



## THE SUN INN MENU

Welcome to our new menu for 2010, we remain focused on offering a range of fresh local produce including Beef, Pork and Lamb from our friends at Chapel Furlong Farm. Fish is sourced locally where possible from a range of local suppliers whilst our bread is made from Isle of Wight stone ground flour. We are also pleased to offer Isle of Wight Cheese from Richard at the Isle of Wight Cheese Company & Ice cream from Sue at Chilton Farm.

### Starters

- Grilled black pudding served with cranberry sauce. £5.25
- Homemade soup of the day served with fresh crusty bread. £4.95 (V)  
See specials board
- Feta and olive salad. £5.50 (V)
- Cajun-spiced potato wedges with garlic dip. £4.95 (V)
- Deep fried Whitebait served with local brown bread, salad & tartare sauce. £6.50
- Hot garlic black tiger prawns served with salad & crusty bread. £6.50

### Mains

- Chapel Furlong rare breed beef and pork sausages served with mash potatoes, garden peas and onion gravy. £9.95 (C)  
\* Home made pie of the day. £9.50 (See specials board)
- Homemade curry served with rice, mango chutney and naan bread. £9.50 (V) (C)  
See specials board
- Whole tail scampi served with chips and peas. £9.50 (C)
- Traditional battered Cod and chips served with mushy peas. £9.50
- \* Chicken breast topped with local bacon and melted Isle of Wight blue cheese.  
£11.25  
\* Fishcakes for today (see specials board). £9.75
- Seabass fillets on creamy shell-on mussels served with salad and crusty bread. £13.25
- Local Homemade Aberdeen Angus burger in a floured bun, served with chip, salad & homemade coleslaw. 6oz £8.75 12oz £9.95
- Moules Mariniere with French fries and garlic dip. £12.25
- Hand cut Isle of Wight Ham served with local free range eggs, chips & salad. £9.25 (C)
- Homemade leek, mushroom and potato crumble served with salad, homemade coleslaw & crusty bread. £9.25 (V)
- Chef's fresh salad choice of the day (see specials board) vegetarian option available.  
£9.25
- Homemade chilli con carne served with rice, sour cream guacamole, salsa & nachos. £9.25



### **Steaks**

- \* Isle of Wight Gammon served with free range egg or grilled pineapple. £11.25
- \* Local 16oz Rump served with all the trimmings. £15.95
- \* Local 8oz Ribeye served with all the trimmings. £14.50

***Homemade Blue cheese or peppercorn sauce £1.50***

### **Pasta/Noodles**

- \*\*Chicken and local bacon tagliatelle carbonara. £9.75 (C)
  - \*\*Roasted pepper, courgette and sun dried tomato tagliatelle. £9.75 (V) (C)
  - \*\*Homemade beef or vegetable lasagne. £9.25 (V)
- Sweet Chilli stir fried king prawns served with egg noodles & prawn crackers.  
(£11.25)

\*\*All served with homemade garlic bread, salad & homemade coleslaw.

**Childs portion excludes garlic bread and salad**

### **Side orders**

- Garlic bread £2.60
- Side salad £2.45
- Onion rings £2.10
- Chips £2.10
- Chips and Cheese £2.95
- Homemade coleslaw £2.00
- Selection of fresh seasonal vegetables £2.45

\* All served with a choice of Chips, New potatoes or Jacket & either salad or vegetables.

**Please see the blackboards in the restaurant for today's specials & desserts. The desserts board will show a selection of local Ice cream, homemade desserts plus cheese & biscuits using Isle of Wight Blue Cheese together with all the traditional hot puddings.**

(C) = Children's portions available at £5.95

(V) = Vegetarian

Please note that all items listed are subject to availability. Weights shown are approximate prior to cooking.

**Please let us know if you have any food allergies and we will do our best to accommodate you.**



### **Ploughman's**

Brie, cheddar & Isle of Wight blue £9.25  
Isle of Wight hand-cut gammon ham £8.95  
Pate Maison £8.95

All served with a mixed leaf salad, fresh crusty white & brown bread, apple and pickles

### **Sandwiches**

Local bacon, lettuce and tomato £5.25  
Pork & Leek Sausages with caramelised onion £4.95  
Isle of Wight hand-cut gammon ham with wholegrain mustard £5.25  
Coronation chicken £4.95  
Prawn & smoked salmon in lemon & dill mayonnaise £5.95  
Brie, cranberry & spring onion £5.25 (V)

Made with fresh local white or brown bread, served with salad garnish & nachos

### **Jacket potatoes**

Beans £5.25 (V)  
Grated mature cheddar £5.50 (V)  
Coronation chicken £6.50  
Prawn & smoked salmon in lemon & dill mayonnaise £6.95  
Chilli £6.50

Served with salad, homemade coleslaw & butter.

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**THE SUN INN**  
**Hulverstone, Isle of Wight PO30 4EH Tel: 01983 741124**