

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]

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

Black forest knickerbocker glory
Cherries, chocolate brownie, vanilla ice
cream, chocolate sauce [C]

£10.95

WELSH AFTERNOON TEA £24.00

**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

Mini Scotch egg, 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][M][VG]

Add a glass of Prosecco to your afternoon tea for an extra £6.50

CHILDREN'S AFTERNOON TEA £13.50

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][M][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 £9.95
Homemade fruit & plain scones with
clotted cream, homemade fruit compote
& a pot of tea for one [C][M][VG]

Bara Brith & Welsh cakes £4.95
Welsh butter

Toasted teacake £4.75
Welsh butter & jam

Welsh cream tea £10.25
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 £6.50
Clotted cream & homemade
fruit compote [C]

Homemade chocolate brownie £4.95
Blueberry compote [C]

the
Plough
Rhosmaen



ALLERGENS



DRINKS MENU

The Plough Rhosmaen

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MAIN COURSE / PRIF GYRSIAU

“Celtic Pride” homemade beef lasagne Garlic bread, house cut chips [C]	£18.95	Roast chicken supreme Mushrooms, shallots, buttered seasonal vegetables, sautéed potatoes, tomato, white wine & tarragon sauce [C]	£19.95
The Plough fish & chips “Towy Valley” beer battered haddock, caramelised lemon, choice of minted mushy peas or garden peas [C]	£18.75	Homemade casserole Buttered greens, sautéed potatoes [C] <i>Please ask a team member for today's option</i>	£17.95
“Celtic Pride” beef burger Welsh cheese rarebit, bacon medallion, cucumber relish, brioche bun, mayonnaise, coleslaw, onion rings, house cut chips [C]	£18.95	Beetroot, pear, courgette & mozzarella strudel Lyonnais potatoes, sundried tomato & pesto cream sauce [V][VG]	£17.95
The Plough homemade chicken curry Braised rice, house cut chips, crispy poppadom, naan bread [C]	£18.95	Lentil & spinach burger Carrot, thyme & orange rarebit, guacamole, baby gem lettuce, coleslaw, onion rings, house cut chips [C][V][VG]	£17.95

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

STEAK / STEC

Welsh sirloin steak 10oz Onion rings - Choice of peppercorn, red wine or bearnaise sauce [C]	£31.95	Welsh fillet steak 9oz Onion rings - Choice of peppercorn, red wine or bearnaise sauce [C]	£34.95
Welsh sirloin steak 7oz Onion rings - Choice of peppercorn, red wine or bearnaise sauce [C]	£23.50	Grilled gammon loin Pineapple salsa, fried egg, garden peas, onion rings, house cut chips [C]	£19.50

*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 £1.00*

SALADS / SALAD

Superfood salad Quinoa, peas, spring onion, beetroot, lentils, coriander, parsley, mange tout, pomegranate & pumpkin seeds [C]		Orange & rosemary glazed salmon Grand Marnier & seeded mustard dressing [C]	£20.95
<i>Add one of the following to complete your salad:</i>		Welsh sirloin steak Roast butternut squash, bearnaise dressing [C]	£22.95
Leek & coriander falafels Yellow chilli & ginger dressing [C][VG]	£16.95		

OMELETTES / OMLETS

Please choose 3 items to create your omelette 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>	Home cooked ham, cheddar cheese, mushroom, tomato, Feta cheese, spring onion, fresh herbs, smoked pancetta or parmesan	£14.50
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SANDWICHES & WRAPS / BRECHDANAU A WRAPS

All served with crisps or house cut chips	Falafel, Feta, beetroot glaze wrap	£10.50
Home cooked ham, Perl Wen glaze, baby gem, redcurrant & onion jam ciabatta [C]	[C][M][VG]	
Toasted Welsh cheese & leek rarebit brioche bun [C][V]	Poached salmon, citrus crème fraiche, rocket, cucumber relish wrap [C]	£11.50
Seasonal wrap [C]	Egg, cress & chive mayonnaise, granary bloomer [C][V]	£10.50
<i>Please ask a member of our team for today's options</i>		

BRUNCH / BRUNCH

Poached eggs Benedict Home cooked ham, toasted muffin, rocket, hollandaise sauce [C]	£10.50	Rustic toast, guacamole Smoked applewood cheese, tomato, rocket, basil oil [C][V][VG]	£9.95
Bacon, sausage & egg on brioche bun House cut chips or sweet potato fries, mixed leaves [C]	£10.50	Poached eggs & guacamole Toasted muffin, tomato salsa, rocket, basil oil [C][V] <i>Add grilled Halloumi for £2.50</i>	£10.50
Bacon or sausage on brioche bun House cut chips or sweet potato fries, mixed leaves [C]	£8.75	Porridge Maple syrup, blueberry compote or sugar [C][V][VG]	£6.00
Croissant & Pain au raisin Welsh butter & jam	£5.50	American Buttermilk Pancakes - Crispy Bacon & Maple Syrup - Chocolate & Fresh Strawberries	£10.50
White or wholemeal toast Welsh butter & jam [C][V][VG]	£3.50		

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

£6.50 each or 3 for £18.00

Homemade mini scotch eggs Piccalilli	
Tempura battered cauliflower florets Truffle mayonnaise [V][VG]	
BBQ hog & apple sausage rolls Bloody Mary ketchup	

Moroccan beetroot dip
Crumbed Feta, pesto, mixed seeds, flatbread [C][V][VG]

Salt & pepper fried squid
Chilli mayonnaise

Coriander & chickpea falafel
Mango chutney [C][V][VG]

SIDE ORDERS / AR YR OCHR

Freshly baked white bloomer bread & Welsh butter	£3.75
Sweet potato fries	£4.75
Breaded onion rings	£4.75
House cut chips “Sglodion Penfro”	£4.50
Sauté buttered vegetables, bacon & parmesan	£4.50
Sauté mushrooms	£4.25
Homemade garlic bread	£5.00
Homemade garlic bread with cheese	£6.00
House cut chips, truffle oil & parmesan	£5.75
Pan fried Halloumi	£4.00
Roast butternut squash, Iceberg, Feta, cherry tomato, mixed seeds & Grand Marnier dressing	£5.50