

Sunday Lunch / Cinio Dydd Sul

Homemade soup

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

Chicken liver parfait

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

Salmon & trout fishcake

Harlech cheese & horseradish cream sauce, spinach

Melon Spheres

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

£4.25

Main course / Prif Gyrsiau

Roast beef / Cig eidion

Well done or pink with Yorkshire pudding, pan jus [C]

Roast Pembrokeshire turkey / Twrci

Homemade stuffing, honey roast parsnip,
Yorkshire, pudding pan jus [C]

Roast leg of lamb / Cig oen

Homemade stuffing, honey roast parsnip,
Yorkshire pudding, minted pan jus [C]

Roasted "Carmarthenshire" gammon loin

Mushroom, glazed pineapple, onion rings,
fried egg [C]

Pan fried seabass fillet

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

£15.50

Pear & butternut squash strudel

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

The Plough fish & chips

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

"Celtic pride" beef burger

Sourdough bun, bacon medallion, Welsh rarebit, mayonnaise, house cut chips, onion rings, coleslaw [C]

£14.00

Squash, cranberry & red onion tagine

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

"Celtic Pride" homemade beef lasagne

Garlic bread, house chips, dressed leaves

Hot shredded duck & satsuma salad

Stir fry vegetables, blackberry & orange dressing [C]

£12.50

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.

Children's Menu / Bwydlen Plant

Roast beef / Cig eidion

Well done or pink with Yorkshire pudding, pan jus [C]

"Celtic Pride" homemade beef lasagne

Garlic bread, house cut chips, dressed leaves

"Celtic Pride" sausages

House cut chips

Roast Pembrokeshire turkey / Twrci

Homemade stuffing, roast parsnip,
Yorkshire pudding pan jus [C]

Tomato & cheese pasta

Garlic bread [V]

Battered mini fish

House cut chips

Children's Starter - £2.50 / Children's main 0-7 - £5.95 / Children's main 8-12 - £8.95 / Children's Dessert - £2.50

Sweet Menu / Pwdin

Baked Alaska

Berry ice cream, vanilla sponge, peach coulis [C]

Recommended pairing with CHATEAU LAUVIGNAC SAUTERNES 2014 (FRANCE) 125ml £5.95

Coffee cheesecake

Honey jelly, Mario's peach ice cream, Mango Coulis

Recommended pairing with ELYSIUM BLACK MUSCAT 2015 (USA) 125ml £5.95

Chocolate brownie

Hot chocolate sauce, Mario's vanilla ice cream [C]

Recommended pairing with ELYSIUM BLACK MUSCAT 2015 (USA) 125ml £5.95

Sticky toffee pudding

Toffee sauce, caramelised banana, salted caramel ice cream [C][D][VG]

Recommended pairing with TORO DE PIEDRA LATE HARVEST 2013 (CHILE) 125ml £5.95

Trio of desserts

Apple, pineapple & ginger crumble, non-dairy vanilla ice cream, coconut, cardamom & lime rice pudding [V][VG]

Recommended pairing with PALAZZINA MOSCATO 2014 (ITALY) 125ml £5.95

Dessert of the day/ Pwdin y dydd

Please ask a member of the team for today's option

Recommended pairing with PROSECCO £5.00

Choice of Mario's Carmarthenshire ice cream

Fresh cream vanilla, chocolate, strawberry and clotted cream, super-mix with pecans & toffee,

Bueno, salted caramel & peach ice cream or raspberry sorbet, non-dairy vanilla ice cream [C]

With a choice of chocolate, raspberry, butterscotch or mango sauce

Prosecco & strawberry sorbet

Cherry compote, Prosecco shot, vanilla biscuit [C]

Local cheese board/ Caws lleol

Perl las, Perl wen, Caws cerwyn, Teifi laverbread, apple & pear chutney, celery, grapes, crackers & biscuits [C]

Recommended pairing with TAYLORS LBV PORT 2012 (PORTUGAL) 50ml £5.95

£4.25

Tea, coffee & mints / Te, coffi a minau

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