

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 [C]

£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

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]

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

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.