

STARTERS / I DDECHRAU

- Soup of the day** £7.00
Freshly baked bread [C][V][VG]
- Broccoli & Perl Wen tartlet** £7.95
Caramelised red onion compote, fig balsamic dressing [V]
- Pearls of melon** £7.75
Citrus jelly, coconut & pineapple fritter, basil crème fraiche, orange & Cointreau sorbet [C][V][VG]
- Smoked salmon & cod fishcake**..... £9.50
Poached egg, limoncello hollandaise, spinach [C]
- Duck & Cointreau liver parfait** £8.50
Apple & pear chutney, butter glaze, rustic toast [C]
- Freshly baked bread, antipasti olives, sun blushed tomatoes** £7.75
Feta cheese, balsamic & olive oil [C][V][VG]
- Homemade Welsh lamb cawl** £9.50
Freshly baked bloomer bread, Welsh cheese, cheese & cumin straw [C]

STEAK / STEC

- Welsh sirloin steak 10oz** £30.95
Onion rings - Choice of peppercorn, red wine or bearnaise sauce [C]
- Welsh sirloin steak 7oz** £21.95
Onion rings - Choice of peppercorn, red wine or bearnaise sauce [C]
- Welsh fillet steak 9oz** £33.95
Onion rings - Choice of peppercorn, red wine or bearnaise sauce [C]
Served with buttered vegetables or side salad & a potato option of your choice.
- Grilled gammon loin**..... £18.95
Pineapple salsa, fried egg, garden peas, onion rings, house cut chips [C]
Upgrade from house cut chips to sweet potato fries for an additional £1.00

MAIN COURSE / PRIF GYRSIAU

- “Celtic Pride” homemade beef lasagne**..... £18.50
Garlic bread, house cut chips [C]
- The Plough fish & chips**..... £18.25
“Towy Valley” beer battered haddock, caramelised lemon, choice of minted mushy peas or garden peas [C]
- “Celtic Pride” beef burger** £18.75
Welsh cheese rarebit, bacon medallion, cucumber relish, brioche bun, mayonnaise, coleslaw, onion rings, house cut chips [C]
- The Plough homemade chicken curry** £18.75
Braised rice, house cut chips, crispy poppadom, naan bread [C]
- Roast chicken supreme**..... £19.50
Mushrooms, shallots, buttered seasonal vegetables, sautéed potatoes, tomato, white wine & tarragon sauce [C]
- Homemade casserole**..... £17.50
Buttered greens, sautéed potatoes [C]
Please ask a team member for today's option
- Courgette & mushroom stroganoff**..... £16.50
Braised rice, buttered greens, sautéed potatoes [C][V][VG]
- Lentil & spinach burger** £17.95
Carrot, thyme & orange rarebit, guacamole, baby gem lettuce, coleslaw, onion rings, house cut chips [C][V][VG]

SALADS / SALAD

- Superfood salad**
Quinoa, peas, spring onion, beetroot, lentils, coriander, parsley, mange tout, pomegranate & pumpkin seeds [C]
Add one of the following to complete your salad:
- Leek & coriander falafels**..... £16.50
Yellow chilli & ginger dressing [C][VG]
- Orange & rosemary glazed salmon**..... £19.75
Grand Marnier & seeded mustard dressing [C]
- Welsh sirloin steak**..... £21.95
Roast butternut squash, bearnaise dressing [C]

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

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.

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 £13.95

SANDWICHES & WRAPS / BRECHDANAU A WRAPS

All served with crisps or house cut chips

Home cooked ham, Perl Wen glaze, baby gem, redcurrant & onion jam ciabatta [C]..... £10.95

Toasted Welsh cheese & leek rarebit brioche bun [C][V] £10.25

Coronation chicken wrap [C] £10.95

Falafel, Feta, beetroot glaze wrap [C][V][VG] £9.95

Poached salmon, citrus crème fraiche, rocket, cucumber, relish wrap [C]..... £10.95

Egg, cress & chive mayonnaise, granary bloomer [C][V]..... £9.95

LIGHT BITES / BITES YSGAFN

£6.25 each or 3 for £17.00

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][V][VG]

CHILDREN'S MENU / BWDYDLEN 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]

Children's 2 course - £10.95

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 £4.75

Homemade garlic bread with cheese £5.75

House cut chips, truffle oil & parmesan £5.75

Pan fried Halloumi £3.50

Roast butternut squash, Iceberg, Feta, cherry tomato, mixed seeds & Grand Marnier dressing £5.50

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