

SUNDAY LUNCH / CINIO DYDD SUL

STARTERS / I DDECHRAU

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

Homemade Welsh lamb cawl

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

Welsh fishcake

Roasted vegetables, Caerphilly cheese, crispy kale,
laverbread & leek sauce [C]

Duck & Cointreau liver parfait

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

**Freshly baked bread, marinated olives,
sun blushed tomatoes**

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

Perl Wen, leek & red onion tartlet

Beetroot salad, balsamic & fig glaze [C][V][VG]

Pearls of melon

Citrus jelly, coconut & pineapple fritter,

basil crème fraiche, orange & Cointreau sorbet [C][V][VG]

£8.75

LIGHT BITES / BITES YSGAFN

Chicken, sweetcorn & cheddar croquette

Sriracha & honey mayonnaise

Crumbled belly pork

Smoked parsnip purée, cranberry glaze [C]

Tempura battered cauliflower florets

Truffle mayonnaise [V][VG]

Root vegetable arancini

Rosemary & orange aioli [V][VG]

BBQ hog & apple sausage rolls

Bloody Mary ketchup

Whipped Feta dip

Pumpkin seeds, pomegranate molasses,
flat bread [C][V][VG]

Salt & pepper fried squid

Chilli mayonnaise

Antipasti

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

£6.00

MAIN COURSE / PRIF GYRSIAU

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

Roast Pembrokeshire turkey / Twrci *

£22.95

Homemade stuffing, honey roast carrots,
roast potatoes, gravy [C]

Roast leg of lamb / Cig oen *

£22.95

Homemade stuffing, honey roast carrots,
roast potatoes, gravy [C]

Roast Welsh silver side of beef / Cig eidion*

£22.95

Served well done, honey roast carrots,
roast potatoes, Yorkshire pudding, gravy [C]
Welsh Sirloin medium rare supplement £1.50

The Plough fish & chips

£20.50

“Cwrw” beer battered fish, caramelised lemon,
choice of minted mushy peas or garden peas [C]

“Celtic Pride” beef burger

£21.75

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

“Celtic Pride” homemade beef lasagne

£21.00

Garlic bread, house cut chips, dressed leaves [C]

Fish of the day

Please ask a team member for today's option [C]

Vegetable strudel

£21.00

Courgette, spinach & sundried tomatoes, vegan cheese,
sauteed potatoes, pea puree, lemon & mint sauce [V][VG]

Lentil & spinach burger

£21.00

Carrot, thyme & orange rarebit, guacamole, coleslaw,
baby gem lettuce, onion rings, house cut chips [C][V][VG]

Roasted vegetable arancini salad

£19.00

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

£23.50

Quinoa, peas, beetroot, pomegranate, carrot, green lentil,
mange tout & pumpkin seeds. Roasted pumpkin,
cherry vinaigrette [C]

Welsh sirloin steak salad

£26.00

Quinoa, peas, beetroot, pomegranate, carrot, green lentil,
mange tout & pumpkin seeds. Roasted charcoal figs,
truffle bearnaise [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, crisps or house cut chips

Home cooked ham , Perl Wen glaze, baby gem, redcurrant & onion jam ciabatta [C] £13.50	Seasonal wrap [C] £13.50
Toasted Welsh cheese & leek rarebit , brioche bun [C][V] £12.75	<i>Please ask a member of our team for today's options</i>
Root vegetable arancini , rosemary & orange aioli wrap [C][V][VG] £12.75	Poached salmon , citrus crème fraiche, rocket, cucumber relish wrap [C] £13.50
	Egg, cress & chive mayonnaise , granary bloomer [C][V] £12.75

CHILDREN'S MENU / BWYDLEN PLANT

Children's starter - £4.95

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]

Tomato & cheese pasta

Garlic bread [V]

Battered mini fish

House cut chips [C]

Roast Pembrokeshire turkey / Twrci *

Homemade stuffing, honey roast carrots, roast potatoes, gravy [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

Children's 2 course (Main & Dessert) - Children 3-7 - £12.50 / Children 8-12 - £14.50

DESSERT MENU / PWDIN

Baked Alaska £8.50	Chocolate & cherry brownie £8.75
Vanilla ice cream, fruits of the forest compote, peach & vanilla sauce [C][V]	Vanilla profiterole, chocolate sauce, salted caramel ice cream [C][V]
<i>Recommended pairing with Palazzina Moscato 2014 (Italy) 125ml - £8.80</i>	<i>Recommended pairing with Palazzina Moscato 2014 (Italy) 125ml - £8.80</i>
Brecon honey & orange cheesecake £8.50	Tropical knickerbocker glory £8.50
Raspberry coulis, honeycomb ice cream [C][V][VG]	Mango, pineapple, vanilla sponge, passionfruit sauce, coconut & malibu ice cream, whipped cream, coconut flakes [C]
<i>Recommended pairing with Prosecco 125ml - £8.50</i>	<i>Recommended pairing with Prosecco 125ml - £8.50</i>
Sticky toffee pudding £8.50	Dessert of the day / Pwdin y dydd £8.50
Toffee sauce, caramelised banana, vanilla ice cream [C][V][VG]	Please ask a member of the team for today's option
<i>Recommended pairing with Palazzina Moscato 2014 (Italy) 125ml - £8.80</i>	<i>Recommended pairing with Prosecco 125ml - £8.50</i>
Mario's & Mary's Farmhouse ice cream	Local cheese board / Caws lleol £12.50
Vanilla, Chocolate, Strawberry, Honeycomb, Coconut & malibu, Orange & Cointreau or Raspberry sorbet, Vegan vanilla [C][V][VG]	Mature Cerwyn, Hebenw goats cheese, Perl Las, Perl Wen, apple & pear chutney, celery, grapes, crackers & biscuits [C][V]
<i>Choice of sauce – Butterscotch, chocolate, raspberry or mango</i>	<i>Recommended pairing with Taylors LBV port 2012 (Portugal) 50ml - £5.50</i>
3 scoop - £8.25 / 2 scoop - £6.95 / 1 scoop - £3.50	

TEA, COFFEE, MINTS / TE, COFFI, MINS

The Plough Rhosmaen

Llandeilo, Carmarthenshire, South Wales, UK, SA19 6NP

Tel. 01558 823431 Email. info@ploughrhosmaen.com

www.ploughrhosmaen.com