

SANDWICHES / BRECHDANNAU

Served with either root vegetable crisps or house cut chips

Home cooked ham, brie & cranberry, 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 Festive Afternoon Tea

Selection of finger sandwiches, wraps & savoury

Ham, Brie & Cranberry / Turkey, fig & pear chutney,

Egg & cress mayonnaise / Hog roast sausage roll,

Salmon, dill & lemon wrap / Shredded duck, orange & hoisin wrap

Selection of cakes & scones

Plain & fruit scones / carrot & coconut truffle,

chocolate & passion fruit profiterole / raspberry macaroon,

lemon & pineapple cornetto / Meringue mince pie,

Christmas cake/ clotted cream and homemade fruit compote

Served with 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

Children's afternoon tea

Jam sandwich / ham sandwich / fish finger & tomato sauce sandwich,

fruit kebabs with dipping sauce / chocolate brownie,

chocolate & passion fruit profiterole & 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 to be pre ordered.

On occasion afternoon teas can be ordered on the day if not pre booked. Please ask a team member.

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

Homemade carrot cake [C]

£3.00

Bara brith & Welsh cakes

£2.75

BRUNCH AT THE PLOUGH

Poached eggs Benedict

Homecooked ham, toasted muffin, Hollandaise [C]

£6.50

Bacon, sausage & egg on sourdough bun [C]

£5.00

Poached eggs & crushed avocado

Toasted muffin, tomato salsa, basil oil [C]

£6.00

Bacon or sausage on sourdough bun [C]

£4.00

Rustic toast, crushed avocado

Smoked applewood cheese, tomato, basil oil [VG]

£4.50

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

"Celtic Pride" beef burger

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

£13.50

Wild mushroom, sweet potato & chestnut strudel

Smoked applewood cheese, savoy cabbage,

sauteed potatoes, paprika sauce [V][VG]??

£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

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.



HOT BEVERAGES / DIODYDD POETH

TEIFI COFFEE

Locally ground, 100% Arabica from central America, equalled in quantity with high caffeine Vietnamese washed Robusta for nutty end notes and an awesome hit. Every bag of coffee beans we purchase, a donation will go towards our chosen local charity. Organic blend available on request.

Filter coffee – Decaf available	£2.75
Espresso / Double Espresso	£2.50/£3.00
Mochiato	£2.50/£3.00
Cappuccino	£3.00
Bolapino / Bolu choc	£1.50
Café latte	£3.00
Flat White	£2.75
Iced Latte	£3.00
Mocha	£3.50
Flater coffee	£3.25
Liqueur coffee of your choice	£5.00
Pot of speciality tea	£2.75

"Welsh Brew" tea, English, decaf English, green tea, raspberry & strawberry

Add syrup flavouring to your coffee 50p per shot

Almond, vanilla, mint chocolate, hazelnut or gingerbread

TEA BIRDS LOOSE TEA LEAVES

Each tea has fusion of aromatic flavours to offer the finest teas available which blend beautifully with soft Welsh waters. £3.00

Earl grey - A light, bright & beautiful fragrant blend

Lemon & ginger - Aromatic, refreshing blend

Rooibos red bush - rich, delicious sweet orange & light clove blend

Jasmine Huang Shan ya - Green tea leaves, scented jasmine, lemon blend

Peppermint - fragrant blend of peppermint

Tea of the season - Please ask your server for the current flavour

WHITTARDS of CHELSEA CHOCOLATES

Decadent and irresistible luxury hot chocolate combines classic favourites with more unusual flavours inspired by fruit, desserts and other sweet indulgences. Rich, smooth and warming.

Luxury Italian hot chocolate - Thick, deliciously creamy	£3.50
White hot chocolate - Deliciously creamy white magic	£3.50
Mint hot chocolate - Elegant mint, indulgent chocolate chip	£3.50
Merlyn hot chocolate - Subtle flavours of Welsh Merlyn liquor	£5.00

COLD BEVERAGES / DIODYDD OER

Draught Beers

	Half Pint	Alc%
Amstel	£2.50	£4.10 4.1%
Towy Valley IPA	£2.25	£3.90 4.2%
Birra Moretti	£2.50	£4.25 4.6%
Brains Smooth	£2.35	£3.90 3.7%
Strongbow Fruits	£2.60	£4.10 4.5%
Strongbow Cloudy Apple	£2.60	£4.10 4.5%
Fosters	£2.35	£3.95 4.0%
Guinness	£2.55	£4.35 4.1%
Amstel	£2.50	£4.10 4.1%

Bottled Beers

	Bottle	Alc%
Becks / Heineken Non-alcoholic	£2.80	0.0%
Budweiser	£3.60	5.0%
Carlsberg	£2.75	3.8%
Desperados	£3.60	5.9%
Magners - Original	£3.95	4.5%
Strongbow	£2.75	5.0%
Kopparberg - Strawberry & Lime	£3.95	4.5%
Kopparberg - Pear	£3.95	4.5%
Peroni	£3.60	5.1%
Sol	£3.60	4.5%
Evan Evans Cwrw or WPA	£3.95	4.2%
Gower Gold	£3.95	4.5%

Vodka

	25ml	50ml
House Vodka	£2.95	£5.20
Smirnoff Vodka	£3.10	£5.50
Belvedere Citrus Vodka	£3.95	£6.25
Brecon Vodka	£3.95	£6.25
Grey Goose Vodka	£5.60	£9.10

Gin

	25ml	50ml
London Gin	£2.95	£5.20
Gordons Gin	£3.10	£5.50
Bombay Gin	£3.45	£5.85
Tanqueray Gin	£3.45	£5.85
Hendricks Gin	£3.95	£6.25
Brecon Gin	£3.95	£6.25
Pinksters Gin	£4.10	
Cardiff Dry Gin	£4.10	
Young Tom Juniper Malt Gin	£4.10	
Limbeck Gin	£4.10	
Whitley Neill Quince Gin	£4.10	
Whitley Neill Parma Violet Gin	£4.10	
Whitley Neill Rhubarb & Ginger Gin	£4.10	
JJ Whitley Nettle Gin or Elderflower Gin	£4.10	
Cygnat Gin	£4.10	
Aberfalls Welsh Dry Gin	£4.10	

Pitchers

Foster's Lager	£10.00
Birra Moretti	£12.00
Sex on the beach (Vodka, Archers, orange juice & cranberry juice)	£14.00
The Godfather (Jack Daniel's, Disaronno, coke cola)	£14.00
Pimm's (Pimm's, lemonade, fresh fruits & mint)	£12.00
Blue Lagoon (Vodka, blue curacao, lime cordial, lemonade)	£14.00

Minerals

Pepsi or Diet Pepsi	£2.50
Lemonade or Diet Lemonade	£2.50
Fanta (Bottle)	£2.65
Coke / Diet Coke (Bottles)	£2.65
Red Bull	£3.00
Orange, Apple or Cranberry Juice	£2.25
Pineapple, Tomato Juice or Bitter lemon	£2.50
Ginger Ale	£1.90
Fevertree - Tonic, Slimline, Elderflower, Mediterranean	£2.75
J20s - Various flavours	£2.75
Appletiser, Sparkling Elderflower or Ginger Beer	£2.75
Fruit Shoot (Orange or Blackcurrant)	£1.75
Small Still or Sparkling Water	£2.10
Large Still or Sparkling Water	£3.60
Squash - (Orange, Blackcurrant, Lime)	£1.25
Squash & Soda	£1.50