THE SUN INN

ULVERSTON

LAKELAND
INNS

★ STARTERS ★

CHOOSE FROM CHEFS HOMEMADE STARTERS

Soup of the Day ⊛ **£4.95**
Chef's homemade soup served with fresh bakery bread

Garlic King Prawn and Chorizo Kebabs **£6.95**
Served hanging with a fresh dressed salad and raita dip

Chipotle Chicken Wings ⊛ **£6.95**
Chipotle and Maple syrup marinated chicken wings topped with fresh chilli and spring onion

British Coastal Fishcake **£6.50**
Served on a bed of lambs leaf lettuce with a sweet pea and lemon puree

Cumberland Scotch Egg **£6.95**
Homemade with our local Cumberland sausage, served warm with homemade caramelised red onion chutney

Baked Camembert Ⓢ Ⓥ **£8.95**
A whole wheel of camembert finished with sprigs of rosemary and drizzled with honey. Served with traditional chutney and bakery bread

Sweet Potato Falafel Bites Ⓥ⊛ **£5.95**
Served with spicy vegan mayo on a bed of fresh rocket

Garlic Ciabattas...

Garlic Ciabatta Ⓥ	£3.95
Garlic Ciabatta with Red Chilli Butter Ⓥ	£4.25
Garlic Ciabatta with Cheese Ⓥ	£4.25

MAINS ★

Full Rack BBQ Ribs **£16.95**
A giant rack of BBQ King ribs with homemade chips, coleslaw, salad and sweetcorn relish.

Slow Roasted Belly Pork ⊛ **£11.95**
Flat pressed belly pork served on mashed potato with buttered vegetables and a bacon and red wine gravy.

Cumberland Sausage **£11.95**
A large Cumberland sausage ring served on a bed of mashed potato with seasonal vegetables and caramelised onion gravy.

Homemade Steak and Ale Pie **£11.95**
Slow cooked beef steak infused with our very own Stringers real ale with shortcrust pastry, served with chips or mashed potato and buttered seasonal vegetables.

Smoked Bacon Mac & Cheese **£10.95**
Made with a selection of 3 cheeses and served with crispy smoked bacon bits with garlic ciabatta and fresh rocket & red onion salad
{Veggie Version} Ⓥ **£9.95**

Homemade Cheese & Onion Pie Ⓥ **£10.95**
Cheese, onion and potato bound in a creamy sauce with shortcrust pastry, served with chips or mash and buttered seasonal vegetables

Tarragon Chicken Ballantine ⊛ **£12.95**
Stuffed with garlic and mushrooms, wrapped in bacon and served with fondant potatoes, buttery herb vegetables and a creamy tarragon sauce.

Mediterranean Savoury Tart Ⓥ⊛ **£10.95**
Baked vegetable tart with cherry tomato, peppers, courgette & pumpkin seeds served with sautéed new potatoes and steamed vegetables

Chefs Own Recipe Homemade Curry **£12.95**
Ever changing and created by our award-winning curry chef, please see the specials board for the choice of curry available

Sunday ROASTS

Every Sunday we have a choice of roast with all the trimmings on our traditional Sunday lunch menu.
Please see the specials for this week's roast option

From THE SEA

Scampi & Chips **£11.95**
Breaded scampi served with homemade chips, dressed salad and a wedge of lemon

Jumbo Haddock **£12.95**
A generous sized fresh haddock, hand battered and served with homemade mushy peas, fresh lemon and homemade chips

Steamed Mussels ⊛ **£12.95**
A bowl of steamed mussels cooked with chilli, garlic, onion & white wine finished with cream. Served with fresh bakery bread and a basket of our homemade chips

Duo of Seabass Fillets ⊛ **£12.95**
Served on a leek, potato & mussel broth with a chunk of fresh bakery bread

From THE GRILL

Gammon ⊛ **£12.95**
A 14oz gammon steak served with hand cut chips, garden peas, pineapple salsa and fried egg
{Add a Pineapple Ring for only 50p}

12oz Ribeye ⊛ **£19.95**
Cooked to your liking & served with homemade onion rings, mushroom, tomato, homemade chips and salad

10oz Sirloin ⊛ **£18.50**
Cooked to your liking & served with homemade onion rings, mushroom, tomato, homemade chips and salad

Make YOUR STEAK GREAT

why not add:
Steak Rubs **£1.00**
{BBQ or Salt & Pepper Spice}
Mac & Cheese: **£3.00**
Garlic King Prawns: **£3.00**
Chicken Wings: **£3.00** ~ Red Chilli Butter: **75p**
Creamy Peppercorn Sauce: **£2.50**
Black Sticks Blue Cheese Sauce: **£2.50**

*Upgrade to sweet potato fries, salt and pepper or truffle & parmesan chips: **£1.00***

CHIPS need DIPS!

Dips 60p Each or 2 for £1.00
Garlic & Herb mayo, Chilli jam, Homemade Burger Sauce, Blueberry Ketchup, Bacon Jam, Chipotle & Maple Syrup, Honey, Peanut Butter, Red Pesto, Maple Bacon Relish, Pineapple Salsa, Truffle Mayo, Sriracha Mayo – (Vegan version available)

BUILD your OWN BURGER

{SINGLE} £11.50
{DOUBLE} £14.95

SERVED IN A BUN STACKED WITH ONION RINGS & SALAD AND SERVED WITH CHIPS

CHOOSE YOUR 8OZ BURGER:
Aberdeen Angus beef, Battered Haddock Fillet, Chicken fillet, Beer Battered Chicken Fillet. Falafel & Spinach Veggie Burger Ⓥ⊛
(Vegan brioche available)

CHOOSE YOUR CHEESE:
Mature Cheddar, Blue Cheese, Monterey Jack, Brie, Swiss Cheese, Goats Cheese, Mozzarella, Red Hot Chilli Cheese, Creamy Smoked Cheese

CHOOSE YOUR SAUCE:
Garlic & Herb mayo, BBQ sauce, Chilli jam, Burger relish, Homemade Burger Sauce, Blueberry Ketchup, Bacon Jam, Chipotle & Maple Syrup, Honey, Peanut Butter, Red Pesto, Tartare Sauce, Maple Bacon Relish, Truffle Mayo, Sriracha Mayo – (Vegan available)

SANDWICHES & CIABATTAS

OVER LEAF

Served Monday – Friday 12-3 - Weekends 12-5

Ⓥ Vegetarian Ⓥ⊛ Vegan Ⓢ Suitable for Sharing
⊛ Available Gluten Free - Please specify when ordering

CHOOSE YOUR EXTRAS: 50P
Mushrooms, Pineapple, Bacon, Gherkins, Caramelised red onion, Jalapenos, Fried egg, Crispy onions, Sun-blushed tomato, Black pudding, Hash Brown, Coleslaw

CHOOSE YOUR EXTRAS £1.00
Southern Fried Chicken, Chorizo, Mac & Cheese, Garlic Prawns

UPGRADE TO SWEET POTATO FRIES, SALT AND PEPPER OR TRUFFLE & PARMESAN CHIPS £1.00

CHIPS need DIPS!

SEE ABOVE FOR A TASTY CHOICE OF DIPS

PROUD TO USE McClures OUR LOCAL SUPPLIER

Sandwiches AND CIABATTAS

Served Monday – Friday 12-3 - Weekends 12-5

Add a cup of soup or basket of chips to any Sandwich/Ciabatta for £2.00

SANDWICHES

Served in a door wedge of white or wholemeal bakery bread with a large fresh salad, homemade coleslaw and potato crisps

Cumbrian Mature Cheddar with Chilli Jam	£5.50
Local ham with maple relish	£6.00
Lemon Chicken Mayo	£6.50
Tuna Mayonnaise	£6.00
Greenland Prawns in Chefs Seafood Sauce	£7.25
Homemade fish finger sandwich	£7.50
Chefs BLT Stack served on toasted bread	£6.75

HOT CIABATTAS

BBQ chicken & Monterey Jack cheese	£6.95
Brie, red onion & cranberry	£6.50
{Add bacon £1.00}	
Red pesto, sun-blushed tomato & mozzarella	£6.50
{Add chicken £1.00}	
Southern Fried Chicken with Sriracha Mayo	£6.95
Cajun chicken with mushrooms, Onions & Melted Cheese	£6.95

SIDE ORDERS

Mug of homemade chips	£3.00
Mug of salt and pepper chips	£3.50
Mug of sweet potato fries	£3.50
Mug of truffle & parmesan chips	£3.50
Homemade chips, cheese & gravy	£4.50
Southern fried chicken pieces	£4.95
Pot of grated cheese	£0.50
Homemade onion rings	£2.50
Dressed garden salad	£2.50
Buttered vegetables	£2.50
Jug of gravy	£1.00

Please see our dessert board for our selection of ice cream and desserts!

CREATIVE TABLEWARE

Many of our meals are served on creative tableware such as wooden boards & slates. If you prefer your meal to be served on a plate please let our staff know at the time of ordering.

FOOD ALLERGIES & INTOLERENCES

If you have any allergy requirements, please don't hesitate to speak to a member of staff who will be happy to advise you. Please be aware that whilst we aim to cater for your dietary restrictions and every care is taken to minimise the risk of cross contamination, we cannot eliminate all risk. Gluten Free variants are available on some dishes, please ask a member of staff for details prior to placing your order.