

## BAR SELECTION

### COCKTAILS

---

Bloody Mary  
Spicy tomato juice, vodka, tobacco and Worcester sauce

Martini Espresso  
Vodka, Kahlua and espresso

Dark and Stormy  
Dark rum, ginger beer and bitters

Mojito  
Rum, mint soda and lime juice

*Fancy something not on the list - if we have the ingredients we will make it!*

### MOCKTAILS

---

Hawaiian Cooler  
Mango and passion fruit with soda and ice

No-Jito  
A refreshing twist on this classic cocktail

### SOFT DRINKS

---

We have a range of soft drinks available including:

Diet Pepsi, Pepsi Max, Coke, Coke Zero, Lemonade

Juices - Orange, Pineapple, Cranberry, Apple, Grapefruit, Tomato

Fentimans - Ginger Beer, Dandelion & Burdock, Pink Lemonade

Fever-tree Tonic, Light Tonic, Ginger Ale, Mediterranean, Elderflower, Mexican Lime Soda

### ZERO SECTION

---

Theakston Nowt Peculier	Zero Guinness
Beavertown Ale	Zero Berries and Cherries
Tanqueray 10	

### LIQUEUR COFFEE

---

French Coffee (Brandy)	7.50
Russian Coffee (Vodka)	7.50
Calypso Coffee (Tia Maria)	7.50
Italian Coffee (Amaretto)	7.50
Irish Coffee (Whisky)	7.50
Baileys Coffee	7.50
Lake District Toffee Vodka Coffee	7.50

### HAVE A DRINK ON US

#### FRY-DAY NIGHTS

£35.00 for the Fish Fizz

2 large battered cod, hand-cut chips, mushy peas  
and homemade tartare sauce comes with  
a bottle of FIZZ on us!

#### WEDNESDAY STEAK NIGHT

---

#### DARTS & DOMINOES

#### MUSIC NIGHT

#### QUIZ NIGHT

Ask for Further Details

#### SUNDAY ROASTS

Every Sunday 12pm until 7pm  
pre-book advisable

#### NEW YEARS EVE PARTY

with live music

The Sun Inn at Crook  
Main Road, Crook  
Kendal, Cumbria LA8 8LA

01539 821351

 SunInnCrook  SunatCrook  
 thesuninn\_crook

[www.suninncrook.com](http://www.suninncrook.com)

# THE SUN INN

• PUB IN CROOK •



## DRINKS LIST

2025

WHITE WINES

125ML / 175ML / 250ML / BTL

1.

Cortefresca Pinot Grigio  
Italy **VE**  
Soft, smooth aromatic fruit with delicate acidity and a flinty minerality. Very easy drinking wine that has lovely, rounded varietal fruit flavours.

4.25 / 5.75 / 7.85 / 24.00
2.

Los Pastos Chardonnay  
Chile  
Smooth and satisfying with ripe peach and pineapple flavours and a hint of creamy richness.

4.75 / 6.25 / 8.25 / 24.00
3.

Roos Estate Sauvignon Blanc  
South Africa **V**  
Classic Sauvignon from Western Cape, refreshing with light gooseberry and grapefruit flavours. An elegant wine with good length on the palate.

4.75 / 6.25 / 8.25 / 24.00
4.

Silverwater Sauvignon Blanc Reserve  
South Africa  
This new, refreshing Sauvignon emanates from the Breede River Valley which has perfect terroir for this grape. The name is taken from the sun reflecting from the river and gives intense aromas and flavours of citrus fruits combined with a lovely balancing soft acidity.

5.50 / 7.50 / 9.00 / 28.50
5.

El Meson Rioja Blanco  
Spain  
Clean and bright, with a pale-yellow colour with green hues. Good intensity on the nose, with tropical fruit and citrus flavours. On the palate, fresh and round, balanced with a good acidity, and fresh fruit aromas.

28.00

ROSÉ WINES

125ML / 175ML / 250ML / BTL

6.

Hilmar Springs Zinfandel Rosé  
California **V**  
Fresh aromas of strawberry and raspberry fruits on the nose and a sweet, succulent strawberry and cream taste. stylishly packaged and refreshing wine.

4.15 / 5.75 / 7.75 / 23.00
7.

Cortefresca Pinot Grigio Blush  
Italy **VE**  
Excellent long lasting fruit flavours with good length and soft, rounded acidity.

4.25 / 5.75 / 7.85 / 24.00

**VE** – vegan | **V** – vegetarian

RED WINES

125ML / 175ML / 250ML / BTL

8.

Los Pastos Merlot  
Chile **V**  
Soft with succulent berry and damson fruit flavours and a pleasing hint of cinnamon spice on the aftertaste.

4.75 / 6.25 / 8.25 / 24.00
9.

Roos Estate Shiraz  
South Africa  
A full bodied wine with robust flavours of peppery black cherry and blackberry fruits rounded with soft tannins.

4.75 / 6.25 / 8.25 / 24.00
10.

Los Pastos Cabernet Sauvignon  
Chile  
Smooth, easy drinking and packed with ripe currant flavours and a warm, peppery finish.

4.75 / 6.25 / 8.25 / 24.00
11.

Rayo Del Sol Malbec  
Argentina  
Deep purple-red and aromas of wild berries. A powerful, rich red wine that hails from Mendoza.

5.25 / 7.25 / 9.25 / 28.00
12.

Ventopuro Reserva Pinot Noir  
Chile  
Ventopuro wines bring together the best that Chiles valleys have to offer, demonstrating the tremendous diversity of terroirs within the wine growing valleys of the San Antonio and Casablanca appellations.

29.00

SPARKLING / CHAMPAGNE

BTL

12.

Prosecco di Maria,  
Casa Vinicola Botter  
Italy **VE**  
This Prosecco punches above its price and demonstrates the pure flavours of the glera grape. Fresh and crisp with lovely balancing acidity.

20cl 9.00 / 27.50
13.

Prosecco di Maria Rose, Botter  
Italy **VE**  
Recent changes in italian wine law now permits the production of Prosecco Rose from Veneto when made with glera and Pinot Noir grapes. This elegant wine has an intense bouquet with soft, round and full bodied fruit on the palate, good structure and a dry finish.

20cl 8.50

**VE** – vegan | **V** – vegetarian

BAR SELECTION

HAND PULL ALES

We source these from Theakston’s and also a few local breweries including TIRRIL one of Cumbria’s established breweries who produce the gluten free ales, FELL BREWERY from Flookborough.

CIDERS

Inchs (ABV 4.5%)  
Our Inch's Medium Apple Cider is a lightly sparkling cider with a fresh apple aroma - perfect for sunshine sipping. We make it using 100% British apples, grown within 40 miles from our Hereford mill.  
Old Mout (ABV 4%)  
Product from New Zealand, inspired by the great outdoors our usual flavours – Kiwi and Lime, Berries and Cherries, Pineapple and Raspberry always worth a check for any new flavours.

DRAUGHT

Cruzcampo (ABV 4.4%)

Sale di Mare (ABV 4.8%)

Guinness (ABV 4.2%)

GIN MENU

Please see the gin menu on table and why not try the Gin trio - pick 3 of your choice and enjoy with a tonic £15.00.

VODKA

We have locally sourced Vodka, and have flavoured options as well.

RUMS

We have a selection of rums available from our Plantation pineapple rum, best sipped neat after a meal to our Bumbu Barbados rum, sweet and easy drinking, served with coke and a lot of ice! Ron Zacapa 23 solera rum, blended through a solera system at high altitude, best served neat and sipped but can add ice or a splash of water. We also have the more known rums Captain Morgan Dark and Morgan Spiced. Why not try a selection of three with a coke for £13.50.

WHISKEY

Our whiskey selection includes Jack Daniels, Jim Beam, Johnny Walker Black, Lakes Orange Cask, Jameson’s, Knockandoo and Lakes Malt.