



Afternoon tea

(Mon-Sat 3.00 – 5.30 Sun 3.30 – 5.30)

Welsh afternoon tea - £15.95

Appetizer, selection of finger sandwiches, homemade scone, traditional Bara Brith, selection of homemade cakes served with cream, homemade fruit compote and a pot of tea or coffee for one [C][V][VG]

Children's afternoon tea - £7.95

Jam, fish finger and tomato sauce, ham sandwiches, fruit kebabs with dipping sauce, chocolate brownie, chocolate caramel slice, jammy dodger biscuit and one of the following drinks; *Chocolate/strawberry milkshake, orange/blackcurrant fruit shoot, babyccino, hot chocolate, orange/apple juice or pepsi/lemonade* [C][V][VG]

Sandwiches

Served with either root vegetable crisps or house cut chips

Home cooked ham, cheddar cheese, seeded mustard mayo on white bloomer [C]

Avocado, mint, sun blushed tomato, vegan mozzarella, tzatziki wrap [C][V][VG]

Toasted Welsh leek rarebit, ciabatta bun [V]
£6.95

“Pembrokeshire” turkey, tomato & apricot chutney on white bloomer [C]

Shredded duck, orange, lettuce & spring onion, pomegranate mayo wrap [C]

Poached salmon, lettuce, dill & lemon mayo wrap [C]

Homecooked pastrami, Emmental cheese, gherkins, American mustard, rocket leaves on brown bloomer [C]
£7.95

Sparkling afternoon tea - £19.95

Welsh afternoon tea for one with a glass of Prosecco [C][V]

Welsh cream tea - £6.45

Homemade scones with cream, homemade fruit compote and a pot of tea for one [C][V][VG]

Homemade scones - £3.75

Cream and homemade fruit compote [C][V][VG]

Traditional Bara Brith & shortbread - £3.75

Buttered Welsh cakes - £3.00

Selection of Coeliac cakes [C] - £4.25

Toasted teacake - £3.45

Classic Favourites

Homemade soup of the day - £6.45

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

The Plough fish and chips - £14.95

“Towy Valley” beer batter, caramelised lemon, minted mushy peas

“Celtic Pride” homemade beef lasagne - £13.95

Garlic bread, choice of potato, dressed leaves

The Plough homemade curry - £14.45

Rice and peas, house chips, naan bread, crispy poppadom [C]

Squash, cranberry & red onion tagine - £13.45

Cauliflower rice, flatbread, fruit & nuts [V][VG]

Courgette & Mushroom stroganoff - £10.95

Gherkins, brandy cream sauce, rice & peas [C]

“Celtic Pride” beef burger - £13.50

Ciabatta bun, mayo, pulled BBQ pork, Perl wen cheese, hand cut chips, onion rings, coleslaw [C]

Home cooked omelette - £7.45

Home cooked ham, cheddar cheese, mushroom or tomato
Served with house chips, mashed, sauté, garlic or new potatoes [C][V]

Nibbles

Garlic & basil Kalamata olives [C][V] £3.25
Spiced cashew nuts [C][V] £2.45
Salt & pepper pork scratchings £2.75

Roasted peanuts [C][V] £1.95
Taylors Welsh crisps [C][V] £1.15

[C] Suitable for coeliacs [V] Suitable for vegetarians [VG] Suitable for Vegans

Please ask a member of staff for any adjustments and any other special dietary requirements.

If you require further information regarding the list of allergens, a separate menu is available.

The Plough at Rhosmaen, Llandeilo, Carmarthenshire, SA19 6NP

Tel 01558 823431 info@ploughrhosmaen.com www.ploughrhosmaen.com

Cocktails

Espresso Martini	£8.00
Vodka, Kahlúa coffee liqueur, syrup and fresh coffee Great after dinner or anytime you need a pick-me-up	
Traditional Daiquiri	£7.00
A Cuban classic. Bacardi white rum, fresh lime juice and a dash of syrup	
Negroni	£8.00
As Italian as it gets! Made with Campari, Gin and Martini	
Cranberry Margarita	£7.00
Tequila, Cointreau and cranberry juice	
French 75 float	£7.50
This French classic dates back to world war one Prosecco, Gin and lemon juice topped with gin sorbet	
Aperol Spritz	£7.00
A perfect balance of sweet and sour orange flavours. Aperol, Prosecco and a dash of soda water, poured over ice.	
Dark and Stormy	£7.00
Lamb's Navy dark rum, Fentimen's ginger beer, squeeze of lime, creates a cloud only the bravest souls would sail under.	
Raspberry donut	£6.50
Chambord topped with Baileys creates the perfect taste of a jam doughnut.	
Sex on the beach	£8.00
A summer holiday in a glass. Vodka, Archers peach schnapps, orange and cranberry juices.	
Mango or raspberry Bellini float	£7.00
A traditional Bellini of Prosecco and fruity puree, with the added twist of mango or raspberry sorbet.	

Mocktails

Mango Mule	£4.00
A kick of ginger and the sweetness of fruity mango which creates a fantastical tropical drink that can be enjoyed by all.	
"Cwtsh" on the beach	£4.00
A non alcoholic take on a traditional sex on the beach without the headache the following morning.	

Wines

	125ml	175ml	250ml	Carafe	Bottle
Sauvignon Blanc (Chile)	£3.60	£4.30	£6.40	£12.50	£18.95
Piesporter (Germany)	£3.60	£4.30	£6.40	£12.50	£18.95
Pinot Grigio (Italy)	£3.80	£4.60	£6.90	£14.50	£20.45
Chardonnay (Australia)	£3.80	£4.60	£6.90	£14.50	£20.45
Chenin Blanc (S. Africa)	£3.80	£4.60	£6.90	£14.50	£20.45
Merlot (Chile)	£3.60	£4.30	£6.40	£12.50	£18.95
Cab Sauvignon (USA)	£3.60	£4.30	£6.40	£12.50	£18.95
Pinot Noir (Chile)	£3.60	£4.30	£6.40	£12.50	£18.95
Shiraz (Australia)	£3.80	£4.60	£6.90	£14.50	£20.45
Malbec (Argentina)	£3.80	£4.60	£6.90	£14.50	£20.45
Orange vine rose (Spain)	£3.60	£4.30	£6.40	£12.50	£18.95
Zinfandel Rose (USA)	£3.60	£4.30	£6.40	£12.50	£18.95
Prosecco	£6.00				

Hot Beverages

Teifi Coffee - Locally ground, 100% Arabica from central America, equalled in quantity with high caffeine Vietnamese washed Robusta for nutty end notes and an awesome hit. Every bag of coffee beans we purchase, a donation will go towards our chosen local charity. **Organic blend available on request.**

Filter coffee with milk or cream	£3.00
Espresso / Double Espresso	£2.20 / £2.95
Macchiato	£2.40 / £3.20
Cappuccino	£3.35
Babyccino / Babychoc	£1.00
Café latte	£3.35
Flat White	£3.00
Iced Latte	£3.35
Mocha	£3.50
Floater coffee	£3.35
Liqueur coffee of your choice	£5.45
Pot of specialty tea	£3.00
"Welsh Brew" Welsh tea, traditional English, green tea, raspberry & strawberry	

Add syrup flavouring to your coffee - **Almond, vanilla, mint chocolate, hazelnut or gingerbread.** 50p per shot

Whittard of Chelsea hot chocolate - Decadent and irresistible luxury hot chocolate combines classic favourites with more unusual flavours inspired by fruit, desserts and other sweet indulgences. Rich, smooth and warming. **£3.75**
Luxury Italian hot chocolate/ White hot chocolate/ Mint hot chocolate
Merlyn hot chocolate - Subtle flavours of Welsh Merlyn liquor **£5.45**

Tea Birds loose tea leaves - Each tea has fusion of aromatic flavours to offer the finest teas available which blend beautifully with soft Welsh waters. **£3.45**
Earl grey /Lemon & ginger / Rooibos red bush / Jasmine huang shan ya/ Peppermint / Tea of the season - Please ask your server for the current flavour