

## CHILDREN'S MENU / BWDLEN 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 brownie  
Chocolate sauce, vanilla ice cream [C]

£10.00

## CAKES / CACEN

Cream tea [C][V][VG]

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

£8.00

Welsh cream tea [C][V]

Homemade plain scone, bara brith, & Welsh cake with clotted cream,  
homemade fruit compote & a pot of tea for one

£8.00

Homemade carrot cake [C]  
Chantilly cream  
£5.00

Homemade fruit & plain scones [C]  
Clotted cream & fruit compote  
£5.50

Homemade chocolate brownie  
Blueberry compote  
£4.00

Toasted teacake  
Welsh butter & jam  
£4.00

Bara brith & Welsh cakes

Welsh butter

£4.50

## WELSH AFTERNOON TEA

Selection of finger sandwiches, wraps & savoury

Ham, melted parmesan & mustard glaze white sandwich,  
egg, chive & cress wholemeal sandwich,  
poached salmon, lemon infused crème fraiche wrap,  
duck, sweet potato puree, blueberry jam wrap,  
BBQ pork & apple sausage roll, homemade Scotch egg

Homemade selection of cakes & scones

Strawberry & cream cheesecake, chocolate biscuit cake,  
blackberry & lemon Eton mess chocolate cup, carrot cake,  
white chocolate & coconut profiterole

Fruit & plain scones, clotted cream, homemade compote,  
served with a pot of tea or coffee for one [C][V][VG]

£22.00

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

## CHILDREN'S AFTERNOON TEA

Selection of sandwiches

Ham & carrot cream cheese wrap, jam sandwich,  
egg, chive & cress wholemeal sandwich

Homemade selection of cakes & scones

White chocolate & coconut profiterole, strawberry & cream cheesecake,  
chocolate brownie, plain scone, clotted cream, homemade compote

One of the following drinks: Chocolate/strawberry milkshake, orange/blackcurrant  
fruit shoot, babyccino, hot chocolate, orange/apple juice or pepsi/lemonade [C][V]

£13.00

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.

## 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

Strawberry & cream cheesecake

Blackcurrant coulis, strawberry & prosecco sorbet

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

Or recommended pairing with PROSECCO 125ml £6.50

Trio of desserts

Chocolate profiterole, chocolate marquise, coconut ice cream, raspberry coulis

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

Sticky toffee pudding

Toffee sauce, caramelised banana, supermix ice cream [C][VG]

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

Eton mess & mango Knickerbocker Glory

Vanilla & strawberry ice cream, pistachio tuille [C]

Dessert of the day/ Pwddin y Dydd

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

Recommended pairing with PROSECCO 125ml £6.50

£7.50

Choice of Mario's Carmarthenshire ice cream

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

3 scoop - £7.50 / 2 scoop - £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 £4.50

£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

£3.50

Espresso / Double Espresso

£3.25/£3.75

Macchiato

£3.25/£3.75

Cappuccino

£3.75

Babyccino / Baby choc

£2.00

Café latte

£3.75

Flat white

£3.50

Iced Latte

£3.75

Mocha

£4.20

Floater coffee

£4.20

Liqueur coffee of your choice

£6.75

Pot of speciality tea

£3.50

"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

### 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.

£3.75

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

£4.00

White hot chocolate - Deliciously creamy white magic

£4.20

Mint hot chocolate - Elegant mint, indulgent chocolate chip

£4.20

Merlyn hot chocolate Subtle flavours of Welsh Merlyn liquor

£6.75

## MAIN COURSE / PRIF GYRSIAU

"Celtic Pride" homemade beef lasagne

Garlic bread, house cut chips

£16.50

The Plough fish & chips

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

£16.75

"Celtic Pride" beef burger

Gruyère cheese rarebit, bacon medallion, brioche bun, mayo, onion rings, house cut chips, salad [C]

£17.50

The Plough homemade chicken curry

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

£16.75

Wild mushroom, apricot, roast beetroot & cheese strudel

Sweetheart cabbage, sauteed potatoes, quince & sour apple sauce [V][VG]

£16.50

## SALADS / SALAD

Superfood salad

Quinoa, peas, spring onion, corriander, parsley, mange tout & pumpkin seeds [C]

Add one of the following to complete your salad:

Lemongrass, lime & coconut roast chicken, sweet chilli dressing [C]

£16.50

Sweet & spicy teriyaki salmon, soy & sesame dressing

£17.50

## OMELETTES / OMLETS

Please choose 3 items to create your omelette

Home cooked ham, cheddar cheese, mushroom, tomato,

Feta cheese, spring onion, fresh herbs, smoked pancetta or Gruyere

Served with buttered vegetables or side salad &

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

£12.00

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 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

## SANDWICHES & WRAPS / BRECHDANAU A WRAPS

All served with crisps or house cut chips

Home cooked ham, caramelised onion, melted parmesan, rocket, mustard glaze ciabatta [C]

£9.00

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

£8.50

Poached salmon, citrus crème fraiche, rocket, cucumber relish wrap [C]

£9.75

Egg, cress & chive mayonnaise, granary bloomer [C]

£8.50

Confit duck, sweet potato puree, blueberry jam wrap [C]

£9.75

## LIGHT MEALS / BWYDLEN YSGAFN

Poached eggs Benedict [C]

Homemade ham, toasted muffin, rocket, hollandaise sauce

£10.00

Bacon, sausage & egg on brioche bun [C]

House cut chips or sweet potato fries, mixed leaves

£8.50

Bacon or sausage on brioche bun [C]

House cut chips or sweet potato fries, mixed leaves

£7.00

Poached eggs & crushed avocado [C]

Toasted muffin, tomato salsa, rocket, basil oil

£10.00

Add grilled Halloumi for £2.00

Rustic toast, crushed avocado [C] [VG]

Smoked applewood cheese, tomato, rocket, basil oil

£9.00

Croissant & Pain au raisin

Welsh butter & jam

£5.50

White or whole meal toast [C]

Welsh butter & jam

£3.00

## 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 "Sglodion Penfro"

£4.00

Sauté buttered vegetables, bacon & parmesan

£4.00

Sauté mushrooms

£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

Please ask a member of the team for our daily specials board