

## CHILDREN'S MENU / BWYDLEN PLANT

(children up to 12 years old)

### "Celtic Pride" sausage

Mash or house cut chips & gravy [C]

### Homemade lasagne

Garlic bread & house cut chips [C]

### Tomato & cheese pasta

Garlic bread [C][V]

### Beef burger

Mayonnaise & house cut chips [C]

### Chicken nuggets

House cut chips

### Mini fish

House cut chips [C]

### Chicken curry

Rice & house cut chips [C]

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

### Mary's Farmhouse vanilla ice cream

With a choice of chocolate, raspberry, mango or butterscotch sauce [C][V][VG]

### Chocolate brownie

Chocolate sauce, vanilla ice cream [C][V]

### Sticky toffee pudding

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

£12.50

## WELSH AFTERNOON TEA £28.00

### Selection of finger sandwiches, wraps & savoury

Ham, Perl Wen glaze, onion jam

Egg & cress wholemeal sandwich

Seasonal wrap

Poached salmon, citrus crème fraiche,  
cucumber relish wrap

Vegetable arancini, hog & apple  
sausage roll

Selection of homemade cakes,  
desserts & scones

Clotted cream & homemade  
fruit compote.

Served with a pot of tea or  
coffee for one [C][V][VG]

*Add a glass of Prosecco to your afternoon tea for an extra £7.50*

## CHILDREN'S AFTERNOON TEA £16.00

### Selection of sandwiches

Ham & carrot cream cheese wrap

Jam sandwich

Egg & cress wholemeal sandwich

Chocolate brownie, oreo cheesecake,  
marshmallow rice crispy, plain scone,  
clotted cream & homemade  
fruit compote

### One of the following drinks:

Chocolate/strawberry milkshake,  
orange/blackcurrant fruit shoot,  
babyccino, hot chocolate,  
orange/apple juice or  
pepsi/lemonade  
[C][V][VG]

*All afternoon teas are to be pre ordered and served between 3pm – 5pm. A deposit of £10 per guest is required on booking. On occasion afternoon teas can be ordered on the day if not pre-booked. Please ask a team member.*

## CAKES / CACEN

**Cream tea** £10.95  
Homemade fruit & plain scones with  
clotted cream, homemade fruit compote  
& a pot of tea for one [C][V][VG]

**Bara Brith & Welsh cakes** £5.75  
Welsh butter

**Toasted hot cross buns** £5.25  
Welsh butter & jam

**Welsh cream tea** £11.50  
Homemade plain scone, Bara Brith & Welsh  
cake with clotted cream, homemade fruit  
compote & a pot of tea for one [C][V]

**Homemade fruit & plain scones** £7.25  
Clotted cream & homemade  
fruit compote [C] [V][VG]

**Homemade chocolate brownie** £6.25  
Blueberry compote [C][V]

# the Plough Rhosmaen

Available  
2.30 to 5.30



ALLERGENS



DRINKS MENU

## The Plough Rhosmaen

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## MAIN COURSE / PRIF GYRSIAU

<b>“Celtic Pride” homemade beef lasagne</b> Garlic bread, house cut chips [C]	<b>£19.75</b>	<b>Charcoal roasted chicken supreme</b> Wild mushroom, shallot & spinach fricassée, creamy garlic potatoes, tarragon velouté sauce [C]	<b>£21.50</b>
<b>The Plough fish &amp; chips</b> “Cwrw” beer battered haddock, caramelised lemon, choice of minted mushy peas or garden peas [C]	<b>£19.50</b>	<b>Homemade casserole</b> Buttered greens, sautéed potatoes [C] <i>Please ask a team member for today's option</i>	<b>£19.25</b>
<b>“Celtic Pride” beef burger</b> Welsh cheese rarebit, bacon medallion, cucumber relish, brioche bun, mayonnaise, coleslaw, onion rings, house cut chips [C]	<b>£19.75</b>	<b>Moroccan cauliflower, chickpea &amp; red onion strudel</b> Spiced potatoes & spinach, tomato & coriander sauce [V][VG]	<b>£19.25</b>
<b>The Plough homemade chicken curry</b> Braised rice, house cut chips, crispy poppadom, tomato, red onion & chive salsa, naan bread [C]	<b>£19.75</b>	<b>Lentil &amp; spinach burger</b> Carrot, thyme & orange rarebit, guacamole, baby gem lettuce, coleslaw, onion rings, house cut chips [C][V][VG]	<b>£19.25</b>

*Please ask a member of the team for our daily specials board*

## STEAK / STEC

<b>Welsh sirloin steak 7oz</b> Onion rings - Choice of peppercorn, red wine, diane or bearnaise sauce [C]	<b>£25.95</b>	<b>Welsh fillet steak 8oz</b> Onion rings - Choice of peppercorn, red wine, diane or bearnaise sauce [C]	<b>£36.95</b>
<b>Butcher's cut of the day</b> <i>Market Price</i> Onion rings - Choice of peppercorn, red wine, diane or bearnaise sauce [C] Please ask a team member for today's option		<b>Grilled gammon loin</b> Pineapple salsa, fried egg, garden peas, onion rings, house cut chips [C]	<b>£20.50</b>

*Served with buttered vegetables or side salad & a potato option of your choice  
House cut chips, sautéed, boiled, mash, braised rice or mixed salad*

*Upgrade from house cut chips to sweet potato fries for an additional £1.50*

## SALADS / SALAD

<b>Superfood salad</b> Quinoa, peas, spring onion, beetroot, lentils, coriander, parsley, mange tout, pomegranate & pumpkin seeds [C]  <i>Add one of the following to complete your salad:</i>	<b>Root vegetable arancini</b> Roasted charcoal figs, rosemary & orange aioli [C][VG]	<b>£17.95</b>
	<b>Star anise &amp; fennel glazed salmon</b> Roasted pumpkin, cherry vinaigrette [C]	<b>£22.95</b>
	<b>Welsh sirloin steak</b> Roasted charcoal figs, truffle bearnaise [C]	<b>£24.95</b>

## OMELETTES / OMLETS

<b>Please choose 3 items to create your omelette</b> Served with buttered vegetables or side salad & potato option of your choice [C][V] <i>House cut chips, sautéed, boiled, mash, braised rice or mixed salad</i>	<b>Home cooked ham, cheddar cheese, mushroom, tomato, feta cheese, spring onion, fresh herbs or parmesan</b>	<b>£15.95</b>
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## SANDWICHES & WRAPS / BRECHDANAU A WRAPS

**All served with coleslaw, crisps or house cut chips**

<b>Home cooked ham, Perl Wen glaze, baby gem, redcurrant &amp; onion jam ciabatta</b> [C]	<b>£12.75</b>	<b>Poached salmon, citrus crème fraiche, rocket, cucumber relish wrap</b> [C]	<b>£12.75</b>
<b>Toasted Welsh cheese &amp; leek rarebit brioche bun</b> [C][V]	<b>£11.95</b>	<b>Root vegetable arancini, rosemary &amp; orange aioli wrap</b> [C][V][VG]	<b>£11.75</b>
<b>Seasonal wrap</b> [C] <i>Please ask a member of our team for today's options</i>	<b>£12.75</b>	<b>Egg, cress &amp; chive mayonnaise, granary bloomer</b> [C][V]	<b>£11.75</b>

## BRUNCH / BRUNCH

<b>Poached eggs Benedict</b> Home cooked ham, toasted muffin, rocket, hollandaise sauce [C]	<b>£10.95</b>	<b>Rustic toast, guacamole</b> Smoked applewood cheese, tomato, rocket, basil oil [C][V][VG]	<b>£10.50</b>
<b>Bacon, sausage &amp; egg on brioche bun</b> House cut chips or sweet potato fries, mixed leaves [C]	<b>£10.95</b>	<b>Poached eggs &amp; guacamole</b> Toasted muffin, tomato salsa, rocket, basil oil [C][V] <i>Add grilled halloumi for £2.50</i>	<b>£10.95</b>
<b>Bacon or sausage on brioche bun</b> House cut chips or sweet potato fries, mixed leaves [C]	<b>£9.50</b>	<b>Porridge</b> Maple syrup, blueberry compote or sugar [C][V][VG]	<b>£6.50</b>
<b>Croissant &amp; Pain au raisin</b> Welsh butter & jam	<b>£5.95</b>	<b>American Buttermilk Pancakes</b> - Crispy bacon & maple syrup - Chocolate & fresh strawberries	<b>£10.95</b>
<b>White or wholemeal toast</b> Welsh butter & jam [C][V][VG]	<b>£3.75</b>		

**Please ask a member of the team for the daily special and let them know if you have any dietary requirements as some dishes require adjustment**

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

[VG] - Can be suitable for vegans with adjustments. 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.

## LIGHT BITES / BITES YSGAFN

£6.95 each or 3 for £19.00

Chicken, sweetcorn & cheddar croquette  
Sriracha & honey mayo

Crumbled belly pork  
Smoked parsnip purée, cranberry glaze [C]

Tempura battered cauliflower florets  
Truffle mayonnaise [V][VG]

BBQ hog & apple sausage rolls  
Bloody Mary ketchup

Charcoal aubergine & lentil dip  
Pumpkin seeds, pomegranate molasses, naan bread [C][V][VG]

Salt & pepper fried squid  
Chilli mayonnaise

Root vegetable arancini  
Rosemary & orange aioli [V][VG]

Antipasti  
Olives, sun blushed tomatoes, feta cheese [C][V][VG]

## SIDE ORDERS / AR YR OCHR

Freshly baked white bloomer bread & Welsh butter **£4.25**

Sweet potato fries **£4.95**

Breaded onion rings **£4.95**

House cut chips “Sgłodion Penfro” **£4.95**

Sauté buttered vegetables, bacon & parmesan **£4.95**

Sauté mushrooms **£4.50**

Homemade garlic bread **£5.50**

Homemade garlic bread with cheese **£6.50**

House cut chips, truffle oil & parmesan **£6.50**

Pan fried Halloumi **£4.50**

Roast butternut squash, Iceberg, feta, cherry tomato, mixed seeds & Grand Marnier dressing **£5.95**

Creamy garlic potatoes, parmesan crust **£5.50**

Charcoal grilled tenderstem broccoli, carrots, baby gem, rosemary & orange aioli, toasted seeds **£5.95**