



LIGHT BITES / BWYDYDD YSGAFN

Cockle & laver bread fritters

Chili jam

£4.45

Gin & tonic fish bites

Tzatziki

£4.45

Leek & coriander falafels

Hummus [C][V][VG]

£3.45

Pork & chorizo mini sausage rolls

Red onion relish

£4.45

Homemade Scotch eggs

Bloody Mary mayonnaise

£4.45

Patatas Bravas

Spicy tomato sauce, yoghurt dip [C][V]

£3.45

SANDWICHES & WRAPS / BRECHDANAU A WRAPS

Served with either root vegetable crisps or house cut chips

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

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

Toasted welsh leek rarebit, sourdough bun [V]

£5.95

"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]

Pan fried steak, fried onions, mayo, Harlech cheese, rocket, sourdough bun [C]

£6.95

AFTERNOON TEAS / TE PRYNHAWN

Welsh afternoon tea

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

£15.95

Add a glass of Prosecco to your afternoon tea for an extra £4.00

Savoury afternoon tea

Appetizer, selection of finger sandwiches, cockle & laver bread cake, pork & chorizo mini sausage roll, Scotch egg, mini prawn cocktail, chocolate brownie, homemade scones, clotted cream, homemade fruit compote & a pot of tea or coffee for one

£16.95

Children's afternoon tea

Jam sandwich, ham sandwich, fish finger & tomato sauce sandwich, fruit kebabs with dipping sauce, chocolate brownie, chocolate caramel slice, jammy dodger biscuit & one of the following drinks;

Chocolate/strawberry milkshake, orange/blackcurrant fruit shoot, babyccino, hot chocolate, orange/apple juice or Pepsi/lemonade [C][V]

£7.95

Welsh cream tea

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

£5.95

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

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Homemade scones

Clotted cream & homemade fruit compote [C][V][VG]

£3.45

CAKES / CACENNAU

Toasted teacakes

Welsh butter & jam

£2.45

Bara Brith & Welsh cakes

£2.45

Handmade millionaire's shortbread

£2.45

Handmade sponge cakes [C][VG]

Please view today's selections

£2.95

Handmade traybakes [C][VG]

Please view today's selections

£2.45

Handmade chocolate brownie [C]

£2.45

CAKE & COFFEE OFFER

Order an item from our cake selection with any non-alcoholic hot beverage

£4.00

CLASSICS / CLASURON

Homemade soup of the day

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

£5.95

Home cooked omelette

Home cooked ham, cheddar cheese, mushroom or tomato

Served with house cut chips, mashed, sauté, garlic or new potatoes [C][V]

£6.95

"Coopers of Llandeilo" sausages

Bacon & welsh cheese mash, sautéed savoy cabbage, red onion gravy [C]

£9.95

"Celtic Pride" homemade beef lasagne

Garlic bread, choice of potato, dressed leaves

£12.95

The Plough fish and chips

"Towy Valley" beer batter haddock, caramelised lemon, minted mushy peas

£13.95

The Plough homemade chicken curry

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

£13.45

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Squash, cranberry & red onion tagine
Cauliflower rice, flatbread, fruit & nuts [V][VG]
£12.95

Courgette & mushroom stroganoff
Gherkins, brandy cream sauce, rice & peas [C]
£9.45

"Celtic Pride" beef burger
Sourdough, mayo, pulled BBQ pork, Perl wen cheese, hand cut chips, onion rings, coleslaw [C]
£12.95

Chicken & bacon salad
Honey & seeded mustard glaze, croutons, parmesan [C]
£11.45

Hot shredded duck & orange salad
Stir fried oriental vegetables, pomegranate, cashew nuts [C]
£12.45

Spiced arancini, leek & coriander falafel salad
Tzatziki, radish, dates, toasted seeds [C][V][VG]
£10.95

Pepper, courgette & sunkissed tomato pasta
Garlic bread, tomato & cream sauce [C][V]
£9.45

Add grilled chicken to your pasta for an extra £2.00

CHILDRENS MENU / BWYDLLEN PLANT

(Children up to 12 years old)

"Celtic Pride" sausages, mash & gravy
Mini fish & chips
Homemade lasagne, garlic bread & chips
Chicken burger, mayonnaise & chips
Tomato & cheese pasta & garlic bread

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

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

Or

Chocolate brownie
Chocolate sauce, vanilla ice cream
£7.95

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[C] – suitable for coeliac's [V] – Suitable for vegetarian's [VG] – Suitable for vegan's [D] – suitable for dairy free
Please ask a member of staff for any adjustments and any other special dietary requirements

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