

## 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,

sauteed 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, sauteed 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, sauteed 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 & corriander falafels,

yellow chilli & ginger dressing [C][VG]

£16.25

Orange & rosemary glazed salmon,

Grand Marnier & seeded mustard dressing

£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

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.

Please ask a member of the team for our daily specials board

## 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]

## BRUNCH / BRUNCH

Poached eggs Benedict [C]  
Homecooked ham, toasted muffin, rocket, hollandaise sauce  
£10.00

Bacon, sausage & egg on brioche bun [C]  
House cut chips or sweet potato fries, mixed leaves  
£9.00

Bacon or sausage on brioche bun [C]  
House cut chips or sweet potato fries, mixed leaves  
£7.50

Poached eggs & guacamole [C]  
Toasted muffin, tomato salsa, rocket, basil oil  
£10.00

Add grilled Halloumi for £2.50

Rustic toast, guacamole [C][VG]  
Smoked applewood cheese, tomato, rocket, basil oil  
£9.00

Porridge [C]  
Maple syrup, blueberry compote or sugar  
£6.00

Croissant & Pain au raisin  
Welsh butter & jam  
£5.50

White or whole meal toast [C]  
Welsh butter & jam  
£3.50

## 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 battered 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

## CHILDREN'S MENU / BWYDLEN PLANT

(children up to 12 years old)

"Celtic Pride" sausage  
Mash or house cut chips & gravy [C]

Tomato & cheese pasta  
Garlic bread [C]

Chicken nuggets  
Chips

Homemade lasagne  
Garlic bread & chips [C]

Beef burger  
Mayonnaise & chips [C]

Mini fish  
Chips [C]

Chicken curry  
Rice & chips [C]

All children's meals are served with garden peas or beans

"Mario's" vanilla ice cream  
With a choice of chocolate, raspberry,  
mango or butterscotch sauce [C]

Sticky toffee pudding  
Toffee sauce, caramelised banana,  
vanilla ice cream [C]

Chocolate brownie  
Chocolate sauce,  
vanilla ice cream [C]  
Black forest knickerbocker glory  
Cherries, chocolate brownie, vanilla  
ice cream, chocolate sauce [C]

£10.00

## WELSH AFTERNOON TEA

Selection of finger sandwiches, wraps & savoury  
Ham & parmesan glaze white sandwich  
Egg & cress wholemeal sandwich  
Turkey club wrap  
Poached salmon, citrus crème fraiche, cucumber relish wrap  
Mini Scotch egg, Hog & apple sausage roll

Homemade selection of cakes & scones  
Rum & raisin cheesecake, Passionfruit posset  
Christmas cake, Meringue topped mince pie  
Banoffee profiterole  
Fruit & plain scones, clotted cream, homemade compote,  
served with a pot of tea or coffee for one [C][V][VG]  
£23.00

Add a glass of Prosecco to your afternoon tea for an extra £6.00

## CHILDREN'S AFTERNOON TEA

Selection of sandwiches  
Ham & carrot cream cheese wrap  
Jam sandwich  
Egg & cress wholemeal sandwich  
Homemade selection of cakes & scones  
Chocolate brownie reindeer, oreo cheesecake, marshmallow rice crispy  
snowman, Plain scone, clotted cream, homemade compote  
One of the following drinks: Chocolate/strawberry milkshake,  
orange/blackcurrant fruit shoot, babyccino, hot chocolate,  
orange/apple juice or pepsi/lemonade [C][V]  
£13.00

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 [C][V][VG] Homemade fruit & plain scones with clotted cream, homemade fruit compote & a pot of tea for one £9.25	Christmas cream tea [C][V] Homemade plain scone, Christmas cake & mince pie with clotted cream, homemade fruit compote & a pot of tea for one £9.25
Christmas cake & mince pie [C] £4.50	Homemade chocolate brownie Blueberry compote £4.50
Homemade fruit & plain scones [C] Clotted cream & fruit compote £6.00	Toasted teacake Welsh butter & jam £4.25
Meringue topped mince pie [C] £1.75	