

THE SUN INN  
NORWOOD

# MENU

**Due to the way our food is prepared it is not possible to guarantee the absence of allergens in our meals and we do not make a “free from” claim. Our allergen information only states allergens if they are an ingredient of a product**

We have a separate Allergen sheet & also a separate Gluten Free menu available should you be affected by allergies, please ask a member of staff for details



Vegan



Vegetarian

N & F WALKINSHAW T/A THE SUN INN, NORWOOD

BRAME LANE, NORWOOD, HARROGATE, HG3 1SZ


+44 1943 880220

[info@thesun-inn.co.uk](mailto:info@thesun-inn.co.uk)


# STARTERS

Chicken Goujons £5.25

Chicken breast fillets, coated in crispy golden gluten free breadcrumbs.

Tortilla Peppers  £5.45

Tortilla Breaded Jalapenos Filled With Cream Cheese

Breaded Mozzarella Sticks  £4.95

Mozzarella sticks coated in a garlic flavoured breadcrumb

Brie Bites  £5.25

Brie, full fat soft and mozzarella cheeses in a breadcrumb coating

Falafel Bites  £4.95

Sweet potato, chickpeas & red pepper, blended with Indian spices

Duck Spring Rolls £5.25

Shredded duck & onion combined with sweet hoisin sauce

Tempura King Prawns £5.45

Ginger & garlic marinated king prawn coated in tempura batter

Onion Bhajis  £4.95

Onion & a spicy gram flour batter, served with either

mango chutney or mint & yoghurt dip

Chicken Tikka Pakora £4.95

Chicken breast in a tikka flavoured battered coating, served with either

mango chutney or mint & yoghurt dip

## SHARING COMBINATION

Choose any 3 starters to share *£11.95*

**All starters served with salad garnish & a choice of**

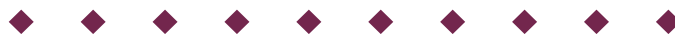
**Sweet Chilli, Chipotle Mayo, Garlic Mayo or BBQ dips unless stated otherwise!**



# BASKET MEALS

*A simple basket of chips topped with...*

Sausages	£6.45
Homemade Beef Chilli	£7.95
Scampi	£9.45
Southern Fried Chicken	£8.95
Hunters Chicken	£9.95
Kickass Chicken (Cajun, Beef Chilli, Cheese)	£9.95



## Jacket Potatoes from £4.55

Served with salad garnish, homemade coleslaw & butter portions

Toppings £1 each

Choose From : Cheese, Bacon, Beans, Chilli, Tuna

# MAINS

## Homemade Steak Pie

£11.45

Served with vegetables & a choice of chips, jacket or mash & gravy

## Homemade Chilli

£9.95

Served with a choice of chips, rice or both + £1.50 & a salad garnish, add garlic bread for an extra £1.50



## Hunters Chicken

£10.45

Chicken fillet topped with bacon, BBQ sauce & cheese, served with chips, jacket or mash & a salad garnish

## Kickass Chicken

£10.95

Chicken fillet coated in cajun spice topped with beef chilli & cheese, served with chips, jacket or mash & a salad garnish



## Sausage & Mash

£8.75

Served with onions & gravy

## Vegetable Sausages & Mash



£8.75

Served with vegetarian gravy

## Gammon Steak

£11.95

Served with egg, pineapple or both +£1, peas & chips or jacket

## Rump Steak

£11.95

Served with homemade onion rings, garden peas, chips or jacket & salad garnish

Add Pepper Sauce for £1.75



## Smoked Haddock & Spring Onion Fishcakes

£9.45

Served with chips, garden peas & a salad garnish

## Wholetail Whitby Scampi

£10.95

Served with chips, garden peas & a salad garnish

## Haddock & Chips

£11.45

Served with garden peas (mushy peas + £1 extra)



## Chickpea & Sweet Potato Curry



£9.95

## Chicken Tikka Masala

£9.95

## Beef Madras

£9.95

## Red Thai Vegetable Curry



£9.95

All Curries served with either Rice or Chips or both +£1.50

Add a Nann Bread for £1.50



## Vegan Lincolnshire Sausages



£8.95

Served with chips & mushy peas

## Spinach & Ricotta Cannelloni



£9.45

Served with chips or jacket & a salad garnish

# Kids all £4.25

Chicken Goujons

Fish Fingers

Sausages

All above served with chips or mash & beans or  
peas

Yorkshire Pudding with Sausage, Mash & Gravy

Fish & Chips with garden peas

Beef Burger

Cheeseburger

Sausage Sandwich

Fish Finger Sandwich

Cheese Sandwich

Tuna Sandwich

All above served with chips



## Desserts

*Served with Cream, Ice Cream or Custard where applicable*

Cheesecake - Ask at the bar for this weeks variety £4.50

Hot Chocolate Fudge Cake £4.50

Sticky Toffee Pudding £4.75 - Date & toffee flavoured sponge with a sticky toffee sauce

Jam Roly Poly £4.75 - Suet rolled pudding with a strawberry jam filling

Apple Strudel £4.85 - Crown of filo pastry, spiced apple and moist almond flavour sponge

Crumble £4.75 - Ask at the bar for this weeks crumble

Vegan Sticky Toffee Square £4.45 - sponge with a sticky toffee sauce topping, Served with vegan ice cream 

Sweet Belgian Waffle £4.45 - vanilla flavour sweet waffles topped with vanilla ice cream & fruit coulis


Chocolate Brownie £3.45

Kids Novelty Ice Cream Figure £2.50



Vanilla Dairy Ice Cream £1.75 (2 Scoops) / £3.50 (4 Scoops)

Flavoured Dairy Ice Cream £2.25 (2 Scoops) / £4.00 (4 Scoops) - Same Flavour

Mixed Bowl Ice Cream £2.50 (2 Scoops) / £4.25 (4 Scoops) - Choose any 4 Flavours

Vegan Ice Cream £1.75 (2 Scoops) / £3.50 (4 Scoops) Vanilla, Chocolate, Strawberry 

# Yorkshire Puddings

Gravy	£5.25	Homemade Beef Chilli	£8.15
Sausages & Gravy	£6.55	Kickass Chicken (Cajun, Chilli, & Cheese)	£9.15
Beef & Gravy	£7.95	Vegetable Sausages & Gravy 	£7.95
Chicken Fillet & Gravy	£8.25	Vegetables & Vegetarian Gravy 	£7.45

Two Smaller Gluten Free Yorkshire Puddings Accompanied With A Choice Of ...

Gravy	£5.55	Beef & Gravy	£8.15
Homemade Beef Chilli	£8.45	Chicken Fillet & Gravy	£8.45
Vegetables & Vegetarian Gravy 	£7.75	Kickass Chicken (Cajun, Chilli, & Cheese)	£9.45



## Lighter Bites

Smaller Homemade Steak Pie	£8.95	Smaller Haddock & Chips	£8.95
Served with veg & a choice of chips or mash		Served with garden peas (mushy + £1)	
Smaller Homemade Lasagne	£8.95	Smaller Portion Scampi	£8.45
Served with chips, jacket or garlic bread & salad garnish		Served with chips with garden peas & a salad garnish	
Smaller Gammon	£8.95	Choose any starter * (Excludes Sharers)	£8.25
Served with egg, pineapple or both +£1, chips & peas		With chips & salad	



## EXTRAS

Handful of chips	£1.80	Basket of homemade onion rings	£4.00
Halloumi fries	£3.50	Garlic Bread	£3.50
Basket of chips	£3.00	Portion of mash	£2.50
Basket of Cajun Chips	£3.25	Portion of vegetables	£2.50
Basket of cheesy chips	£4.00	Homemade coleslaw	£1.75

# Sandwiches

Cheese (V)	£4.45	Steak & Onion	£6.95
Tuna Mayo	£4.95	Hot Chicken	£7.25
Bacon * (No Salad Etc)	£3.95	Southern Fried Chicken	£7.25
Sausage * (No Salad Etc)	£3.95	Chip Butty * (No Salad Etc) (V)	£3.45
Hot Pork with Stuffing or Apple Sauce	£5.75	Fish Butty (Not Available Sundays)	£7.25
Fish Fingers	£5.95		

◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

## Wraps all £6.25

A Tortilla wrap with lettuce and a choice of Sweet Chilli, Garlic Mayo, Chipotle Mayo or BBQ

Breaded Chicken or Southern Fried Chicken

Chicken Tikka

Plant Based 'Chicken Style' Goujons with Sweet Chilli Sauce (ve)

Tuna Mayo ( No Sauce Option )

◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

## Hot Ciabatta Rolls all £6.75

Tuna Mayo & Cheese

Cheese & Tomato (V)

Vegan Chicken, Lettuce & Chipotle Sauce (ve)

Bacon & Cheese

Southern Fried Chicken & Lettuce

◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

## Burgers all £6.25

Beef Burger

Add Cheese, Bacon, Chilli, Pineapple for £1 each

Spicy bean burger served on a bed of lettuce (ve)

Cauliflower, kale & oak smoked cheddar burger served on a bed of lettuce (V)

◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

All Sandwiches, Wraps, Ciabattas & Burgers are served with salad garnish, dressing and coleslaw unless otherwise stated \* No Coleslaw with vegan options

Add a handful of chips to any for £1.80