



The Sun Inn

Ulverston

Food Menu

To Start

Seasonal Soup - £4.95

See today's specials board for the chefs homemade soup served with fresh bread salted butter

Mushroom Crostini - £5.95 V

Garlic Butter, Fresh Parmesan Shavings

Peppered Mackerel Pate - £6.95

Crispy caper, lemongrass emulsion, wholemeal croute

Asian Shredded Pork - £6.95

Pulled pork shoulder, hispi cabbage, Szechuan vinaigrette, sesame seeds

Smoked Duck Breast - £7.95

Pomegranate seeds, rocket, blood orange dressing.

Grilled Halloumi - £6.95

Marinated in garlic and herbs, romesco sauce and toasted almonds

Main Courses

Belly Pork - £15.95

Slow roasted belly pork, local black pudding, creamy mashed potatoes, tenderstem broccoli and cider jus. (gf)

Chicken Supreme - £12.95

Pan roasted served with woodlands mushrooms, baked celeriac, crispy kale (gf)

Stringers Beer Mussels - £12.95

Cooked in a rich beer, thyme and onion broth, roasted pearl onions with fresh bread and hand cut chips

BBQ Rack of Ribs - £17.95

Giant rack of ribs served with our house slaw and hand cut chips

Fig and Walnut Salad - £11.95 V

Dressed leaves, figs, walnuts, new potatoes and pomegranate seeds

Steak and Ale Pie - £12.95

Slow braised in our own stringers ale, braised red cabbage, Chantilly carrots served with chips or mash potato

Whitby Scampi - £12.95

Served with chips, tartare sauce and fresh salad

Beer Battered Haddock - £13.95

Served with hand cut chips and homemade mushy peas

10oz Dry Aged Sirloin - £19.95

Flat field mushroom, grilled tomato, fresh salad and hand cut chips

Sunday Roasts

Every Sunday we have a choice of roast with all the trimmings on our traditional Sunday Lunch menu

Please ask a member of the team to see the menu

V Vegetarian V Vegan * Gluten free option available

Burgers

With Baby gem lettuce, sliced tomato and onion rings

Step 1

Choose your own burger: £12.95

8oz
Angus
Beer Battered chicken
Jerk Chicken
Chickpea V
Halloumi V

Step 2

Choose your cheese

Mature cheddar
Smoked cherrywood
Monterey Jack
Blue Cheese
Mozzarella

Step 3

Choose your sauce

Garlic mayo, Burger Sauce,
BBQ sauce, Habanero Relish,
Mayonnaise, Dijon Mustard,
Chilli Jam, Sriracha Mayo

Toppings

Mushrooms Gherkins, Red onion marmalade, House slaw, Jalapenos - 50p
Hash Brown, Southern fried chicken, Black Pudding, Streaky bacon - £1.00

Upgrade to *Sweet Potato Fries* for £1.00 or *Dirty Fries* for £2.50

8" Stone Baked Pizzas



Our range of crispy stone baked pizzas, made the traditional way using fresh, authentic Italian ingredients

Rustic Classic - £6.50 V V

Rustic combination of tangy Barrel & Stone tomato sauce and creamy Fior di Latte mozzarella

The Works - £8.50

Smoked speck ham, cured Italian Napoli salami, black pepper and fennel sausage, Barrel & Stone tomato sauce and Fior di Latte mozzarella

The Spaniard - £8.00

Chorizo seasoned with smoked paprika, herbs & garlic, Pecorino sheep's cheese, Barrel & Stone tomato sauce, fillet peppers, Grana Padano Parmesan and sprinkles of oregano

Rock the Parma - £8.50

Barrel & Stone tomato sauce, Fior di Latte mozzarella, wild rocket, Parmigiano Reggiano and 18 month dry cured Parma ham full of intense and sweet flavours, topped with a dash of balsamic glaze

The Garden Club - £8.00 V V

A vegetarian celebration with tangy Barrel & Stone tomato sauce, crushed garlic, Fior di Latte mozzarella, sweet red onions, soft roasted courgettes, peppadew peppers and finished with fresh wild rocket

Smoky Chilli Chicken - £8.00

A smoky paprika covered pizza base, topped with Barrel & Stone tomato sauce, Fior di Latte mozzarella, seared chicken breast and finished with some cheeky red chillis

Garlic Bread - £4.95 V V

Italian bread drizzled with garlic infused olive oil

Garlic & Mozzarella - £5.95 V

Italian bread drizzled with garlic infused olive oil, topped with Fior di Latte mozzarella and balsamic glaze

Big appetite? Add *Dirty Fries* for £2.50 extra

V Vegetarian V Vegan * Gluten free option available

Sandwiches and Ciabattas

Served 12-3 weekdays and 12-5 weekends

All served with fresh salad and house slaw

Bloomer Sandwiches - £5.95

Honey Roast Ham, Piccalilli, Rocket

Roast Beef, Dijon Mustard

Mature Cheddar, apple and  ale chutney

Tuna Mayo, Baby gem lettuce

PBLT, Pork Belly, lettuce, tomato, mustard mayo

Ciabattas - £7.95

Cajun Chicken, Monterey Jack

Southern Fried Chicken, Sriracha Mayo

Pulled Pork, BBQ sauce, smoked applewood

Halloumi, Red Onion  Marmalade, Rocket

Big appetite? Add *Dirty Fries* for £2.50 extra

Side & Snacks

Hand Cut Chips - £3.00

Sweet Potato Fries - £3.50

Beer Battered Onion Rings - £3.00

Gremolata New Potatoes - £3.50

Seasonal Vegetables - £2.50

Garden Salad - £2.50

House Slaw - £1.50

Southern Fried Chicken - £4.95

Dirty Fries

£3.95

Hand cut chips topped with:

Mozzarella, Garlic Mayo and Spring Onions

BBQ sauce, smoked cherry cabbage

Habanero relish, Monterey Jack

Mature Cheddar, Beef Gravy

Please inform your server of any special dietary requirements or food allergies you may have. Whilst every effort is made to adhere to all dietary needs, our freshly made dishes are prepared in areas where allergenic ingredients are present so we cannot guarantee that our dishes are 100% free of these ingredients e.g. Nuts, Shellfish, Gluten etc.



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www.thesuninnulverston.co.uk - 01229 585044

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