

STARTERS / I DDECHRAU

Soup of the day	£9.00
Freshly baked bread [C][V][VG]	
Perl Wen, leek & red onion tartlet	£9.25
Beetroot salad, balsamic & fig glaze [C][V][VG]	
Welsh fishcake	£10.50
Roasted vegetables, Caerphilly cheese, crispy kale, laverbread & leek sauce [C]	
Freshly baked bread, antipasti olives, sun blushed tomatoes.....	£8.75
Feta cheese, balsamic & olive oil [C][V][VG]	
Homemade Welsh lamb cawl	£12.25
Freshly baked bloomer bread, Welsh cheese, cheese & cumin straw [C]	

MAIN COURSE / PRIF GRYSIAU

“Celtic Pride” homemade beef lasagne	£21.00
House cut chips – Choice of salad, chargrilled courgette or garlic bread [C]	
The Plough fish & chips	£20.50
Beer battered fish, caramelised lemon, minted mushy peas or garden peas [C]	
The Plough homemade chicken & roast vegetable curry.....	£21.75
Braised rice, house cut chips, crispy poppadom, naan bread, minted yoghurt, corriander pesto [C]	
Charcoal roasted chicken supreme.....	£22.50
Wild mushroom, shallot & spinach fricassee, creamy garlic potatoes, tarragon velouté sauce [C]	
Roasted sweet potato, cumin & wild garlic strudel	£21.00
Kale, red onion & smoked cheese, sautéed potatoes, butternut squash puree, tarragon sauce, [V][VG]	

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

CHARCOAL OVEN Cooked over charcoal embers, flavour at its finest

BURGERS & STEAKS / BYRGYRS A STECIAU

Smashed beef burger	£22.50
4oz sirloin steak, American cheese, caramelised shallots, barbeque sauce, baby gem, coleslaw, onion rings, house cut chips [C]	
Lamb & mint burger	£21.50
Whipped feta, red onion, baby gem, coleslaw, onion rings, house cut chips [C]	
Korean BBQ chicken burger.....	£21.50
Buttermilk chicken, bacon, Korean BBQ sauce, Kimchi, baby gem, coleslaw, onion rings, house cut chips	
Lentil & spinach burger	£21.00
Carrot, thyme & orange rarebit, guacamole, baby gem, coleslaw, onion rings, house cut chips [C]	

Welsh sirloin steak 8oz	£30.00
Onion rings [C]	
Welsh fillet steak 8oz	£38.00
Onion rings [C]	

All steaks served with:
Choice of mushrooms, buttered vegetables or side salad
Choice of house cut chips, sautéed, boiled, mash, braised rice or mixed salad
Choice of peppercorn, red wine, Béarnaise, blue cheese sauce or garlic & herb butter

Grilled gammon loin	£21.50
Pineapple salsa, fried egg, garden peas, onion rings, house cut chips [C]	

Upgrade from house cut chips to sweet potato fries for an additional £1.50

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:	
Root vegetable arancini & crispy broccoli florets	£19.00
Roasted charcoal figs, rosemary & orange aioli [C][VG]	
Star anise & fennel glazed salmon.....	£23.50
Roasted pumpkin, cherry vinaigrette [C]	
Welsh sirloin steak 8oz.....	£27.00
Roasted charcoal figs, truffle bearnaise [C]	

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]	
House cut chips, sautéed, boiled, mash, braised rice or mixed salad	
Home cooked ham, cheddar cheese, mushroom, tomato,	
Feta cheese, spring onion, fresh herbs, or parmesan	£17.00

SANDWICHES & WRAPS / BRECHDANAU A WRAPS

All served with coleslaw, crisps or house cut chips	
Home cooked ham, Perl Wen glaze, baby gem, redcurrant & onion jam ciabatta [C]	£13.50
Toasted Welsh cheese & leek rarebit brioche bun [C][V]	£12.75
Seasonal wrap [C]	£13.50
Please ask a member of our team for today’s options	
Root vegetable arancini, crispy broccoli florets, rosemary & orange aioli wrap [C][V][VG]	£12.75
Poached salmon, citrus crème fraiche, rocket, cucumber relish wrap [C]	£13.50
Egg, cress & chive mayonnaise, granary bloomer [C][V]	£12.75
Fish finger, baby gem, granary sandwich	
Served with tartare sauce or tomato ketchup [C][V]	£13.50

LIGHT BITES / BITES YSGAFN

£7.50 each or 3 for £20.00	
Karaage chicken bites – Korean BBQ sauce	
BBQ hog & apple sausage rolls - Bloody Mary ketchup	
Whipped feta dip - Pumpkin seeds, pomegranate molasses, flat bread [C][V]	
Salt & pepper fried squid - Sriracha mayonnaise	
Root vegetable arancini & crispy broccoli - Rosemary & orange aioli [C][V][VG]	
Antipasti - Olives, sun blushed tomatoes, feta cheese [C][V][VG]	
Pea, potato & vinegar croquette – Tartare sauce [C][V][VG]	
Pan fried halloumi - Guacamole, Welsh hot honey[C][V][VG]	
Apple & cinnamon samosas - Caramel sauce, vanilla ice cream [V][VG]	

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 or pasta bolognese - 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]	
Welsh sirloin steak 4oz – Onion rings, house cut chips, choice of sauce [C]	
£4.50 upgrade	

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 - Vanilla ice cream, chocolate sauce [C][V]	
Strawberry & vanilla knickerbocker glory – Raspberry sauce [C][V][VG]	
Sticky toffee pudding - Toffee sauce, caramelised banana, vanilla ice cream [C][V][VG]	

Children’s 2 course - £13.50

SIDE ORDERS / AR Y OCHR

Freshly baked white bloomer bread & Welsh butter [C][V][VG].....	£4.50
Homemade garlic bread [C][V][VG].....	£6.00
Homemade garlic bread with cheese [C][V][VG].....	£7.00
House cut chips “Sglodion Penfro” [C][V][VG].....	£5.25
Sweet potato fries [C][V][VG].....	£5.25
House cut chips, truffle oil & parmesan [C][V][VG].....	£6.75
Creamy garlic potatoes, parmesan crust[C][V].....	£6.00
Pan fried halloumi [C][V].....	£5.00
Breaded onion rings[C][V][VG].....	£5.00
Sautéed mushrooms [C][V][VG]	£4.75
Charcoal grilled courgette & shallots, Welsh hot honey[C][V][VG].....	£5.50
Charcoal grilled tenderstem broccoli, carrots, baby gem, rosemary & orange aioli, toasted seeds[C][V][VG].....	£6.00
Roast butternut squash, lettuce, feta, cherry tomato, mixed seeds & Grand Marnier dressing[C][V][VG].....	£7.00

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