

## AFTERNOON MENU

Served between 15.00pm to 17.30pm

### 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

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, sauteed potatoes [C][V]

£15.50

Winter spiced roast butternut squash, cashew & apricot risotto

Quinoa & smoked cheese croquette [V][VG]

£16.95

Welsh sirloin steak 7oz

Onion rings

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

£21.95

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

## 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

## 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 buttered 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

## 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]  
Homemade 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  
£8.00

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

## 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

Christmas cream tea [C][V]  
Homemade plain scone, Christmas cake & mince pie with clotted cream,  
homemade fruit compote & a pot of tea for one  
£9.25

Christmas cake & mince pie [C] £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
Meringue topped mince pie [C] £1.75	

## 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  
Christmas cake, Meringue topped mince pie  
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 reindeer, oreo cheesecake, marshmallow rice crispy  
snowman, 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.