

## 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, Perl Wen glaze, onion jam

Egg & cress wholemeal sandwich

Seasonal 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][M][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][M][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** £9.95  
Homemade fruit & plain scones with  
clotted cream, homemade fruit compote  
& a pot of tea for one [C][M][VG]

**Bara Brith & Welsh cakes** £4.95  
Welsh butter

**Toasted teacake** £4.75  
Welsh butter & jam

**Welsh cream tea** £10.25  
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** £6.50  
Clotted cream & homemade  
fruit compote [C]

**Homemade chocolate brownie** £4.95  
Blueberry compote [C]

# the Plough Rhosmaen

## Lunch Menu



ALLERGENS



DRINKS MENU

## The Plough Rhosmaen

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## STARTERS / I DDECHRAU

\* AVAILABLE FROM 12-00 - 1430 \*

### Soup of the day £7.50

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

### Perl Wen & leek tartlet £8.50

Pickled red onion, apple cider & red wine glaze [V]

### Pearls of melon £7.95

Citrus jelly, coconut & pineapple fritter, basil crème fraiche, Orange & Cointreau sorbet [C][V][VG]

### Smoked salmon & cod fishcake £9.95

Crispy cauliflower, spinach, Welsh rarebit & leek cheese sauce [C]

### Duck & Cointreau liver parfait £8.95

Apple & pear chutney, butter glaze, rustic toast [C]

### Freshly baked bread, £7.95

### antipasti olives, sun blushed tomatoes

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

### Homemade Welsh lamb cawl £9.95

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

## MAIN COURSE / PRIF GYRSIAU

### “Celtic Pride” homemade beef lasagne £18.95

Garlic bread, house cut chips [C]

### The Plough fish & chips £18.75

“Towy Valley” beer battered haddock, caramelised lemon, choice of minted mushy peas or garden peas [C]

### “Celtic Pride” beef burger £18.95

Welsh cheese rarebit, bacon medallion, cucumber relish, brioche bun, mayonnaise, coleslaw, onion rings, house cut chips [C]

### The Plough homemade chicken curry £18.95

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

### Roast chicken supreme £19.95

Mushrooms, shallots, buttered seasonal vegetables, sautéed potatoes, tomato, white wine & tarragon sauce [C]

### Homemade casserole £17.95

Buttered greens, sautéed potatoes [C]

*Please ask a team member for today's option*

### Beetroot, pear, courgette & mozzarella strudel £17.95

Lyonnais potatoes, sundried tomato & pesto cream sauce [V][VG]

### Lentil & spinach burger £17.95

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

### Welsh sirloin steak 10oz £31.95

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

### Welsh fillet steak 9oz £34.95

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

### Welsh sirloin steak 7oz £23.50

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

### Grilled gammon loin £19.50

Pineapple salsa, fried egg, garden peas, onion rings, house cut chips [C]

*Served with buttered vegetables or side salad & a potato option of your choice*

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

*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

### 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:*

### Leek & coriander falafels £16.95

Yellow chilli & ginger dressing [C][VG]

### Orange & rosemary £20.95

### glazed salmon

Grand Marnier & seeded mustard dressing [C]

### Welsh sirloin steak £22.95

Roast butternut squash, bearnaise dressing [C]

## OMELETTES / OMLETS

### Please choose 3 items to create your omelette

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

### Home cooked ham, cheddar cheese, mushroom, tomato, Feta cheese, spring onion, fresh herbs, smoked pancetta or parmesan £14.50

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

## SANDWICHES & WRAPS / BRECHDANAU A WRAPS

### All served with crisps or house cut chips

### Home cooked ham, £11.50

Perl Wen glaze, baby gem, redcurrant & onion jam ciabatta [C]

### Toasted Welsh cheese & leek £10.75

rarebit brioche bun [C][V]

### Seasonal wrap [C] £11.50

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

### Falafel, Feta, beetroot glaze wrap £10.50

[C][V][VG]

### Poached salmon, citrus crème £11.50

fraiche, rocket, cucumber relish wrap [C]

### Egg, cress & chive mayonnaise, £10.50

granary bloomer [C][V]

## BRUNCH / BRUNCH

### Poached eggs Benedict £10.50

Home cooked ham, toasted muffin, rocket, hollandaise sauce [C]

### Bacon, sausage & egg £10.50

### on brioche bun

House cut chips or sweet potato fries, mixed leaves [C]

### Bacon or sausage on brioche bun £8.75

House cut chips or sweet potato fries, mixed leaves [C]

### Croissant & Pain au raisin £5.50

Welsh butter & jam

### White or wholemeal toast £3.50

Welsh butter & jam [C][V][VG]

### Rustic toast, guacamole £9.95

Smoked applewood cheese, tomato, rocket, basil oil [C][V][VG]

### Poached eggs & guacamole £10.50

Toasted muffin, tomato salsa, rocket, basil oil [C][V]  
*Add grilled Halloumi for £2.50*

### Porridge £6.00

Maple syrup, blueberry compote or sugar [C][V][VG]

### American Buttermilk Pancakes £10.50

- Crispy Bacon & Maple Syrup  
- Chocolate & Fresh Strawberries

## LIGHT BITES /

## BITES YSGAFN

£6.50 each or 3 for £18.00

### 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 £3.75

Sweet potato fries £4.75

Breaded onion rings £4.75

House cut chips “Sglodion Penfro” £4.50

Sauté buttered vegetables, bacon & parmesan £4.50

Sauté mushrooms £4.25

Homemade garlic bread £5.00

Homemade garlic bread with cheese £6.00

House cut chips, truffle oil & parmesan £5.75

Pan fried Halloumi £4.00

Roast butternut squash, Iceberg, Feta, cherry tomato, mixed seeds &

Grand Marnier dressing