

STARTERS / I DDECHRAU

- Soup of the day** £7.95
Freshly baked bread [C][V][VG]
- Perl Wen, leek & red onion tartlet** £8.95
Beetroot salad, balsamic & fig glaze [C][V][VG]
- Pearls of melon** £8.75
Citrus jelly, coconut & pineapple fritter, basil crème fraiche,
orange & Cointreau sorbet [C][V][VG]
- Mediterranean fishcake** £10.50
Crushed pea & wilted spinach, lemon & oregano cream sauce [C]
- Duck & Cointreau liver parfait** £9.50
Apple & pear chutney, butter glaze, rustic toast [C]
- Freshly baked bread, antipasti olives, sun blushed tomatoes...** £8.75
Feta cheese, balsamic & olive oil [C][V][VG]
- Homemade Welsh lamb cawl** £10.95
Freshly baked bloomer bread, Welsh cheese, cheese & cumin straw [C]

MAIN COURSE / PRIF GYRSIAU

- “Celtic Pride” homemade beef lasagne** £19.75
Garlic bread, house cut chips [C]
- The Plough fish & chips** £19.50
“Cwrw” beer battered haddock, caramelised lemon,
choice of minted mushy peas or garden peas [C]
- “Celtic Pride” beef burger** £19.75
Welsh cheese rarebit, bacon medallion, cucumber relish,
brioche bun, mayonnaise, coleslaw, onion rings, house cut chips [C]
- The Plough homemade chicken curry** £19.75
Braised rice, house cut chips, crispy poppadom, tomato,
red onion & chive salsa, naan bread [C]
- Charcoal roasted chicken supreme** £21.50
Wild mushroom, shallot & spinach fricassée, creamy garlic potatoes,
tarragon velouté sauce [C]
- Homemade casserole** £19.25
Buttered greens, sautéed potatoes [C]
Please ask a team member for today's option
- Moroccan cauliflower, chickpea & red onion strudel** £19.25
Spiced potatoes & spinach, tomato & coriander sauce [V][VG]
- Lentil & spinach burger** £19.25
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.

STEAK / STEC COOKED OVER CHARCOAL

- Welsh sirloin steak 7oz** £25.95
Onion rings - Choice of peppercorn, red wine, diane or bearnaise sauce [C]
- Welsh fillet steak 8oz** £36.95
Onion rings - Choice of peppercorn, red wine, diane or bearnaise sauce [C]
- Butcher's cut of the day** Market Price
Onion rings - Choice of peppercorn, red wine, diane or bearnaise sauce [C]
Please ask a team member for today's option
Served with buttered vegetables or side salad & a potato option of your choice.
House cut chips, sautéed, boiled, mash, braised rice or mixed salad.
- Grilled gammon loin** £20.50
Pineapple salsa, fried egg, garden peas, onion rings, house cut chips [C]

Upgrade from house cut chips to sweet potato fries for an additional £1.50

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:
- Root vegetable arancini** £17.95
Roasted charcoal figs, rosemary & orange aioli [C][VG]
- Star anise & fennel glazed salmon** £22.95
Roasted pumpkin, cherry vinaigrette [C]
- Welsh sirloin steak** £24.95
Roasted charcoal figs, truffle bearnaise [C]

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.

OMELETTES / OMLETS

Please choose 3 items to create your omelette

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

House cut chips, sautéed, boiled, mash, braised rice or mixed salad

Home cooked ham, cheddar cheese, mushroom, tomato, feta cheese, spring onion, fresh herbs, or parmesan..... £15.95

SANDWICHES & WRAPS / BRECHDANAU A WRAPS

All served with crisps or house cut chips

Home cooked ham, Perl Wen glaze, baby gem, redcurrant & onion jam ciabatta [C] £12.75

Toasted Welsh cheese & leek rarebit brioche bun [C][V] £11.95

Seasonal wrap [C] £12.75

Please ask a member of our team for today's options

Root vegetable arancini, rosemary & orange aioli wrap [C][V][VG] £11.75

Poached salmon, citrus crème fraiche, rocket, cucumber relish wrap [C]..... £12.75

Egg, cress & chive mayonnaise, granary bloomer [C][V] £11.75

LIGHT BITES / BITES YSGAFN

£6.95 each or 3 for £19.00

Chicken, sweetcorn & cheddar croquette - Sriracha & honey mayo

Crumbled belly pork - Smoked parsnip purée, cranberry glaze [C]

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

BBQ hog & apple sausage rolls - Bloody Mary ketchup

Charcoal aubergine & lentil dip - Pumpkin seeds, pomegranate molasses, naan bread [C][V][VG]

Salt & pepper fried squid - Chilli mayonnaise

Root vegetable arancini - Rosemary & orange aioli [V][VG]

Antipasti - Olives, sun blushed tomatoes, feta cheese [C][V][VG]

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]

Children's 2 course - £12.50

SIDE ORDERS / AR YR OCHR

Freshly baked white bloomer bread & Welsh butter £4.25

Sweet potato fries £4.95

Breaded onion rings £4.95

House cut chips "Sglodion Penfro"..... £4.95

Sauté buttered vegetables, bacon & parmesan £4.95

Sauté mushrooms £4.50

Homemade garlic bread £5.50

Homemade garlic bread with cheese £6.50

House cut chips, truffle oil & parmesan £6.50

Pan fried halloumi..... £4.50

Roast butternut squash, iceberg, feta, cherry tomato, mixed seeds & Grand Marnier dressing £5.95

Creamy garlic potatoes, parmesan crust £5.50

Charcoal grilled tenderstem broccoli, carrots, baby gem, rosemary & orange aioli, toasted seeds..... £5.95

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