

STARTERS / I DDECHRAU

* AVAILABLE FROM 12-00 - 1430 *

Soup of the day £7.00
Freshly baked bread [C][V][VG]

Broccoli & Perl Wen tartlet £7.95
Caramelised red onion compote, fig balsamic dressing [V]

Pearls of melon £7.75
Citrus jelly, coconut & pineapple fritter, basil crème fraiche,
Orange & Cointreau sorbet [C][V][VG]

Smoked salmon & cod fishcake £9.50
Poached egg, limoncello hollandaise, spinach [C]

Duck & Cointreau liver parfait £8.50
Apple & pear chutney, butter glaze, rustic toast [C]

Freshly baked bread,..... £7.75
antipasti olives, sun blushed tomatoes
Feta cheese, balsamic & olive oil [C][V][VG]

Homemade Welsh lamb cawl £9.50
Freshly baked bloomer bread, Welsh cheese,
cheese & cumin straw [C]

STEAK / STEC

Welsh sirloin steak 10oz £30.95
Onion rings - Choice of peppercorn,
red wine or bearnaise sauce [C]

Welsh sirloin steak 7oz £21.95
Onion rings - Choice of peppercorn,
red wine or bearnaise sauce [C]

Welsh fillet steak 9oz £33.95
Onion rings - Choice of peppercorn,
red wine or bearnaise sauce [C]

Grilled gammon loin..... £18.95
Pineapple salsa, fried egg, garden peas,
onion rings, house cut chips [C]

*Served with buttered vegetables or side salad & a potato
option of your choice. Upgrade from house cut chips to
sweet potato fries for an additional £1.00*

MAIN COURSE / PRIF GYRSIAU

“Celtic Pride” homemade beef lasagne..... £18.50
Garlic bread, house cut chips [C]

The Plough fish & chips £18.25
“Towy Valley” beer battered haddock, caramelised lemon,
choice of minted mushy peas or garden peas [C]

“Celtic Pride” beef burger £18.75
Welsh cheese rarebit, bacon medallion, cucumber relish,
brioche bun, mayonnaise, coleslaw, onion rings,
house cut chips [C]

The Plough homemade chicken curry £18.75
Braised rice, house cut chips, crispy poppadom,
naan bread [C]

Roast chicken supreme..... £19.50
Mushrooms, shallots, buttered seasonal vegetables,
sautéed potatoes, tomato, white wine
& tarragon sauce [C]

Homemade casserole..... £17.50
Buttered greens, sautéed potatoes [C]
Please ask a team member for today's option

Courgette & mushroom stroganoff..... £16.50
Braised rice, buttered greens,
sautéed potatoes [C][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*

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

**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.

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..... £16.50

Yellow chilli & ginger dressing [C][VG]

Orange & rosemary glazed salmon..... £19.75

Grand Marnier & seeded mustard dressing [C]

Welsh sirloin steak £21.95

Roast butternut squash, bearnaise dressing [C]

OMELETTES / OMLETS

Please choose 3 items to create your omelette

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

Home cooked ham, cheddar cheese, mushroom, tomato, Feta cheese, spring onion, fresh herbs, smoked pancetta or parmesan..... £13.95

SANDWICHES & WRAPS / BRECHDANAU A WRAPS

All served with crisps or house cut chips

Home cooked ham, £10.95
 Perl Wen glaze, baby gem, redcurrant & onion jam ciabatta [C]

Toasted Welsh cheese & leek £10.25
 rarebit brioche bun [C][V]

Coronation chicken wrap [C] £10.95

Falafel, Feta, beetroot glaze wrap £9.95 [C][V][VG]

Poached salmon, citrus crème £10.95
 fraiche, rocket, cucumber relish wrap [C]

Egg, cress & chive mayonnaise, £9.95
 granary bloomer [C][V]

BRUNCH / BRUNCH

Poached eggs Benedict £10.00
 Home cooked ham, toasted muffin, rocket, hollandaise sauce [C]

Bacon, sausage & egg on brioche bun £10.00
 House cut chips or sweet potato fries, mixed leaves [C]

Bacon or sausage on brioche bun..... £8.00
 House cut chips or sweet potato fries, mixed leaves [C]

White or wholemeal toast £3.50
 Welsh butter & jam [C][V][VG]

Rustic toast, guacamole..... £9.00
 Smoked applewood cheese, tomato, rocket, basil oil [C][V][VG]

Poached eggs & guacamole £10.00
 Toasted muffin, tomato salsa, rocket, basil oil [C][V]
Add grilled Halloumi for £2.50

Croissant & Pain au raisin..... £5.50
 Welsh butter & jam

Porridge £6.00
 Maple syrup, blueberry compote or sugar [C][V][VG]

LIGHT BITES / BITES YSGAFN

£6.25 each or 3 for £17.00

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]

The Plough Rhosmaen

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

SIDE ORDERS / AR YR OCHR

Freshly baked white bloomer £3.75
bread & Welsh butter

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 £4.75

Homemade garlic bread with cheese £5.75

House cut chips, truffle oil & parmesan £5.75

Pan fried Halloumi £3.50

Roast butternut squash, Iceberg, Feta, £5.50
cherry tomato, mixed seeds & Grand Marnier dressing

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WELSH AFTERNOON TEA £24.00

Selection of finger sandwiches, wraps & savoury

Ham & parmesan glaze white sandwich

Egg & cress wholemeal sandwich

Coronation chicken 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][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.....£9.50
Homemade fruit & plain scones with clotted cream,
homemade fruit compote & a pot of tea for one
[C][M][VG]

Bara Brith & Welsh cakes£4.50
Welsh butter

Toasted teacake£4.25
Welsh butter & jam

Welsh cream tea£9.75
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£6.00
Clotted cream & homemade fruit compote [C]

Homemade chocolate brownie£4.50
Blueberry compote [C]

The Plough Rhosmaen

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