

LUNCH MENU

A LA CARTE

STARTERS

Soup of the day

Freshly baked bread [C]
£5.45

Pear & per las tartlet

Pickled walnuts, rocket soil [V]
£6.45

Spheres of melon

Port wine jelly, pineapple puree,
blackcurrant shot [C] [V]
£5.45

Duck liver parfait

Red onion jam, rustic toast, herb brioche [C]
£6.45

Smoked wood pigeon

Blackberries, pancetta, port glaze [C]
£7.45

Seared smoked mackerel

Beetroot, broad beans & peas,
horseradish mayonnaise [C]
£6.95

Pan roasted turbot

Saffron, lentil & fennel cassoulet [C]
£8.45

MAINS

Black mountain cider infused pork fillet

Braised pigs cheek, fondant potato,
red cabbage [C]
£16.95

Pan seared hake

Curly kale, confit potato, red wine jus [C]
£15.95

Pan roasted duck breast

Blackberry glaze, noisette potatoes, red
cabbage, radishes, baby vegetables [C]
£18.95

Two way chicken

Seared chicken breast, bon bons, noisette
potatoes, artichoke, wild mushrooms [C]
£15.95

8 hour slow cooked ox cheek

Champ potato, smoked pancetta, wild
mushrooms [C]
£14.95

Pan roasted salmon

Potato gnocchi, parsley puree, beets & beans [C]
£16.95

Spinach & sundried tomato polenta cake

Potato salad, dressed leaves [V]
£13.50

If you require further information regarding the
list of allergens, a separate menu is available.

GRILLS

Sirloin steak 9-10oz

Flat mushroom, tomato fondue,
roasted carrot, onion rings [C]
£21.50

Fillet steak 7-8oz

Flat mushroom, tomato fondue,
roasted carrot, onion rings [C]
£24.95

Chateaubriand for two

Fricassee of spinach and wild mushrooms
tomato confit, roasted carrots [C]
£49.95

Choice of either pepper, red wine, blue cheese
& mushroom sauce or garlic butter

Horseshoe gammon steak 11-12oz

Flat mushroom, tomato fondue,
roasted carrot, onion rings, fried egg,
caramelised pineapple or both [C]
£15.50

All grills served with either house chips, mashed,
sautéed, garlic or new potatoes

[C] suitable for coeliac with adjustments,
please ask

[V] suitable for vegetarians

CLASSIC SET MENU

STARTERS

Spheres of melon

Port wine jelly, pineapple puree,
blackcurrant shot [C][V]

Soup of the day

Freshly baked bread [C]

Duck liver parfait

Red onion jam, rustic toast, herb brioche [C]

Pear & Perl las tartlet

Pickled walnuts, rocket soil [V]

Seared smoked mackerel

Beetroot, broad beans & peas, horseradish mayonnaise [C]

MAINS

Homemade casserole

Puff pastry, sauté potatoes[C]

Pan seared hake

Curly kale, confit potato, red wine jus[C]

Homemade beef lasagne

Garlic bread, dressed leaves

Spinach & Sundried tomato polenta cake

Potato salad, dressed leaves [V]

The Plough fish and chips

Caramelised lemon, pea and mint puree

Beetroot & butternut squash salad

Blue cheese, pine nuts, balsamic dressing [C][V]

The Plough homemade curry

Rice and peas, house chips, naan bread,
crispy poppadum [C]

Hot chicken & bacon salad

Honey & seeded mustard glaze,
croutons, parmesan [C]

Beef stroganoff

Mushrooms, gherkins, brandy cream sauce,
rice & peas [c]

[C] – suitable for coeliac with adjustments, please ask

[V] Suitable for vegetarians

If you require further information regarding the list of allergens, a separate menu is available.

Please see our specials board for additional options

1 COURSE £10.45

2 COURSE £14.95

3 COURSE £19.45

SIDE ORDERS

House cut chips

House salad

Selection of seasonal vegetables

Battered onion rings

£2.25

House cut chips, truffle oil & parmesan

Homemade garlic bread

£2.95

CHILDRENS MENU

Sausage, mash & gravy

Chunky fish fingers & chips

Homemade lasagne & garlic bread

Chicken goujons & sauté potatoes

Pesto linguine

All children's meals are served with
garden peas or beans

Inclusive of vanilla ice cream

With a choice of chocolate, raspberry, mango or
butterscotch sauce

£6.50

SANDWICHES

Served on white or granary bread with
crisps & coleslaw [C]

Roast beef & horseradish sauce

Home cooked ham & Caerphilly cheese

Pembrokeshire turkey, tomato &
apricot chutney

Roasted pepper, Caerphilly cheese & pesto

Smoked salmon, cucumber,
crème fraiche dressing

£6.45

LIGHT BITES

Homemade free range Scotch egg

Please ask staff for today's option

£2.95

Deli board

Chorizo, home baked ham,
Caerphilly cheese, scotch egg, chutney,
fresh baked bread [C]

£10.95

OMELETTES

Ham, cheese or mushroom

Served with house chips, buttered mash, sautéed,
garlic or new potatoes [C]

£6.45

HOT BEVERAGES

Filter coffee (Americano) with milk or cream	£2.75
Cappuccino (frothy white coffee)	£3.00
Espresso (very strong small Italian black coffee)	£2.00
Double espresso	£2.50
Floater coffee	£3.00
Liqueur coffee (Liqueur of your choice)	£5.00
Café latte (glass of hot milk with a dash of espresso)	£3.00
Hot chocolate (thick Italian style)	£3.00
Pot of specialty tea	£2.75
Welsh brew, traditional English, Green tea, raspberry & strawberry	

Whittard of Chelsea hot chocolate - decadent and irresistible luxury hot chocolate combines classic favourites with more unusual flavours inspired by fruit, desserts and other sweet indulgences. Rich, smooth and warming.

Luxury white hot chocolate	£3.25
White magic, deliciously creamy	
Mint hot chocolate	£3.25
Elegant flavours of mint, indulgent chocolate chip	
Tiramisu hot chocolate	£3.25
Classic Italian flavour, mascarpone, amaretto tones	
Tea Birds loose tea leaves – Each tea has fusion of aromatic flavours to offer the finest teas available which blend beautifully with soft Welsh waters.	
Earl grey	£3.00
A light, bright and beautifully fragrant blend	
Peppermint	£3.00
Fragrant blend of peppermint	
Lemon & ginger	£3.00
Aromatic and refreshing blend of lemon and ginger	
Rooibos (Red bush)	£3.00
Rich, delicious sweet orange and light clove blend	
Jasmine huang shan ya	£3.00
Green tea leaves, scented jasmine, rich lemony blend	