SUNDAY LUNCH / CINIO DYDD SUL

STARTERS / I DDECHRAU

Soup of the day [C][V][VG]

Homemade Welsh lamb cawl
Welsh cheese cumin & cheese straw [C]

House smoked haddock fishcake
Chargrilled leek, caper & white wine sauce [C]

Freshly baked bread, marinated olives, sun blushed tomatoes
Feta cheese, balsamic & olive oil [C][V]

Hafod cheese, pickled shallots & wild mushroom tartlet
Romesco sauce [C][V][VG]

£9.00

LIGHT BITES / BITES YSGAFN

Karaage chicken bites
BBQ sauce

Pan fried halloumi
Guacamole, Welsh hot honey [C][V]

Pea, potato & vinegar croquette
Tartare sauce [C][V][VG]

Root vegetable arancini & crispy broccoli
Rosemary & orange aioli [C][V][VG]

Salt & pepper fried squid
Sriracha mayonnaise

BBQ hog & apple sausage rolls
Bloody Mary ketchup

Whipped feta dip
Pumpkin seeds, pomegranate molasses, flat bread [C][V]

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

Shakshuka
Poached egg, spicy tomato sauce, chickpeas, yoghurt, olive sourdough

£7.00

MAIN COURSE / PRIF GYRSIAU

*All roast lunches are served with seasonal vegetables & cauliflower cheese

Roast Pembrokeshire turkey / Twrci * £23.75
Homemade stuffing, honey roast carrots, roast potatoes, gravy [C]

Roast leg of lamb / Cig oen * £23.75
Homemade stuffing, honey roast carrots, roast potatoes, gravy [C]

Roast Welsh silverside of beef / Cig eidion* £23.75
Served well done, honey roast carrots, roast potatoes, Yorkshire pudding, gravy [C]
Welsh Sirloin medium rare supplement £1.75

Smashed beef burger £23.00
4oz sirloin steak, truffle rarebit, caramelised shallots, Aioli, baby gem, onion rings, house cut chips [C]

Buttermilk chicken burger £21.75
Bacon, aioli, baby gem, tomato, gherkins, onion rings, house cut chips

Lentil & spinach burger £21.50
Carrot, thyme & orange rarebit, guacamole, baby gem lettuce, onion rings, house cut chips [C][V][VG]

All burgers served with:
Choice of coleslaw, salad, relish or plain

Fish of the day
Please ask a team member for today's option [C]

The Plough fish & chips £20.75
"Cwrw" beer battered fish, caramelised lemon, choice of minted mushy peas or garden peas [C]

"Celtic Pride" homemade beef lasagne £21.50
House cut chips – Choice of salad, chargrilled courgette or garlic bread [C]

Chestnut, leek & kale strudel £21.25
Pearl barley, vegan cheese, celeriac & garlic puree, sauté potatoes, thyme & shallot sauce [V][VG]

Roasted vegetable arancini salad & crispy broccoli florets £20.00
Quinoa, peas, beetroot, pomegranate, carrot, green lentil, mange tout & pumpkin seeds. Roasted charcoal figs, rosemary & orange aioli [C][V][VG]

Star anise & fennel glazed salmon salad £24.00
Quinoa, peas, beetroot, pomegranate, carrot, green lentil, mange tout & pumpkin seeds. Roasted pumpkin, maple & soy glaze [C]

Welsh sirloin steak salad 4oz £24.00 / 8oz £28.00
Quinoa, peas, beetroot, pomegranate, carrot, green lentil, mange tout & pumpkin seeds. Roasted charcoal figs, truffle béarnaise [C]

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 adjustment [V] - Can be suitable for vegetarians, with adjustment
[VG] - Can be suitable for vegans, with adjustment
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.

SANDWICHES & WRAPS / BRECHDANAU A WRAPS

All served with coleslaw, relish or plain & crisps or house cut chips

Home cooked ham
Perl Wen glaze, baby gem, redcurrant & onion jam ciabatta [C] £14.00

Toasted Welsh cheese & leek rarebit, brioche bun [C][V] £13.50

Root vegetable arancini, crispy broccoli florets
rosemary & orange aioli wrap [C][V][VG] £13.50

Pan fried halloumi & rocket bagel
Butternut squash, chili jam [V][VG] £13.50

Seasonal wrap [C] £14.00
Please ask a member of our team for today's options

Poached salmon, citrus crème fraiche, lettuce, cucumber relish wrap [C] £14.00

Egg, cress & chive mayonnaise
granary bloomer [C][V] £13.50

Fish finger, baby gem, granary sandwich
Tartare sauce or tomato ketchup[C] £14.25

Smoked salmon, dill & cream cheese bagel
Beetroot, rocket £14.50

CHILDREN'S MENU / BWYDLEN PLANT

Children's starter - £4.95 (please choose from the starters section)

Roast Pembrokeshire turkey / Twrci *
Homemade stuffing, honey roast carrots, roast potatoes, gravy [C]

Roast beef / Cig Eidion *
Served well done, honey roast carrots, roast potatoes, Yorkshire pudding, gravy [C]

Roast leg of lamb / Cig Oen *
Homemade stuffing, honey roast carrots, roast potatoes, gravy [C]

Battered mini fish
House cut chips [C]

"Celtic Pride" homemade beef lasagne
Garlic bread, house cut chips, dressed leaves [C]

"Celtic Pride" sausages
Mash potatoes or house cut chips, gravy [C]

Chicken nuggets
House cut chips

Beef burger
Mayonnaise & house cut chips [C]

Tomato & cheese pasta or pasta bolognaise
Garlic bread [C][V]

Chicken curry
Rice & house cut chips [C]

Children's 2 course (Main & Dessert) - Children 3-7 - £13.00 / Children 8-12 - £15.00

DESSERT MENU / PWDIN

Baked Alaska £8.75
Jaffa orange ice cream, chocolate sponge, peach & vanilla sauce

Brecon honey & vanilla cheesecake £8.75
Apple cider sorbet, blackcurrant [C][V][VG]

Sticky toffee pudding £8.75
Toffee sauce, caramelised banana, vanilla ice cream [C][V][VG]

Apple, sultana & cinnamon strudel £8.75
Orange scented rice pudding, Barti rum caramel sauce [V]

Mario's & Mary's Farmhouse ice cream
Vanilla, Chocolate, Strawberry, Jaffa cake, Cherry, Orange & Cointreau, Raspberry or Apple cider sorbet, Vegan vanilla [C][V][VG]
Choice of sauce – Butterscotch, chocolate, raspberry or mango
3 scoop - £8.25 / 2 scoop - £7.25 / 1 scoop - £3.75

Homemade Christmas pudding £9.00
Brandy sauce [C][V]

Chocolate & cherry brownie £9.00
Lemon curd profiterole, raspberry sauce, vanilla ice cream [C][V]

Knickerbocker glory £8.75
Chocolate sponge, cherry compote, chocolate sauce, cherry & vanilla ice cream, whipped cream, amaretti biscuit [C]

Dessert of the day / Pwdin y dydd £8.75
Please ask a member of the team for today's option

Local cheese board / Caws lleol £13.00
Mature Cerwyn, Hebenw goats cheese, Perl Las, Perl Wen, apple & pear chutney, celery, grapes, crackers & biscuits [C][V]

Recommended pairing with Taylors LBV port 2012 (Portugal) 50ml - £5.20

TEA, COFFEE, MINCE PIE / TE, COFFI, MINS PEI

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