

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

CAKES / CACEN

Cream tea £9.95
Homemade fruit & plain scones with
clotted cream, homemade fruit compote
& a pot of tea for one [C][V][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

Served 12pm - 2.30pm

Monday to Saturday



ALLERGENS



DRINKS MENU

The Plough Rhosmaen

Llandeilo, Carmarthenshire, South Wales, UK, SA19 6NP
Tel. 01558 823 431 Email. info@ploughrhosmaen.com

www.ploughrhosmaen.com

Please refer to our Afternoon menu for 2.30pm - 5.30pm

STARTERS / I DDECHRAU

* AVAILABLE FROM 12-00 - 1430 *

| | |
|--|--|
| Soup of the day £7.50 Freshly baked bread [C][M][VG] | Duck & Cointreau liver parfait £8.95 Apple & pear chutney, butter glaze, rustic toast [C] |
| Perl Wen & leek tartlet £8.50 Pickled red onion, apple cider & red wine glaze [V] | Freshly baked bread, £7.95 antipasti olives, sun blushed tomatoes Feta cheese, balsamic & olive oil [C][V][VG] |
| Pearls of melon £7.95 Citrus jelly, coconut & pineapple fritter, basil crème fraiche, Orange & Cointreau sorbet [C][M][VG] | Homemade Welsh lamb cawl £9.95 Freshly baked bloomer bread, Welsh cheese, cheese & cumin straw [C] |
| Smoked salmon & cod fishcake £9.95 Crispy cauliflower, spinach, Welsh rarebit & leek cheese sauce [C] | |

MAIN COURSE / PRIF GYRSIAU

| | |
|---|---|
| “Celtic Pride” homemade beef lasagne £18.95 Garlic bread, house cut chips [C] | Roast chicken supreme £19.95 Mushrooms, shallots, buttered seasonal vegetables, sautéed potatoes, tomato, white wine & tarragon sauce [C] |
| The Plough fish & chips £18.75 “Towy Valley” beer battered haddock, caramelised lemon, choice of minted mushy peas or garden peas [C] | Homemade casserole £17.95 Buttered greens, sautéed potatoes [C] <i>Please ask a team member for today's option</i> |
| “Celtic Pride” beef burger £18.95 Welsh cheese rarebit, bacon medallion, cucumber relish, brioche bun, mayonnaise, coleslaw, onion rings, house cut chips [C] | Beetroot, pear, courgette & mozzarella strudel £17.95 Lyonnais potatoes, sundried tomato & pesto cream sauce [V][VG] |
| The Plough homemade chicken curry £18.95 Braised rice, house cut chips, crispy poppadom, naan bread [C] | 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] | Orange & rosemary glazed salmon £20.95 Grand Marnier & seeded mustard dressing [C] |
| <i>Add one of the following to complete your salad:</i> | Welsh sirloin steak £22.95 Roast butternut squash, bearnaise dressing [C] |
| Leek & coriander falafels £16.95 Yellow chilli & ginger dressing [C][VG] | |

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 | Falafel, Feta, beetroot glaze wrap £10.50 [C][M][VG] |
| Home cooked ham, £11.50 Perl Wen glaze, baby gem, redcurrant & onion jam ciabatta [C] | Poached salmon, citrus crème fraiche, rocket, cucumber relish wrap [C] £11.50 |
| Toasted Welsh cheese & leek rarebit brioche bun [C][V] £10.75 | Egg, cress & chive mayonnaise, granary bloomer [C][V] £10.50 |
| Seasonal wrap [C] £11.50 <i>Please ask a member of our team for today's options</i> | |

BRUNCH / BRUNCH

| | |
|--|---|
| Poached eggs Benedict £10.50 Home cooked ham, toasted muffin, rocket, hollandaise sauce [C] | Rustic toast, guacamole £9.95 Smoked applewood cheese, tomato, rocket, basil oil [C][M][VG] |
| Bacon, sausage & egg on brioche bun £10.50 House cut chips or sweet potato fries, mixed leaves [C] | Poached eggs & guacamole £10.50 Toasted muffin, tomato salsa, rocket, basil oil [C][V] <i>Add grilled Halloumi for £2.50</i> |
| Bacon or sausage on brioche bun £8.75 House cut chips or sweet potato fries, mixed leaves [C] | Porridge £6.00 Maple syrup, blueberry compote or sugar [C][M][VG] |
| Croissant & Pain au raisin £5.50 Welsh butter & jam | American Buttermilk Pancakes £10.50 - Crispy Bacon & Maple Syrup - Chocolate & Fresh Strawberries |
| White or wholemeal toast £3.50 Welsh butter & jam [C][M][VG] | |

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][M][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 £5.50