

STARTERS / I DDECHRAU

Soup of the day

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

£7.00

Broccoli & Perl Las tartlet

Caramelised red onion compote, fig balsamic dressing [V][VG]

£7.95

Pearls of melon

Cointreau jelly, coconut & pineapple fritter, basil crème fraiche,

mandarin sorbet [C][V][VG]

£7.75

Smoked salmon, cod & spinach fishcake

Poached egg, limoncello hollandaise, mixed leaves [C]

£9.50

Chicken & Cointreau liver parfait

Bara brith & orange chutney, butter glaze, raisin bread [C]

£8.00

Freshly baked bread, antipasti olives, sun blushed tomatoes

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

£7.50

Homemade Welsh lamb cawl

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

£9.00

Pan seared scallops

Root vegetable cake, creamy kale, spiced vanilla cream sauce [C]

£11.95

MAIN COURSE / PRIF GYRSIAU

"Celtic Pride" homemade beef lasagne

Garlic bread, house cut chips [C]

£17.95

The Plough fish & chips

"Towy Valley" beer battered haddock, caramelised lemon,

choice of minted mushy peas or garden peas [C]

£17.75

"Celtic Pride" beef burger

Welsh cheese rarebit, bacon medallion, cucumber relish, brioche bun,

mayonnaise, coleslaw, onion rings, house cut chips [C]

£18.50

The Plough homemade chicken curry

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

£18.50

Citrus & herb crusted salmon

Cauliflower, broad bean & pea couscous, honey roast carrots,

sautéed potatoes, vanilla & sage cream sauce [C]

£21.50

Roast Gressingham duck breast

Braised red cabbage, dauphinoise potatoes,

honey roast carrots, Grand Marnier & orange sauce [C]

£24.00

Roast chicken supreme

Mushrooms, shallots, sautéed potatoes,

tomato, white wine & tarragon sauce [C]

£19.50

Slow cooked Welsh lamb

Welsh rarebit, Parma ham, braised red cabbage, honey roast parsnips

& carrots, dauphinoise potatoes, minted jus [C]

£24.50

Winter spiced roast butternut squash, cashew & apricot risotto

Quinoa & smoked cheese croquette [V][VG]

£16.95

Lentil & spinach burger

Carrot, thyme & orange rarebit, guacamole, baby gem lettuce,

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

£17.50

Courgette & mushroom stroganoff

Braised rice, buttered greens, sautéed potatoes [C][V]

£15.50

STEAK / STEC

Welsh sirloin steak 10oz

Onion rings

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

£30.95

Welsh fillet steak 9oz

Onion rings

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

£33.95

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

SALADS / SALAD

Superfood salad

Quinoa, peas, spring onion, coriander, parsley, mange tout,

pomegranate & pumpkin seeds [C]

Add one of the following to complete your salad:

Leek & coriander falafels,

yellow chilli & ginger dressing [C][VG]

£16.25

Orange & rosemary glazed salmon,

Grand Marnier & seeded mustard dressing

£19.50

Welsh sirloin steak, roast butternut squash,

bearnaise dressing [C]

£20.95

OMELETTES / OMLETS

Please choose 3 items to create your omelette

Home cooked ham, cheddar cheese, mushroom, tomato,

Feta cheese, spring onion, fresh herbs,

smoked pancetta or Gruyere

Served with buttered vegetables or side salad &

a potato option of your choice [C][V]

£13.50

SANDWICHES & WRAPS / BRECHDANAU A WRAPS

All served with crisps or house cut chips

Home cooked ham, onion jam, melted parmesan, rocket,

mustard glaze ciabatta [C]

£10.50

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

£9.75

Egg, cress & chive mayonnaise, granary bloomer [C]

£9.50

Turkey club wrap [C]

£10.50

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

£10.50

Please ask a member of the team 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.

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

LIGHT BITES / BITES YSGAFN

£6.00 each or 3 for £15.00

Homemade mini scotch eggs
Piccalilli

Trio of nuts

Chilli crackers, satay broad beans, smoked applewood nuts [C][V][VG]

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

BBQ hog & apple sausage rolls
Bloody Mary ketchup

Hummus, pomegranate & mixed seeds
Flat bread, coriander pesto [C][V][VG]

Salt & pepper fried squid
Chilli mayonnaise

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

BRUNCH / BRUNCH

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

Bacon, sausage & egg on brioche bun [C]
House cut chips or sweet potato fries, mixed leaves
£9.00

Bacon or sausage on brioche bun [C]
House cut chips or sweet potato fries, mixed leaves
£7.50

Poached eggs & guacamole [C]
Toasted muffin, tomato salsa, rocket, basil oil
£10.00

Add grilled Halloumi for £2.50

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

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

Croissant & Pain au raisin
Welsh butter & jam
£5.50

White or whole meal toast [C]
Welsh butter & jam
£3.50

SIDE ORDERS / AR YR OCHR

Freshly baked white bloomer bread & welsh butter	£3.50
Sweet potato fries	£4.50
Breaded onion rings	£4.50
House cut chips "Sglodion Penfro"	£4.00
Sauté battered vegetables, bacon & parmesan	£4.00
Sauté mushrooms	£4.00
Naan bread	£2.00
Homemade garlic bread	£4.50
Homemade garlic bread with cheese	£5.75
House cut chips, truffle oil & parmesan	£5.50
Pan fried Halloumi	£3.00
Roast butternut squash, iceberg, feta, cherry tomato, mixed seeds & Grand Marnier dressing	£5.50

CHILDREN'S MENU / BWYDLEN PLANT

(children up to 12 years old)

"Celtic Pride" sausage
Mash or house cut chips & gravy [C]

Tomato & cheese pasta
Garlic bread [C]

Chicken nuggets
Chips

Homemade lasagne
Garlic bread & chips [C]

Beef burger
Mayonnaise & chips [C]

Mini fish
Chips [C]

Chicken curry
Rice & chips [C]

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

"Mario's" vanilla ice cream
With a choice of chocolate, raspberry,
mango or butterscotch sauce [C]

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

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

£10.00

WELSH AFTERNOON TEA

Selection of finger sandwiches, wraps & savoury
Ham & parmesan glaze white sandwich
Egg & cress wholemeal sandwich
Turkey club wrap
Poached salmon, citrus crème fraiche, cucumber relish wrap
Mini Scotch egg, Hog & apple sausage roll
Homemade selection of cakes & scones
Rum & raisin cheesecake, passionfruit posset
Bara brith, raspberry & almond tart
banoffee profiterole
Fruit & plain scones, clotted cream, homemade compote,
served with a pot of tea or coffee for one [C][V][VG]
£23.00

Add a glass of Prosecco to your afternoon tea for an extra £6.00

CHILDREN'S AFTERNOON TEA

Selection of sandwiches
Ham & carrot cream cheese wrap
Jam sandwich
Egg & cress wholemeal sandwich
Homemade selection of cakes & scones
Chocolate brownie, oreo cheesecake, marshmallow rice crispy,
plain scone, clotted cream, homemade compote
One of the following drinks: Chocolate/strawberry milkshake,
orange/blackcurrant fruit shoot, babyccino, hot chocolate,
orange/apple juice or pepsi/lemonade [C][V]
£13.00

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 [C][V][VG] Homemade fruit & plain scones with clotted cream, homemade fruit compote & a pot of tea for one £9.25	Welsh cream tea [C][V] Homemade plain scone, Bara brith & Welsh cake with clotted cream, homemade fruit compote & a pot of tea for one £9.25
Bara brith & Welsh cakes Welsh butter £4.50	Homemade chocolate brownie Blueberry compote £4.50
Homemade fruit & plain scones [C] Clotted cream & fruit compote £6.00	Toasted teacake Welsh butter & jam £4.25