

OUR MENU IS SERVED DAILY

starters

CHEF'S HOMEMADE
COUNTRY TERRINE • £5.75 (GF)
*Minced pork and apple terrine, served with chef's ever changing
yummy chutney, salad leaves and crackers*

CHEF'S HOMEMADE SOUP • £4.75 (GF) (V)
Served with toasted bloomer from grange bakery and butter

BASKET OF SCAMPI • £5.25
Served with homemade tartar sauce, and a lemon side salad

GOAT'S CHEESE AND WILD
MUSHROOM RISOTTO • £5.75 (GF) (V)

CHILLI CREAM
KING PRAWNS • £5.95 (GF)
*Cooked in a creamy white wine chilli and garlic sauce,
with a wedge of bread to mop up the sauce*

BURY BLACK PUDDING
POTATO CAKE • £5.45
*Sat on a bed of mixed rocket and watercress leaves,
topped with a fried egg*

(ALL SAUCES ARE GLUTEN FREE,
PLEASE ASK SERVER IF GLUTEN FREE
TOASTED BREAD IS PREFERRED)

side dishes

HAND CUT CHIPS • £2.75
HOMEMADE ONION RINGS • £2.50
HOMEMADE COLESLAW • £1.50
STILTON CREAM SAUCE • £1.50
JUG OF GRAVY • £1.00
SIDE SALAD • £2.00
MUSHY PEAS • £1.00
PEPPERCORN SAUCE • £1.50
EXTRA SIDE SAUCES • £0.25
SEASONAL VEGETABLES • £2.50
POT OF STEAMED RICE • £2.00
GARLIC CIABATTA • £2.50

During busy periods sides are
not available on their own

FOR THOSE WHO LIKE TO CHECK
OUT OUR PUDDINGS BEFORE
CHOOSING THEIR MEAL

WE ALWAYS HAVE A
FRUIT CRUMBLE SERVED WITH CUSTARD

THE FAMOUS STICKY
TOFFEE PUDDING

DUO SELECTION OF ENGLISH LAKES
ICE-CREAMS (ONLY THE BEST)

As well as our regular puddings see our card
on your table for even more tasty choices

main course

*SUNDOWNER BEER BATTERED
COD AND CHIPS • £10.75
Hand-cut chips, mushy peas, homemade tartar sauce and lemon

HOMEMADE FISH PIE • £11.95 (GF)
*Mixed white fish and salmon cooked in a white wine sauce with celery,
onion and peas, topped with mashed potato and cheese, served with a
chunk of bread, and a side salad*

HANDMADE GAME PIE • £12.95
*Traditional pie, filled with a mix of venison, rabbit and pheasant,
served with a creamy mash and side of garden peas*

1/2 POUND SUNSHINE BURGER • £10.95
*Beef Burger, cheese, sliced tomato lettuce onion ring on a toasted
brioche bun with hand-cut chips, and house slaw*

BEEF LASAGNE • £9.95
*Tender minced beef in a Ragu sauce, layered with green
pasta sheets and topped with a creamy béchamel sauce
and served with a garlic ciabatta roll and a side salad*

*12oz HONEY GLAZED
GAMMON STEAK • £11.50 (GF)
*Grilled mushroom, fried egg and hand cut-chips,
with a side of tomato and pineapple salsa*

10oz SIRLOIN STEAK • £18.95 (GF)
(COOKED TO YOUR LIKING)
*Hand cut chips and grilled tomato, mushroom
and homemade onions rings*
SURF it UP with 3 KING PRAWNS • £3.00

8oz PICANHA RUMP STEAK • £12.50 (GF)
(COOKED TO YOUR LIKING)
*Hand cut chips and grilled tomato, mushroom
and homemade onions rings*
SURF it UP with 3 KING PRAWNS • £3.00

½ ROAST JERK CHICKEN • £10.95 (GF)
*Using scotch bonnet chilli peppers, spring onion mix of spices
dry rubbed and whilst marinating adding soy sauce, oil
and vinegar. YES its on the warm side but well worth it,
served with either RICE or CHIPS and a side of house
slaw (split of rice and chips not available SORRY),
add a small basket of chips for £1.50 to accompany the rice.*

AWARD WINNING LOCALLY SOURCED
CUMBERLAND SAUSAGE • £9.95
*Homemade sausages traditionally made with sheep and
hogg casings using only the finest ingredients, combined
with locally sourced pork, served on a bed of black
pudding mashed potatoes and a side of sweet onion gravy.*

STEAK ALE MUSHROOM PUDDING • £9.95
*Lean diced beef with mushroom in a classic rich ale gravy,
with a side of creamy mashed potatoes and mushy peas.
Side jug of gravy 50p*

HANDMADE CHEESE
AND LEEK PIE • £9.95 (V)
Served with a side of creamy mash potatoes and garden peas

VEGETABLE STIR FRY • £8.95 (GF) (V)
*Shiitake mushrooms, mangetout, courgettes, water chestnuts,
red onion, spring onion, chilli, garlic, soy sauce,
sesame oil, served with a side of jasmine rice*

FOOD ALLERGIES, INTOLERANCES
& SPECIAL DIETRY REQUIREMENTS
All sauces and soups are gluten free we do use gluten free flour
for batter mix, however this does contain ale, if you have any
further dietary requirements please advise at time of ordering.
One fryer remains gluten free for cooking chips please
advise server if you are gluten free.

* Smaller portions available

EVENING MENU

WEEKLY SPECIALS
AVAILABLE PLEASE ASK

PUDDING CARD IS ON YOUR
TABLE AS WELL AS A MENU
WITH A SELECTION OF
TEAS AND COFFEES

WINE MENU SELECTION
AVAILABLE ON YOUR TABLE

CHILDREN'S MENU
AVAILABLE

DOG TREATS ALSO AVAILABLE



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EVENING MENU

WELCOME to THE SUN INN @ CROOK

HOME OF A WARM WELCOME
and GREAT FOOD, arrive as a
customer leave as a FRIEND

Our aim is to ensure you enjoy your experience
from arrival until you have to leave.

We use local suppliers as much as possible to ensure quality
CARTMEL VALLEY GAME provide the amazing
LOCAL HOMEMADE SAUSAGE and all our
GAME which is available regular on our winter specials.

PIONEER and LAKES SPECIALITY – provide us with
our STEAKS and CHICKEN I highly recommend the
12oz GAMMON its mouth-watering, they also source our
Hogget from YEW TREE FARM HERITAGE MEATS
for our TRADITIONAL SUNDAY LUNCHES served
all day SUNDAYS from Middyay.

Our Chips at The Sun Inn are always homemade! We peel
and chip on the premises every day, during busier times
we also source them ready done for us from
WINSTER NURSERIES

Our HEAD CHEF RYAN is also locally sourced and
home grown from WINDERMERE with 12 years'
experience in Kitchens since he was 15 he has two
passions one is cooking and the other his football.