

## OMELETTES / OMLETS

### Please choose 3 items to create your omelette

Served with buttered vegetables or side salad & potato option of your choice [C][V]

*House cut chips, sautéed, boiled, mash, braised rice or mixed salad*

**Home cooked ham, cheddar cheese, mushroom, tomato, Feta cheese, spring onion, fresh herbs, smoked pancetta or parmesan..... £14.50**

## 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**

**Seasonal wrap [C] ..... £11.50**

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

**Falafel, Feta, beetroot glaze wrap [C][V][VG]..... £10.50**

**Poached salmon, citrus crème fraiche, rocket, cucumber, relish wrap [C] ..... £11.50**

**Egg, cress & chive mayonnaise, granary bloomer [C][V] ..... £10.50**

## 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]

## CHILDREN'S MENU / BWYDLLEN 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]

**Children's 2 course** - £10.95

## 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**

## STARTERS / I DDECHRAU

**Soup of the day ..... £7.50**

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

**Perl Wen & leek tartlet ..... £8.50**

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

**Pearls of melon ..... £7.95**

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

**Smoked salmon & cod fishcake ..... £9.95**

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

**Duck & Cointreau liver parfait ..... £8.95**

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

**Freshly baked bread, antipasti olives, sun blushed tomatoes... £7.95**

Feta cheese, balsamic & olive oil [C][V][VG]

**Homemade Welsh lamb cawl ..... £9.95**

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

## MAIN COURSE / PRIF GYRSIAU

**"Celtic Pride" homemade beef lasagne ..... £18.95**

Garlic bread, house cut chips [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]

**The Plough homemade chicken curry ..... £18.95**

Braised rice, house cut chips, crispy poppadom, naan bread [C]

**Roast chicken supreme ..... £19.95**

Mushrooms, shallots, buttered seasonal vegetables,

sautéed potatoes, tomato, white wine & tarragon sauce [C]

**Homemade casserole ..... £17.95**

Buttered greens, sautéed potatoes [C]

*Please ask a team member for today's option*

**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, baby gem lettuce,

coleslaw, onion rings, house cut chips [C][V][VG]

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

## STEAK / STEC

**Welsh sirloin steak 10oz ..... £31.95**

Onion rings - Choice of peppercorn, red wine or bearnaise sauce [C]

**Welsh sirloin steak 7oz ..... £23.50**

Onion rings - Choice of peppercorn, red wine or bearnaise sauce [C]

**Welsh fillet steak 9oz ..... £34.95**

Onion rings - Choice of peppercorn, red wine or bearnaise sauce [C]

*Served with buttered vegetables or side salad & a potato option*

*of your choice.*

*House cut chips, sautéed, boiled, mash, braised rice or mixed salad.*

**Grilled gammon loin ..... £19.50**

Pineapple salsa, fried egg, garden peas, onion rings, house cut chips [C]

*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]

*Add one of the following to complete your salad:*

**Leek & coriander falafels ..... £16.95**

Yellow chilli & ginger dressing [C][VG]

**Orange & rosemary glazed salmon ..... £20.95**

Grand Marnier & seeded mustard dressing [C]

**Welsh sirloin steak ..... £22.95**

Roast butternut squash, bearnaise dressing [C]

**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.

## The Plough Rhosmaen

Llandeilo, Carmarthenshire, South Wales, UK, SA19 6NP

Tel. 01558 823 431 Email. info@ploughrhosmaen.com

www.ploughrhosmaen.com