

## Sun Inn - lighter lunch options

Served between Midday and 3pm Monday to Friday

Midday and 5pm Saturdays

12pm to 5pm on Sundays

### Sandwich Shop

**Cold Stuff** served on bread rolls delivered daily from Grange bakery, served with a fresh seasonal side salad and Lancashire crisps

Maple Baked Ham and Tomato £5.95

Tuna Mayonnaise with diced red onion £5.95

Scottish smoked salmon, cream cheese and rocket £7.25

Appleby cheddar cheese and with chef's chutney £5.95

Coronation chicken £5.95

Topside of beef with a spread of horseradish £6.55

(subject to availability)

**Add** a mug of homemade soup £2.50 (GF)

**Add** a basket of chips £1.50

**Hot Stuff** served on a toasted ciabatta, with hand-cut chips

**B L T** £7.95

**GOURMET** Hot Dog 10oz Cumberland Sausage, £8.95  
with buttered onions and fries, side of English  
mustard and tomato sauce, served in a long sub roll

**Homemade Beer Battered Fish Finger** £7.95  
sandwich with mushy peas and homemade tartare  
sauce and a wedge of lemon

**Goats Cheese, rocket and red onion marmalade** £7.95

**Tuna and Cheese Melt** £7.95

**Steak sandwich** - using hanger steak which is a cut prized for its  
flavor, derived from the diaphragm of a heifer, best served  
medium rare, with red onion chutney and rocket £9.95

**Freshly made soup (GF)** £4.95

Served with bread to dunk

**Hot potato** £5.65

(includes one filling served with a dressed side salad)

Cheese, Tuna Mayonnaise, Heinz baked beans, Coleslaw

Coronation Chicken **Extra** fillings £1.00

**Ploughman's**, 2 cheese, ham, pork pie, sliced apple, pickled onion,  
homemade chutney and bread from Grange Bakery £9.95

**Pork pie** - grange bakery warmed pork pie, served with piccalilli  
£4.95

**Lunch time offer**  
**Monday to Friday 12pm until 2pm**  
**Full evening menu served on Saturdays**

Three course £16.95

Two course £13.95

One course individually priced

## Starters

**Freshly made soup**, served with bread to dunk (V)(GF) £4.95

**Whitby bay scampi** (only the best) served with homemade tartar sauce and a lemon side salad £5.95

**Homemade chicken liver and smoked bacon pate** with toasted bread and chef's ever changing homemade chutney (GF) £5.25

**Pot of sizzling garlic cream mushrooms**, sautéed button mushrooms with a creamy garlic sauce and toasted ciapanini (V)(GF) £5.25

**Fishcake** - a premium blend of seabass and cod mixed with potato and chopped spring onions, seasoned with ginger and lime, served on a lemon salad £5.45

## Mains

**Maple syrup baked ham**, 2 duck eggs and hand cut chips £9.95

**Scampi**, hand cut chips, garden peas, homemade tartar sauce and a wedge of lemon £9.95

**Savoury Suet Puddings** - served with creamy mashed potatoes and mushy peas £10.95

**Our local beer battered fish with real chips** large skin off cod fillet, served with mushy peas and a homemade tartare sauce with a wedge of lemon  
Small £8.95      Large £11.25

**Beef lasagne** - Tender minced beef in a Ragu sauce, layered with green pasta sheets and topped with a creamy béchamel sauce and served with a basket of real chips and side salad £11.25

**Trio of award winning locally sourced sausages** on creamy mash, and served with balsamic roasted red onion wedge with a side jug of rich merlot gravy, add an onion ring for 50p £10.95

**Chilli con Carne** Tender minced beef, fiery jalapeno peppers, red kidney beans and capsicum in a spicy tomato based sauce flavoured with cayenne pepper and paprika, served with a side of boiled rice, nachos and a sour cream dip £10.50

**Homemade fisherman's pie** - Mixed white fish and salmon, cooked in a white wine cream sauce with celery, onion and garden peas topped with creamy mashed potatoes and melted cheese, served with a thick slice of bread and a pot of salad (GF) £11.95

**Chicken korma** chicken pieces in a coconut and aromatic spiced sauce, served with a side of jasmine rice £9.95

### Sides

real chips £3.00, homemade onion rings £3.00,

Sweet potato fries £3.00, Side of homemade house-slaw £2.00, jug of gravy £1.00,  
pot of mushy peas £1.50

**See pudding menu, any highlighted in blue are included in the lunch offer price**

All prices include VAT at the current rate. All our food is prepared in a kitchen where nuts, gluten & other allergens are present & our menu descriptions do not include all ingredients - if you have a food allergy, please let us know before ordering. Some of our fish dishes may contain small bones

Our homemade sauces and soups are gluten free we will always do our utmost to meet your requirements and adapt a dish to meet dietary requirements, gluten free bread is available on request

[WWW.SUNINNCROOK.COM](http://WWW.SUNINNCROOK.COM) Telephone 01539 821351