

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.

STARTERS / I DDECHTRAU

Rustic bread, marinated olives & sun blushed tomatoes

Feta cheese, balsamic & olive oil [C]
£4.50

Soup of the day

Freshly baked bread [C][V][VG]
£6.00

Melon Spheres

Quince jelly, cucumber puree, gin shot [C][V][VG]
£6.00

Salmon & trout fishcake

Harlech cheese & horseradish cream sauce, spinach
£7.00

Chicken liver parfait

Apple & pear chutney, rustic toast, brioche [C]
£6.50

GRILLS / AR Y GRIL

"Celtic Pride" beef burger

Welsh rarebit, bacon medallion sourdough bun, mayo, onion rings, house cut chips, spring salad [C]
£13.50

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

MAIN COURSE / PRIF GYRSIAU

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 chips, naan bread, crispy poppadom [C]
£14.00

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

Pan fried seabass fillet

Roast Mediterranean vegetables, sautéed potatoes, leek & bacon chardonnay cream sauce [C]
£17.00

Gressingham duck

Cranberry & pistachio crust, red cabbage, mustard & ham hock dauphinoise, buttered seasonal vegetables, orange sauce [C]
£19.50

Pear & butternut squash strudel

Smoked applewood cheese, roasted vegetables, sautéed potatoes, roasted pepper & tomato sauce [V] [VG]
£13.50

Squash, cranberry & red onion tagine

Cauliflower rice, flatbread, fruit & nuts [C][V][VG]
£13.00

SALADS / SALAD

Hot shredded duck & satsuma salad

Stir fried vegetables, blackberry & orange dressing [C]
£13.00

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

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