

Sun Dancer, Bar and Restaurant

Lunch Menu

Available from 12noon – 2:45pm



Starters

Soup of the Moment	(V, GF)	£4.25
Please see special board for today's soup of the moment		
Seared Mackerel	(GF)	£6.50
Served with a warm potato, caper & chive salad, rocket & sundried tomato hummus		
Glazed Pork Belly		£6.95
Slow confit pork belly, spicy BBQ dip, apple & toasted sesame salad		
Butternut Squash Quesadilla	(VE, V)	£6.45
Flour tortilla layered with spiced squash & mixed beans, topped with vegan cheddar and herby smashed avocado		

Main Course

West Coast Mussels	Starter	(GF)	£6.95
Steamed open and finished with a green Thai & coconut broth	Main with garlic bread		£14.95
Monkfish Tails			£19.95
Wrapped in parma ham, pommes parisienne, monkfish scampi, king scallop, sugar snap peas, olive & sundried tomato tapenade			
Taste of the Sea			£18.95
Seared king scallop, steamed mussels, cod, monkfish scampi served with market vegetables, sauteed potatoes, garlic & brown shrimp beurre noisette			
Chickpea "meatball" Marinara		(VE, V)	£14.95
Homemade falafels tossed through linguini pasta with sun-blushed tomatoes, black olives and a Napoli sauce, finished with rocket and garlic bread			
Beer Battered Haddock and Chips	Jumbo Haddock		£13.95
Homemade chunky chips, tartare sauce, buttered garden peas	Small Haddock		£10.95
<i>(GF Option – Grilled haddock, new potatoes and peas)</i>			
Steak Ciabatta			£12.95
Strips of prime steak, caramelised onion, spicy BBQ sauce & mature cheddar, in a toasted ciabatta served with slaw and chunky chips			
Halloumi, Beetroot and Roasted Pepper Ciabatta		(V)	£10.95
Toasted ciabatta filled with halloumi, roasted peppers, sliced beetroot, spinach and Sundried tomato hummus, accompanied by slaw and chunky chips			
Panko Crumbed Sole Wrap			£12.95
Panko crumbed fillets of sole, crab & lime crème fraiche, crisp baby gem lettuce, wrapped in flour tortilla accompanied by slaw and chunky chips			
Hoi Sin Duck Wrap			£11.95
Thin sliced duck breast, hoi sin sauce & julienne vegetables, served in a flour tortilla with slaw and chunky chips			

Please inform a member of staff of any allergies or special dietary requirements prior to ordering
GF – Gluten Free V – Vegetarian VE - Vegan