

## 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 & 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][V][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][V][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]



ALLERGENS



DRINKS MENU

## The Plough Rhosmaen

Llandeilo, Carmarthenshire, South Wales, UK, SA19 6NP  
Tel. 01558 823 431 Email. info@ploughrhosmaen.com

[www.ploughrhosmaen.com](http://www.ploughrhosmaen.com)

the  
**Plough**  
Rhosmaen

## STARTERS / I DDECHRAU

\* AVAILABLE FROM 12-00 - 1430 \*

<b>Soup of the day</b> Freshly baked bread [C][V][VG]	<b>£7.00</b>	<b>Duck &amp; Cointreau liver parfait</b> Apple & pear chutney, butter glaze, rustic toast [C]	<b>£8.50</b>
<b>Broccoli &amp; Perl Wen tartlet</b> Caramelised red onion compote, fig balsamic dressing [V]	<b>£7.95</b>	<b>Freshly baked bread,</b> <b>antipasti olives, sun blushed tomatoes</b> Feta cheese, balsamic & olive oil [C][V][VG]	<b>£7.75</b>
<b>Pearls of melon</b> Citrus jelly, coconut & pineapple fritter, basil crème fraiche, Orange & Cointreau sorbet [C][V][VG]	<b>£7.75</b>	<b>Homemade Welsh lamb cawl</b> Freshly baked bloomer bread, Welsh cheese, cheese & cumin straw [C]	<b>£9.50</b>
<b>Smoked salmon &amp; cod fishcake</b> Poached egg, limoncello hollandaise, spinach [C]	<b>£9.50</b>		

## MAIN COURSE / PRIF GYRSIAU

<b>“Celtic Pride” homemade beef lasagne</b> Garlic bread, house cut chips [C]	<b>£18.50</b>	<b>Roast chicken supreme</b> Mushrooms, shallots, buttered seasonal vegetables, sautéed potatoes, tomato, white wine & tarragon sauce [C]	<b>£19.50</b>
<b>The Plough fish &amp; chips</b> “Towy Valley” beer battered haddock, caramelised lemon, choice of minted mushy peas or garden peas [C]	<b>£18.25</b>	<b>Homemade casserole</b> Buttered greens, sautéed potatoes [C] <i>Please ask a team member for today's option</i>	<b>£17.50</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>£18.75</b>	<b>Courgette &amp; mushroom stroganoff</b> Braised rice, buttered greens, sautéed potatoes [C][V][VG]	<b>£16.50</b>
<b>The Plough homemade chicken curry</b> Braised rice, house cut chips, crispy poppadom, naan bread [C]	<b>£18.75</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>£17.95</b>

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

## STEAK / STEC

<b>Welsh sirloin steak 10oz</b> Onion rings - Choice of peppercorn, red wine or bearnaise sauce [C]	<b>£30.95</b>	<b>Welsh fillet steak 9oz</b> Onion rings - Choice of peppercorn, red wine or bearnaise sauce [C]	<b>£33.95</b>
<b>Welsh sirloin steak 7oz</b> Onion rings - Choice of peppercorn, red wine or bearnaise sauce [C]	<b>£21.95</b>	<b>Grilled gammon loin</b> Pineapple salsa, fried egg, garden peas, onion rings, house cut chips [C]	<b>£18.95</b>

*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*

**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

<b>Superfood salad</b> Quinoa, peas, spring onion, beetroot, lentils, coriander, parsley, mange tout, pomegranate & pumpkin seeds [C]		<b>Orange &amp; rosemary glazed salmon</b> Grand Marnier & seeded mustard dressing [C]	<b>£19.75</b>
<i>Add one of the following to complete your salad:</i>		<b>Welsh sirloin steak</b> Roast butternut squash, bearnaise dressing [C]	<b>£21.95</b>
<b>Leek &amp; coriander falafels</b> Yellow chilli & ginger dressing [C][VG]	<b>£16.50</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]	<b>Home cooked ham, cheddar cheese, mushroom, tomato, Feta cheese, spring onion, fresh herbs, smoked pancetta or parmesan</b>	<b>£13.95</b>
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## SANDWICHES & WRAPS / BRECHDANAU A WRAPS

<b>All served with crisps or house cut chips</b>	<b>Falafel, Feta, beetroot glaze wrap</b>	<b>£9.95</b>
<b>Home cooked ham, Perl Wen glaze, baby gem, redcurrant &amp; onion jam ciabatta [C]</b>	[C][V][VG]	
<b>Toasted Welsh cheese &amp; leek rarebit brioche bun [C][V]</b>	<b>Poached salmon, citrus crème fraiche, rocket, cucumber relish wrap [C]</b>	<b>£10.95</b>
<b>Coronation chicken wrap [C]</b>	<b>Egg, cress &amp; chive mayonnaise, granary bloomer [C][V]</b>	<b>£9.95</b>

## BRUNCH / BRUNCH

<b>Poached eggs Benedict</b> Home cooked ham, toasted muffin, rocket, hollandaise sauce [C]	<b>£10.00</b>	<b>Rustic toast, guacamole</b> Smoked applewood cheese, tomato, rocket, basil oil [C][V][VG]	<b>£9.00</b>
<b>Bacon, sausage &amp; egg on brioche bun</b> House cut chips or sweet potato fries, mixed leaves [C]	<b>£10.00</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>£10.00</b>
<b>Bacon or sausage on brioche bun</b> House cut chips or sweet potato fries, mixed leaves [C]	<b>£8.00</b>	<b>Croissant &amp; Pain au raisin</b> Welsh butter & jam	<b>£5.50</b>
<b>White or wholemeal toast</b> Welsh butter & jam [C][V][VG]	<b>£3.50</b>	<b>Porridge</b> Maple syrup, blueberry compote or sugar [C][V][VG]	<b>£6.00</b>

## 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]

## SIDE ORDERS / AR YR OCHR

Freshly baked white bloomer  
bread & Welsh butter

Sweet potato fries

Breaded onion rings

House cut chips  
“Sglodion Penfro”

Sauté buttered vegetables,  
bacon & parmesan

Sauté mushrooms

Homemade garlic bread

Homemade garlic bread  
with cheese

House cut chips, truffle oil  
& parmesan

Pan fried Halloumi

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