

## SANDWICHES / BRECHDANNAU

*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 [V]

£6.00

"Pembrokeshire" Breaded hot turkey panini, iceberg lettuce,  
caper & cranberry mayo

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

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

£7.00

## AFTERNOON TEAS / TE PRYNHAWN

### Welsh afternoon tea

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]

£17.50

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

### Picnic

Selection of finger sandwiches, pork pie, sausage roll,  
seafood fishcake caper mayo, strawberry pavlova, chocolate brownie,  
homemade scones, clotted cream, homemade fruit compote & a pot of tea or  
coffee for one

£18.50

### 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]*

£8.75

### Welsh cream tea

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

£6.50

### Homemade scones

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

£3.75

## CAKES / CACENNAU

### Toasted teacakes

Welsh butter & jam

£2.75

### Homemade chocolate brownie [C]

£2.75

### Mini cakes

Chocolate brownie, seasonal cheesecake  
lemon posset, raspberry macaroon

£4.50

### Homemade orange & polenta cake

[C][VG]

£2.75

### Homemade carrot cake [C][VG]

£3.00

### Bara brith & welsh cakes

£2.75

## CLASSICS / CLASURON

### Homemade soup of the day

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

£6.00

### Home cooked omelette

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

£7.00

### Homemade local sausages

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

£11.00

### "Celtic Pride" homemade beef lasagne

Garlic bread, choice of potato, dressed leaves

£13.50

### The Plough fish and chips

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

£14.00

### The Plough homemade chicken curry

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

£14.00

### Squash, cranberry & red onion tagine

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

£13.00

### "Celtic Pride" beef burger

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

£13.50

### Hot shredded duck & orange salad

Stir fried vegetables, blackberry & orange dressing [C]

£13.00

## CHILDRENS MENU / BWYDLEN PLANT

(Children up to 12 years old)

### "Celtic Pride" sausage, mash & gravy

Mini fish & chips

Homemade lasagne, garlic bread & chips

Beef 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*

£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.

### CAKE & COFFEE OFFER - £5.00

Available from 10am - 5.30pm

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