

MAIN COURSE / PRIF GYRSIAU

"Celtic Pride" homemade beef lasagne

Garlic bread, house cut chips

£14.00

Wild mushroom, sweet potato & chestnut strudel

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

£13.50

The Plough fish & chips

"Towy Valley" beer battered haddock, caramelised lemon, minted mushy peas [C]

£14.50

"Celtic Pride" beef burger

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

£14.00

The Plough homemade chicken curry

Braised rice, house cut chips, naan bread, crispy poppadom [C]

£14.50

Pan fried salmon

Sautéed spinach, seasonal vegetables, sautéed potatoes, parsley sauce [C]

£18.00

Roast Gressingham duck breast

Red cabbage, sautéed potatoes, seasonal vegetables, cherry & cinnamon sauce [C]

£20.00

Slow cooked Lamb

Welsh rarebit, savoy cabbage, mango & tomato glazed potatoes, port jus [C]

£21.00

Slow cooked beef rib

Horseradish mash, green vegetables, red wine jus [C]

£16.00

STEAK / STEC

Welsh sirloin steak

Onion rings, house cut chips, seasonal vegetables [C]

Choice of Peppercorn, Red wine or Bearnaise sauce

£25.00

Welsh fillet steak

Onion rings, house cut chips, seasonal vegetables [C]

Choice of Peppercorn, Red wine or Bearnaise sauce

£28.00

SALADS / SALAD

Hot shredded duck & pecan salad

Iceberg & fennel, cumin & cheese straw, orange & soy glaze

£14.50

SANDWICHES & WRAPS / BRECHDANAU A WRAPS

All served with crisps or house cut chips

Home cooked ham, cheddar cheese, seeded mustard mayo, white bloomer [C]

£7.00

Toasted Welsh leek rarebit, sourdough bun [C][V]

£6.50

Poached salmon, lettuce, dill & lemon mayo wrap [C]

£7.50

Egg & cress mayonnaise, granary bloomer [C]

£6.50

Grilled chicken, crème fraiche, roast pepper & pesto wrap [C]

£7.50

OMELETTES / OMLETS

Home cooked ham, cheddar cheese, mushroom or tomato

Served with a potato option of your choice [C][V]

£7.00

SIDE ORDERS / AR YR OCHR

Freshly baked white bloomer bread & Welsh butter £2.00

Sweet potato fries £3.50

Breaded onion rings £3.50

House cut chips "Sgldion Penfro" £3.50

Sautéed buttered vegetables, bacon & Parmesan £3.50

Homemade Garlic Bread £4.00

House cut chips, truffle oil & parmesan £4.00

Homemade Garlic Bread with cheese £4.50

Iceberg & fennel salad, Feta, spring onion, cherry tomato, mixed seeds, orange & soy dressing £5.00

CHILDRENS MENU / BWYDLEN PLANT

(Children up to 12 years old)

"Celtic Pride" sausage, mash & gravy [C]

Mini fish & chips

Homemade lasagne, garlic bread & chips

Beef burger, mayonnaise & chips [C]

Tomato & cheese pasta & garlic bread [C]

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 & cherry brownie

Chocolate sauce, vanilla ice cream

£8.00

DESSERT / PWDIN

Baked Alaska

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

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

Seasonal cheesecake

Mango coulis, Mario's vanilla ice cream

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

Chocolate & cherry 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, rum & raisin ice cream [C][VG]

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

£5.95

Prosecco & strawberry sorbet

Cherry compote, Prosecco shot, vanilla biscuit [C]

Choice of Mario's Carmarthenshire ice cream

Fresh cream vanilla, chocolate, strawberry, rum & raisin, coconut, orange, prosecco & strawberry, raspberry or lemon sorbet, non-dairy ice cream [C][VG]

£6.00

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

£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.

WELSH AFTERNOON TEA

Selection of finger sandwiches, wraps & savoury

Ham, Brie & Cranberry / Egg & cress mayonnaise,

Duck & Hoisin wrap / Pulled pork sausage roll,

Salmon & dill mayonnaise wrap

Grilled chicken, crème fraiche, roast pepper & pesto wrap

Selection of cakes & scones

Carrot cake bon bon / Vanilla Pannacotta

White chocolate & mango mousse chocolate cup / Macaroon,

Cherry & chocolate brownie / Bara brith

Plain & fruit scones / clotted cream & homemade fruit compote

Served with a pot of tea or coffee for one [C][V][VG]

£18.50

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 / Cherry & chocolate brownie,

Chocolate & mango mousse chocolate cup & one of the following drinks:

Chocolate/strawberry milkshake, orange/blackcurrant fruit shoot,

babycino, hot chocolate, orange/apple juice or Pepsi/lemonade [C][V]

£9.00

All afternoon teas are to be pre ordered and served between 3pm – 5pm

On occasion afternoon teas can be ordered on the day if not pre booked.

Please ask a team member.

CAKES / CACEN

Welsh cream tea

Homemade scones with clotted cream, homemade fruit compote

& a pot of tea for one [C][V][VG]

£6.00

Homemade carrot cake [C]

£3.00

Homemade chocolate & cherry brownie [C]

£3.00

Toasted teacakes

Welsh butter & jam

£2.75

LIGHT MEALS / BWYDLLEN YSGAFN

Poached eggs Benedict [C]

Homecooked ham, toasted muffin, hollandaise

£6.50

Bacon, sausage & egg on sourdough bun [C]

£5.00

Bacon or sausage on sourdough bun [C]

£4.00

Poached eggs & crushed avocado [C]

Toasted muffin, tomato salsa, basil oil

£6.00

Add grilled Halloumi for £1.50

Rustic toast, crushed avocado [VG]

Smoked applewood cheese, tomato, basil oil

£4.50

Croissant & Pain au raisin

Welsh butter & jam

£3.50

White or whole meal toast [C]

Welsh butter & jam

£1.75

PACKED LUNCH BOX / BOCS BWYD PECYN

Heading out for the day?

Why not have a lunch box to take with you.

Your choice of sandwich, Pulled pork sausage roll, Welsh crisps, Piece of fruit,

Chocolate & cherry brownie, Welsh still or sparkling water

£10.00

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 the Teifi Ten chosen local charities. Organic blend available on request.

Filter coffee – Decaf available	£3.00
Espresso / Double Espresso	£2.75/£3.25
Macchiato	£2.75/£3.25
Cappuccino	£3.25
Babycino / Baby choc	£1.50
Café latte	£3.25
Flat White	£3.00
Iced Latte	£3.25
Mocha	£3.75
Floater coffee	£3.50
Liqueur coffee of your choice	£5.50
Pot of speciality tea	£3.00

"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 a fusion of aromatic flavours to offer the finest teas available which blend beautifully with soft Welsh waters. £3.25

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 £3.75

White hot chocolate - Deliciously creamy white magic £3.75

Mint hot chocolate - Elegant mint, indulgent chocolate chip £3.75

Merlyn hot chocolate Subtle flavours of Welsh Merlyn liquor £5.50

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