

SUNDAY LUNCH / CINIO DYDD SUL

STARTERS / I DDECHRAU

Soup of the day

Freshly baked bread [C][V][VG]

Perl Wen & leek tartlet

Pickled red onion, apple cider & red wine glaze [V]

Smoked salmon & cod fishcake

Crispy cauliflower, spinach, Welsh rarebit & leek cheese sauce [C]

Duck & Cointreau liver parfait

Apple & pear chutney, butter glaze, rustic toast [C]

Freshly baked bread, marinated olives, sun blushed tomatoes

Feta cheese, balsamic & olive oil [C][V] **Homemade**

Welsh lamb cawl

Freshly baked bloomer bread, Welsh cheese, cumin & cheese straw [C]

Pearls of melon

Citrus jelly, coconut & pineapple fritter, basil crème fraiche, orange & Cointreau sorbet [C][V][VG]

£7.25

MAIN COURSE / PRIF GYRSIAU

*All roast lunches are served with seasonal vegetables & cauliflower cheese

Roast Pembrokeshire turkey / Twrci *

£19.95

Homemade stuffing, honey roast carrots, roast potatoes, pan jus [C]

Roast leg of lamb / Cig oen *

£19.95

Homemade stuffing, honey roast carrots, roast potatoes, minted pan jus [C]

Roast beef / Cig eidion *

£19.95

Medium rare or well done, honey roast carrots, roast potatoes, Yorkshire pudding, pan jus [C]

The Plough fish & chips

£18.75

"Towy Valley" beer battered haddock, caramelised lemon, choice of minted mushy peas or garden peas [C]

"Celtic Pride" beef burger

£18.95

Welsh cheese rarebit, bacon medallion, cucumber relish, brioche bun, mayonnaise, coleslaw, onion rings, house cut chips [C]

Fish of the day

Please ask a team member for today's option [C]

"Celtic Pride" homemade beef lasagne

£18.95

Garlic bread, house cut chips, dressed leaves [C]

Beetroot, pear, courgette & mozzarella strudel £17.95

Lyonnais potatoes, sundried tomato & pesto cream sauce [V][VG]

Lentil & spinach burger

£17.95

Carrot, thyme & orange rarebit, guacamole, coleslaw, baby gem lettuce, onion rings, house cut chips [C][V][VG]

Orange & rosemary glazed salmon salad

£20.95

Quinoa, peas, beetroot, pomegranate, carrot, green lentil, mange tout & pumpkin seeds. Grand Marnier & seeded mustard dressing [C]

Leek & coriander falafels salad

£16.95

Quinoa, peas, beetroot, pomegranate, carrot, green lentil, mange tout & pumpkin seeds. Yellow chilli & ginger dressing [C][VG]

Welsh sirloin steak salad

£22.95

Quinoa, peas, beetroot, pomegranate, carrot, green lentil, mange tout & pumpkin seeds. Roast butternut squash, bearnaise dressing [C]

SANDWICHES & WRAPS / BRECHDANAU A WRAPS

All served with crisps or house cut chips

Home cooked ham, Perl Wen glaze, baby gem, redcurrant & onion jam ciabatta [C]

£11.50

Toasted Welsh cheese & leek rarebit, brioche bun [C][V]

£10.75

Falafel, Feta, beetroot glaze wrap [C][V][VG]

£10.50

Seasonal wrap [C]

£11.50

Please ask a member of our team for today's options

Poached salmon, citrus crème fraiche, rocket, cucumber relish wrap [C]

£11.50

Egg, cress & chive mayonnaise, granary bloomer [C][V]

£10.50

Please ask a member of the team if you have any dietary requirements as some dishes require adjustment

[C] - Can be suitable for coeliacs, with adjustment [V] - Can be suitable for vegetarians, with adjustment

[VG] - Can be suitable for vegans, with adjustment

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

All items are prepared with care on the premises where allergens are also used.

CHILDREN'S MENU / BWYDLEN PLANT

Roast beef / Cig eidion *

Medium rare or well done, honey roast carrots, roast potatoes, Yorkshire pudding, pan jus [C]

Roast leg of lamb / Cig oen *

Homemade stuffing, honey roast carrots, roast potatoes, minted pan jus [C]

Tomato & cheese pasta

Garlic bread [V]

Battered mini fish

House cut chips [C]

Roast Pembrokeshire turkey / Twrci *

Homemade stuffing, honey roast carrots, roast potatoes, pan jus [C]

"Celtic Pride" homemade beef lasagne

Garlic bread, house cut chips, dressed leaves [C]

"Celtic Pride" sausages

Mash or house cut chips & gravy [C]

Chicken nuggets

House cut chips

Child's starter - £4.00 / Child's main 0-7 - £8.95 / Child's main 8-12 - £11.95 / Child's Dessert - £4.00

DESSERT MENU / PWDIN

Baked Alaska

Vanilla ice cream, fruits of the forest compote, peach & vanilla sauce [C][V]

Recommended pairing with Palazzina Moscato 2014 (Italy) 125ml £7.75

Or recommended pairing with Prosecco 125ml £7.45

Blueberry & lemon cheesecake

Raspberry coulis, vanilla ice cream

Recommended pairing with Prosecco 125ml £7.45

Sticky toffee pudding

Toffee sauce, caramelised banana, vanilla ice cream [C][V][VG]

Recommended pairing with Chateau Lauvignac Sauternes 2014 (France) 125ml £7.75

£7.50

£7.50

£7.50

Merlyn liqueur crème brûlée

Orange & ginger tartlet [C]

£7.50

Homemade Christmas pudding

Brandy sauce [C][V][VG]

Recommended pairing with Palazzina Moscato 2014 (Italy) 125ml £7.75

Black forest gâteau

Vanilla ice cream [V]

Recommended pairing with Chateau Lauvignac Sauternes 2014 (FRANCE) 125ml £7.75

Or recommended pairing with Prosecco 125ml £7.45

£7.50

£7.50

Dessert of the day / Pwdin y dydd

Please ask a member of the team for today's option

Recommended pairing with Prosecco 125ml £7.45

£7.50

Mario's and Mary's Farmhouse ice cream

Vanilla, Chocolate, Strawberry, Supermix, Beuno, Orange & Cointreau, Raspberry Sorbet, Vegan Vanilla [C][V][VG]

Choice of sauce – butterscotch, chocolate, raspberry or mango

3 scoop - £7.75 / 2 scoop - £6.50

Local cheese board/ Caws lleol

Mature Cerwyn, Hebenw goats cheese, Perl Las, Perl Wen, apple & pear chutney, celery, grapes, crackers & biscuits [C][V]

£11.50

Recommended pairing with Taylors Lbv Port 2012 (Portugal) 50ml £4.60

TEA, COFFEE / TE, COFFI

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