

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]
£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

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

All afternoon teas are pre bookable only.

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

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

"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 poppadum [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

[DF] - 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.