

## 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

Homemade Cawl

Freshly baked bread & cheddar cheese [C]

£7.00

Oriental spring roll

Beetroot, courgette, tofu, carrot & orange slaw, Asian dressing [V][VG]

£6.00

Smoked haddock fishcake

Creamed leeks, tomato & pepper salsa

£7.00

Duck liver parfait

Truffle glazed butter, fig, pear & chestnut chutney, rum glaze, rustic toast, brioche [C]

£6.50

### GRILLS / AR Y GRIL

“Celtic Pride” beef burger

Brie & cranberry 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, buttered vegetables [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

### SIDE ORDERS / AR YR OCHR

Sweet potato fries

Breaded onion rings

House cut chips “Sgldion 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

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

### MAIN COURSE / PRIF GYRSIAU

“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

Brie & cranberry rarebit, chili roast butternut squash, wilted greens,

dauphinoise potatoes, port & red wine jus [C]

£20.00

Roast Gressingham duck breast

Red cabbage, dauphinoise potatoes,

Bok choy, cherry & cinnamon sauce [C]

£19.50

Wild mushroom, sweet potato & chestnut strudel

Smoked applewood cheese, savoy cabbage, sautéed potatoes, paprika sauce [V][VG]

£13.50

Maple smoked ham, lemon & thyme chicken

Crumbed, creamed sprouts & chestnuts,

roast carrots, sautéed potatoes, Bearnaise sauce

£16.00

Pan fried salmon

Chili roast butternut squash & wilted greens, cauliflower rice,

sautéed potatoes, caper & tarragon butter sauce [C]

£17.00

### SALADS / SALAD

Hot shredded duck & satsuma salad

Stir fried vegetables, blackberry & orange dressing [C]

£13.00

### Christmas Set Menu

Soup of the day

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

Smoked haddock fishcake

Creamed leeks, tomato & pepper salsa

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Roast Pembrokeshire turkey

Roasted potatoes, parsnips & carrots, stuffing,

Yorkshire pudding, pan gravy [C]

Roast beef

Roasted potatoes, parsnips & carrots,

Yorkshire pudding, pan gravy [C]

Wild mushroom, sweet potato & chestnut strudel

Smoked applewood cheese, savoy cabbage, paprika sauce [V][VG]

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Homemade Christmas pudding

Brandy sauce [C]

Baked Alaska

Orange ice cream, fruits of the forests, peach & vanilla coulis [C]

2 course - £19.00

3 course - £23.50

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

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.