasted red pepper hummus • black olive crumb • cashew nuts • ciabatta

MINUTE STEAK FRITES 11

chimichurri butter • mustard mayo • rocket

NEW POTATOES • BLACK ONION SEEDS • WILD GARLIC BUTTER^o 4.5

CAJUN HALLOUMI FRIES • CHILLI MAYO^o 6.5

TWICE COOKED CHIPS^o 4

POSH CHIPS • TRUFFLE OIL • PARMESAN^o 6.5

HONEY MUSTARD CHIPOLATAS • MUSTARD MAYONNAISE 6.5

THE MENU

WWW.THESUNHOTELANDBAR.CO.UK

☎ 01524 66006

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

C-H-L-T 9

chicken • halloumi • lettuce • tomato jam

THE MED* 8

roasted red pepper hummus • pickled veg
• crispy onions • dukkah • rocket • tomatoes

POSH HAM & CHEESE 9

serrano ham • goats cheese • red onion marmalade • balsamic • rocket

AVO CLUB* 8

'bacon' • spiced avocado • 'sausage'
• salad • 'mayo'

PANKO KING PRAWNS 9

our own citrus sweet chilli sauce
• lemon • sourdough

HALLOUMI, POMEGRANATE & ROCKET SALAD^o 8.5

walnuts • croutons • house vinaigrette

BEETROOT & GOATS CHEESE CROQUETTES^o 8

pickled kohlrabi • toasted almonds
• maple chilli dressing

CHICKEN LIVER PÂTÉ 8.5

red onion marmalade • cornichons • toast & butter

BAKED HOUSE BREADS • GARLIC LEMON & PARSLEY BUTTER • BALSAMIC OIL^o 5

ONION RINGS • PAPRIKA SALT^o 4.5

ROSEMARY & GARLIC OLIVES* 5

HOUSE SALAD BOWL* 4

HOUSE VEGETABLE BOWL* 4

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 ALWAYS BE WORKING AS FAST AS WE CAN!

PLANT BASED* VEGETARIAN^o

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.

SHARING BOARDS

ALL SERVED WITH BREAD, OIL & DIPS

CARNI-BOARD 30

full rack of BBQ pork ribs • minute steak
• mustard chipolatas • buttermilk chicken •
twice cooked chips

FISH-BOARD 30

Lancaster Blonde beer fish goujons • king
prawns • salt & pepper calamari • fresh mussels
• twice cooked chips

SMORGASBORD 27.5

honey mustard ham • serrano ham • Lancashire
cheeses • cornichons • red pepper hummus •
olives • chicken liver pâté • house slaw

EARTH & TURF* 27.5

spiced falafel • sweet chilli charred greens
• pomegranate & walnut rocket salad
• red pepper hummus • pickled vegetables
• veg crisps • sweetcorn & pea arancini

KIDS

ALL 6.5 EACH

SMASH BEEF BURGER

cheeseburger • toasted muffin • fries

CHICKEN GOUJONS

fries • beans

BANGERS & MASH

peas • gravy

FISH & CHIPS

garden peas

SWEETCORN RISOTTO

hidden veg

HAM OR CHEESE SANDWICH

soft brown bloomer • fries

CLASSIC MAINS

BURGERS SERVED ON PRETZEL BUN WITH TWICE COOKED CHIPS & SLAW

SUNNY SMASH BURGER 16.5

two smashed patties • bacon • cheese
• black garlic ketchup • gherkins

BUTTERMILK CHICKEN BURGER 16.5

lemon & garlic mayo • chillies • spring onions

SPICED FALAFEL BURGER* 14.5

crispy onions • pickled cabbage • harissa aioli

MOVING MOUNTAINS BURGER* 15

'bacon' • gherkins • mustard 'mayo'

STEAK & ALE PIE 17

Lancaster Black ale braised chuck steak
• pea purée • tenderstem broccoli
• crispy kale • jus • twice cooked chips

FISH & CHIPS 16

catch of the day • Lancaster Blonde beer batter
• twice cooked chips • mushy peas • tartare sauce

FAKE FISH & CHIPS^o 16

halloumi • Lancaster Blonde beer batter
• twice cooked chips • mushy peas
• our own chilli sauce

BANGERS & MASH 17

Lake District Sausage Company Cumberland
sausages • mashed potato • red onion gravy
• wilted greens

SIGNATURE MAINS

24-HOUR LAMB SHOULDER 20

black garlic mashed potato • minted
pea • crispy onions • lamb jus

SCHNITZEL 17.5

lemon & garlic chicken breast • salsa verde
• garlic aioli • parmesan • truffle fries

MARKET FISH 19

crushed wild garlic new potatoes
• wild garlic ketchup • chicken skin crumb
• charred tenderstem • dill oil split sauce

SWEET PEA & CORN RISOTTO* 17.5

pea purée • charred baby corn
• flaked almonds • rocket

SPICED TOFU CASSOULET* 17

North African-style spiced stew • butter beans
• chickpeas • spinach • dukkah • tahini yoghurt

SOUS VIDE MAPLE GLAZED PORK BELLY 18

cider braised fondant potato • apple gel
• wilted greens • scrumpy mustard cream

MOULES FRITES 17

fresh mussels • creamy white wine garlic sauce •
fries • parsley • house bread

CONFIT DUCK SALAD 17

sauté potatoes • French beans • walnuts
• tomatoes • cornichons • soft egg
• honey, thyme & balsamic dressing

PUDS

STICKY TOFFEE PUD^o 7

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

LIQUORICE PANNA COTTA 7

sous vide rhubarb • Grantham ginger crumb

APPLE, BLUEBERRY & ALMOND CRUMBLE* 7

vanilla pod 'ice cream'

DARK CHOCOLATE BROWNIE* 7

scorched vanilla pineapple • candied hazelnut crumb
• chocolate sauce • pineapple sorbet

WALLINGS ICE CREAM^o PER SCOOP - 2

please ask for today's flavours

CHEESE PLATE^o 11

trio of local cheeses • crackers • grapes
• house chutney

PLANT BASED* VEGETARIAN^o

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.