

## WELSH AFTERNOON TEA

Selection of finger sandwiches, wraps & savoury

Toasted Welsh leek rarebit brioche bun,

Ham, caramelised onion jam & cheddar cheese white sandwich

Egg & cress wholemeal sandwich

Smoked salmon, cream cheese & cucumber wrap

Duck, beetroot & orange chutney wrap / BBQ pork & apple sausage roll

Selection of cakes & scones

Chocolate delice / Passionfruit cheesecake

Orange & white chocolate profiterole / Crème caramel

Bara brith / Homemade scones / Fruit compote and clotted cream

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

£21.00

Add a glass of Prosecco to your afternoon tea for an extra £5.50

## CHILDREN'S AFTERNOON TEA

Ham & carrot cream cheese wrap / Jam sandwich

Egg & cress wholemeal sandwich

Orange & white chocolate profiterole / crème caramel

Chocolate brownie / Gingerbread man / Homemade scone

Fruit compote & clotted cream & one of the following drinks:

Chocolate/strawberry milkshake, orange/blackcurrant fruit shoot, babyccino, hot chocolate, orange/apple juice or Pepsi/lemonade [C][V]

£12.00

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 [C][V][VG]

Homemade scones with clotted cream, homemade fruit compote & a pot of tea for one

£7.50

Homemade carrot cake [C]

£5.00

Homemade scones [C]

Clotted cream & fruit compote

£5.00

Toasted teacakes

Welsh butter & jam

£3.50

Bara brith & Welsh cakes

Welsh butter

£4.00

## LIGHT MEALS / BWYDLLEN YSGAFN

Poached eggs Royale [C]

Smoked salmon, toasted muffin, hollandaise sauce

£10.00

Poached eggs Benedict [C]

Homecooked ham, toasted muffin, hollandaise sauce

£9.00

Bacon, sausage & egg on brioche bun [C]

£7.50

Bacon or sausage on brioche bun [C]

£6.00

Poached eggs & crushed avocado [C]

Toasted muffin, tomato salsa, basil oil

£9.00

Add grilled Halloumi for £2.00

Rustic toast, crushed avocado [C] [VG]

Smoked applewood cheese, tomato, basil oil

£8.50

Croissant & Pain au raisin

Welsh butter & jam

£5.00

White or whole meal toast [C]

Welsh butter & jam

£2.50

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 adjustments [V] – Can be suitable for vegetarians with adjustments [VG] – Can be suitable for vegans with adjustments

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

## DESSERT / PWDIN

Baked Alaska

Vanilla ice cream, fruits of the forest compote, peach & vanilla sauce [C]

Recommended pairing with PALAZZINA MOSCATO 2014 (ITALY) 125ml £7.50

Or recommended pairing with PROSECCO 125ml £6.50

Passionfruit cheesecake

Prosecco sorbet, mango coulis

Recommended pairing with CHATEAU LAUVIGNAC SAUTERNES 2014 (FRANCE) 125ml £7.50

Or recommended pairing with PROSECCO 125ml £6.50

Chocolate delice

Crème caramel, Brecon honey ice cream, blackberry coulis

Recommended pairing with PALAZZINA MOSCATO 2014 (ITALY) 125ml £7.50

Sticky toffee pudding

Toffee sauce, caramelised banana, rum & raisin ice cream [C][VG]

Recommended pairing with CHATEAU LAUVIGNAC SAUTERNES 2014 (FRANCE) 125ml £7.50

Dessert of the day/ Pwdin y Dydd

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

Recommended pairing with PROSECCO 125ml £6.50

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]

£7.25

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 £4.50

£9.50

## 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

£3.25

Espresso / Double Espresso

£3.00/£3.50

Macchiato

£3.00/£3.50

Cappuccino

£3.50

Babyccino / Baby choc

£1.75

Café latte

£3.50

Flat White

£3.25

Iced Latte

£3.50

Mocha

£3.95

Floater coffee

£3.95

Liqueur coffee of your choice

£6.50

Pot of speciality tea

£3.25

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

Add syrup flavouring to your coffee

70p per shot

Amaretto, vanilla, mint chocolate, mint, hazelnut or gingerbread

Add a meringue topped mince pie to compliment your coffee

£1.50 each

### 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.

£3.50

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

£3.95

White hot chocolate - Deliciously creamy white magic

£3.95

Mint hot chocolate - Elegant mint, indulgent chocolate chip

£3.95

Merlyn hot chocolate - Subtle flavours of Welsh Merlyn liquor

£6.50

## MAIN COURSE / PRIF GYRSIAU

### "Celtic Pride" homemade beef lasagne

Garlic bread, house cut chips

£15.50

### The Plough fish & chips

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

£15.75

### "Celtic Pride" beef burger

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

£15.50

### The Plough homemade chicken curry

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

£15.75

### Homemade casserole

Sauté potatoes, green vegetables [C]

Please ask your waiter for today's option

£15.50

### Parmesan & herb crusted roast salmon

Parma ham wrapped polenta, sautéed spinach, glazed carrots, lemon & chive sauce [C]

£20.00

### Smoked cheese, cashew, aubergine, mushroom & spinach strudel

Ratatouille, coconut & cardamom sauce [V][VG]

£15.50

### Moroccan spiced savoury crumble

Chick pea, butterbean, roasted cauliflower & kale, mango & tomato glazed potatoes, mint yoghurt [C][V][VG]

£15.50

## SALADS / SALAD

### Hot shredded duck & almond salad

Roast butternut squash, iceberg, cheese & cumin straw, Grand Marnier dressing [C]

£16.50

### Goats cheese & Panzanella salad

Red onion, peppers, tomato & olives, cheese & cumin straw, glazed pear [C]

£15.25

## OMELETTES / OMLETS

Home cooked ham, cheddar cheese, mushroom, tomato, Feta cheese, bacon or onion

Served with buttered vegetables or side salad & a potato option of your choice [C][V]

£10.50

## SANDWICHES & WRAPS /

## BRECHDANAU A WRAPS

All served with crisps or house cut chips

Home cooked ham, caramelised onion, cheddar cheese, white bloomer [C]

£8.50

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

£7.75

Smoked salmon, cream cheese & cucumber wrap [C]

£9.00

Egg & cress mayonnaise, granary bloomer [C]

£7.75

Duck, beetroot & orange chutney wrap [C]

£9.00

## SIDE ORDERS / AR YR OCHR

Freshly baked white bloomer bread & Welsh butter £3.00

Sweet potato fries £4.50

Breaded onion rings £4.50

House cut chips "Sgldion Penfro" £4.00

Sauté buttered vegetables, bacon & parmesan £4.00

Homemade Garlic Bread £4.50

Homemade Garlic Bread with cheese £5.50

House cut chips, truffle oil & parmesan £5.50

Roast butternut squash, iceberg, feta, cherry tomato,

mixed seeds & Grand Marnier dressing £5.50

## CHILDRENS MENU / BWYDLEN PLANT

(children up to 12 years old)

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

Tomato & cheese pasta  
& garlic bread [C]

Chicken nuggets  
& chips

Chicken curry Rice & chips [C]

Homemade lasagne,  
garlic bread & chips

Beef burger  
mayonnaise & chips [C]

Mini fish  
& chips [C]

All children's meals are served with garden peas or beans

"Mario's" vanilla ice cream  
with a choice of chocolate,  
raspberry, mango or  
butterscotch sauce [C]

Chocolate & cherry brownie  
Chocolate sauce, vanilla ice  
cream [C]

£9.00