

MENU / BWYDLEN

Croeso i'r Plough – Welcome to the Plough

Wherever possible we source our produce locally to bring you the very best quality and tastes from the Heart of Wales, from field to plate – season to season! Carmarthenshire in particular has some spectacular producers of meats, cheese and indeed beverages, which we incorporate into our menus for your enjoyment.

Mwynhewch eich Bwyd – Enjoy your Meal.

A LA CARTE

MAIN COURSE / PRIF GYRSIAU

Slow roasted shoulder of Welsh lamb

Welsh rarebit, chili roast butternut squash, spinach & pine nuts, mustard & ham hock dauphinoise, sherry & mushroom cream sauce [C]

£20.00

Gressingham duck

Cranberry & pistachio crust, red cabbage, mustard & ham hock dauphinoise, buttered seasonal vegetables, orange sauce [C]

£19.50

GRILLS / AR Y GRIL

Roasted "Carmarthenshire" gammon loin

Crumbed garlic & parsley mushroom, glazed pineapple, onion rings, fried egg, sugar snap peas [C]

£16.00

STEAKS / STECS

"Celtic Pride" sirloin steak 9-10oz

Crumbed garlic & parsley mushroom, buttered seasonal vegetables, onion rings [C]

£25.00

"Celtic Pride" fillet steak 7-8oz

Crumbed garlic & parsley mushroom, buttered seasonal vegetables, onion rings [C]

£28.00

Choice of peppercorn, red wine, Béarnaise or garlic butter

All grills & steaks are served with either house chips, mashed, sauté, garlic or new potatoes

Upgrade from house cut chips to sweet potato fries for an additional £1.00

SIDE ORDERS / AR YR OCHR

Sweet potato fries

Breaded onion rings

House cut chips "Sglodion Penfro"

Tomato, red onion, Feta &

olive oil salad

Sautéed buttered vegetables,

bacon & parmesan

Tossed green salad, tomatoes,

satsuma, toasted seeds

£3.50

Bloomer bread & Welsh butter

£2.00

Homemade garlic bread

House cut chips, truffle oil & parmesan

£4.00

Homemade garlic bread with Welsh cheese

Rustic bread, marinated olives, sun blushed tomatoes, Feta cheese, balsamic & olive oil

£4.50

CHILDRENS MENU / BWYDLEN PLANT

(Children up to 12 years old)

"Celtic Pride" sausage, mash & gravy [C]

Mini fish & chips

Homemade lasagne, garlic bread & chips

Beef burger, mayonnaise & chips [C]

Tomato & cheese pasta & garlic bread [C]

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

£8.00

Please ask a member of the team if you have any dietary requirements as some dishes require adjustment

[C] – Can be suitable for coeliacs, with adjustment

[V] – Can be suitable for vegetarians, with adjustment

[VG] – Can be suitable for vegans, with adjustment

[D] – Can be suitable for dairy free, with adjustment

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.

STARTERS / I DDECHRAU

Melon Spheres

Quince jelly, cucumber puree, gin shot [C][V][VG]

Chicken liver parfait

Apple & pear chutney, rustic toast, brioche [C]

Salmon & trout fishcake

Harlech cheese & horseradish cream sauce, spinach

Soup of the day

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

MAIN COURSE / PRIF GYRSIAU

Homemade Local sausages

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

"Celtic Pride" beef burger

Welsh rarebit, bacon medallion sourdough bun, mayo, onion rings, house cut chips, spring salad [C]

The Plough fish and chips

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

"Celtic Pride" homemade beef lasagne

Garlic bread, choice of potato, dressed leaves

The Plough homemade chicken curry

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

Pan fried seabass fillet

Roast Mediterranean vegetables, sautéed potatoes, leek & bacon chardonnay cream sauce [C]

(supplement £3.00)

Pear & butternut squash strudel

Smoked applewood cheese, roasted vegetables, sautéed potatoes, roasted pepper & tomato sauce [V][VG]

Squash, cranberry & red onion tagine

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

SALADS / SALAD

Hot shredded duck & satsuma salad

Stir fried vegetables, blackberry & orange dressing [C]

Hot Thai beef salad

Radish, carrot ribbons, sweet & sour dressing

Upgrade from house cut chips to sweet potato fries for an additional £1.00

1 COURSE £12.50

2 COURSE £17.00

3 COURSE £21.50

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, smoked applewood cheese,

mayo wrap [C][V][VG]

Toasted Welsh leek rarebit, sourdough bun [C][V]

£6.00

"Pembrokeshire" breaded hot turkey panini, iceberg lettuce,

caper and cranberry mayo

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

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

£7.00

OMELETTES / OMLETS

Home cooked ham, cheddar cheese, mushroom or tomato

Served with a potato option of your choice [C][V]

£7.00

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The Plough is proud to work with the following Welsh suppliers.

Range of freshly baked breads from Llandeilo bakery, Bara Brith & Welsh cakes from Welsh Cottage Cakes - www.welshcottagecakes.co.uk, Celtic Pride - a consortium of local producers providing lamb, pork, ham, beef and sausages - www.celtic-pride.co.uk, Turkey from Cuckoo Mill Pembrokeshire - www.welsh-turkey.co.uk, Seafood supplied by Swansea fishmongers - www.swanseafish.co.uk, Perl Las & Perl Wen cheese supplied by Caws Cenarth - www.cawscenarth.co.uk, Caws Cerwyn cheese produced by Pant Mawr - www.pantmawrcheeses.com, Teifi seaweed cheese supplied by Teifi Cheese - www.teificheese.co.uk, Potatoes from Pembrokeshire whenever possible - DJ Foods, Carmarthenshire, Welsh game supplied by Robert Griffiths - Pembrokeshire, Vegetables supplied by Jones & Davies - Llandysul, Vegetables supplied by Chris Thomas - Carmarthen, Eggs from Briscwm farm - Cardigan, Mario's ice cream from Carmarthenshire - www.mariosicecream.com, Welsh wines from Glyndwr - www.glyndwrvineyard.co.uk, Celteg Liqueurs - www.castellhowellfoods.co.uk, Towy Valley beer - brewed in Cardiff by Brains - www.sabrains.com, Black Dragon cider - Gwynnt y Ddraig - www.gwynntcidershops.com, Artisan beers - brewed by Evan Evans - www.evanevansbrewery.com, Teas supplied by Welsh Brew Tea - www.welshbrewtea.co.uk, Coffee supplied by Teifi Coffee - www.teificoffee.co.uk, Welsh beers by Tenby Brewing Co. - www.tenbybrewingco.com, Wines sourced by Celtic Wines - www.celticwines.com