

CHILDREN’S MENU /
BWYDLEN PLANT
(children up to 12 years old)

“Celtic Pride” sausage
Mash or house cut chips & gravy [C]

Homemade lasagne
Garlic bread & house cut chips [C]

Tomato & cheese pasta
Garlic bread [C][V]

Beef burger
Mayonnaise & house cut chips [C]

Chicken nuggets
House cut chips

Mini fish
House cut chips [C]

Chicken curry
Rice & house cut chips [C]

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

Mary’s Farmhouse vanilla ice cream
With a choice of chocolate, raspberry,
mango or butterscotch sauce [C][V][VG]

Chocolate brownie
Chocolate sauce, vanilla ice cream [C]

Sticky toffee pudding
Toffee sauce, caramelised banana,
vanilla ice cream [C][V][VG]

Black forest knickerbocker glory
Cherries, chocolate brownie, vanilla ice
cream, chocolate sauce [C]

£11.95

WELSH AFTERNOON TEA £26.00

Selection of finger sandwiches, wraps & savoury	Mini Scotch egg, hog & apple sausage roll
Ham, Perl Wen glaze, onion jam	Selection of homemade cakes, desserts & scones
Egg & cress wholemeal sandwich	Clotted cream & homemade fruit compote.
Seasonal wrap	Served with a pot of tea or coffee for one [C][V][VG]
Poached salmon, citrus crème fraiche, cucumber relish wrap	

Add a glass of Prosecco to your afternoon tea for an extra £7.50

CHILDREN’S AFTERNOON TEA £15.00

Selection of sandwiches	One of the following drinks:
Ham & carrot cream cheese wrap	Chocolate/strawberry milkshake, orange/blackcurrant fruit shoot, babyccino, hot chocolate, orange/apple juice or pepsi/lemonade [C][V][VG]
Jam sandwich	
Egg & cress wholemeal sandwich	
Chocolate brownie, oreo cheesecake, marshmallow rice crispy, plain scone, clotted cream & homemade fruit compote	

All afternoon teas are to be pre ordered and served between 3pm – 5pm. A deposit of £10
per guest is required on booking. On occasion afternoon teas can be ordered on the day if
not pre-booked. Please ask a team member.

CAKES / CACEN

Cream tea	£10.50	Welsh cream tea	£10.95
Homemade fruit & plain scones with clotted cream, homemade fruit compote & a pot of tea for one [C][V][VG]		Homemade plain scone, Bara Brith & Welsh cake with clotted cream, homemade fruit compote & a pot of tea for one [C][V]	
Bara Brith & Welsh cakes	£5.50	Homemade fruit & plain scones	£6.95
Welsh butter		Clotted cream & homemade fruit compote [C]	
Toasted hot cross buns	£4.95	Homemade chocolate brownie	£5.95
Welsh butter & jam		Blueberry compote [C]	



Lunch Menu
12.00 to 2.30



ALLERGENS



DRINKS MENU

The Plough Rhosmaen

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STARTERS / I DDECHRAU

* AVAILABLE FROM 12-00 - 1430 *

Soup of the day Freshly baked bread [C][V][VG]	£7.95	Duck & Cointreau liver parfait Apple & pear chutney, butter glaze, rustic toast [C]	£9.50
Perl Wen & leek tartlet Pickled red onion, apple cider & red wine glaze [V]	£8.95		
Pearls of melon Citrus jelly, coconut & pineapple fritter, basil crème fraiche, Orange & Cointreau sorbet [C][V][VG]	£8.75	Freshly baked bread, antipasti olives, sun blushed tomatoes Feta cheese, balsamic & olive oil [C][V][VG]	£8.75
Smoked salmon & cod fishcake Crispy cauliflower, spinach, Welsh rarebit & leek cheese sauce [C]	£10.50	Homemade Welsh lamb cawl Freshly baked bloomer bread, Welsh cheese, cheese & cumin straw [C]	£10.95

MAIN COURSE / PRIF GYRSIAU

“Celtic Pride” homemade beef lasagne Garlic bread, house cut chips [C]	£19.50	Roast chicken supreme Sauteed courgette, red onion, Dijon mustard, honey & parsley cream sauce, garlic potatoes [C]	£20.95
The Plough fish & chips “Cwrw” beer battered haddock, caramelised lemon, choice of minted mushy peas or garden peas [C]	£19.25	Homemade casserole Buttered greens, sautéed potatoes [C] <i>Please ask a team member for today’s option</i>	£18.95
“Celtic Pride” beef burger Welsh cheese rarebit, bacon medallion, cucumber relish, brioche bun, mayonnaise, coleslaw, onion rings, house cut chips [C]	£19.50	Beetroot, pear, courgette & mozzarella strudel Lyonnaise potatoes, sundried tomato & pesto cream sauce [V][VG]	£18.95
The Plough homemade chicken curry Braised rice, house cut chips, crispy poppadom, naan bread [C]	£19.50	Lentil & spinach burger Carrot, thyme & orange rarebit, guacamole, baby gem lettuce, coleslaw, onion rings, house cut chips [C][V][VG]	£18.95

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

STEAK / STEC

Welsh sirloin steak 10oz Onion rings - Choice of peppercorn, red wine or bearnaise sauce [C]	£32.95	Welsh fillet steak 8oz Onion rings - Choice of peppercorn, red wine or bearnaise sauce [C]	£35.95
Welsh sirloin steak 7oz Onion rings - Choice of peppercorn, red wine or bearnaise sauce [C]	£24.95	Grilled gammon loin Pineapple salsa, fried egg, garden peas, onion rings, house cut chips [C]	£19.95

Served with buttered vegetables or side salad & a potato option of your choice
House cut chips, sautéed, boiled, mash, braised rice or mixed salad
Upgrade from house cut chips to sweet potato fries for an additional £1.00

Please ask a member of the team for the daily special and let them know 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.

SALADS / SALAD

Superfood salad Quinoa, peas, spring onion, beetroot, lentils, coriander, parsley, mange tout, pomegranate & pumpkin seeds [C]	Orange & rosemary glazed salmon Grand Marnier & seeded mustard dressing [C]	£22.50
<i>Add one of the following to complete your salad:</i>	Welsh sirloin steak Roast butternut squash, bearnaise dressing [C]	£23.95
Leek & coriander falafels Yellow chilli & ginger dressing [C][VG]		£17.50

OMELETTES / OMLETS

Please choose 3 items to create your omelette Served with buttered vegetables or side salad & potato option of your choice [C][V]	Home cooked ham, cheddar cheese, mushroom, tomato, Feta cheese, spring onion, fresh herbs, smoked pancetta or parmesan	£15.50
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House cut chips, sautéed, boiled, mash, braised rice or mixed salad

SANDWICHES & WRAPS / BRECHDANAU A WRAPS

All served with coleslaw, crisps or house cut chips	Falafel, Feta, beetroot glaze wrap	£11.50
	[C][V][VG]	
Home cooked ham, Perl Wen glaze, baby gem, redcurrant & onion jam ciabatta	Poached salmon, citrus crème fraiche, rocket, cucumber relish wrap	£12.50
[C]	[C]	
Toasted Welsh cheese & leek rarebit brioche bun	Egg, cress & chive mayonnaise, granary bloomer	£11.50
[C][V]	[C][V]	
Seasonal wrap	[C]	£12.50
<i>Please ask a member of our team for today's options</i>		

BRUNCH / BRUNCH

Poached eggs Benedict Home cooked ham, toasted muffin, rocket, hollandaise sauce [C]	Rustic toast, guacamole Smoked applewood cheese, tomato, rocket, basil oil [C][V][VG]	£10.95	£10.50
Bacon, sausage & egg on brioche bun House cut chips or sweet potato fries, mixed leaves [C]	Poached eggs & guacamole Toasted muffin, tomato salsa, rocket, basil oil [C][V] <i>Add grilled Halloumi for £2.50</i>	£10.95	£10.95
Bacon or sausage on brioche bun House cut chips or sweet potato fries, mixed leaves [C]	Porridge Maple syrup, blueberry compote or sugar [C][V][VG]	£9.50	£6.50
Croissant & Pain au raisin Welsh butter & jam	American Buttermilk Pancakes - Crispy Bacon & Maple Syrup - Chocolate & Fresh Strawberries	£5.95	£10.95
White or wholemeal toast Welsh butter & jam [C][V][VG]		£3.75	

LIGHT BITES / BITES YSGAFN

£6.95 each or 3 for £19.00

Homemade mini scotch eggs Piccalilli	
Tempura battered cauliflower florets Truffle mayonnaise [V][VG]	

BBQ hog & apple sausage rolls Bloody Mary ketchup	
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Moroccan beetroot dip Crumbed Feta, pesto, mixed seeds, flatbread [C][V][VG]	
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Salt & pepper fried squid Chilli mayonnaise	
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Coriander & chickpea falafel Mango chutney [C][V][VG]	
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SIDE ORDERS / AR YR OCHR

Freshly baked white bloomer bread & Welsh butter	£4.25
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Sweet potato fries	£4.95
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Breaded onion rings	£4.95
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House cut chips “Sglodion Penfro”	£4.95
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Sauté buttered vegetables, bacon & parmesan	£4.95
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Sauté mushrooms	£4.50
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Homemade garlic bread	£5.50
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Homemade garlic bread with cheese	£6.50
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House cut chips, truffle oil & parmesan	£6.50
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Pan fried Halloumi	£4.50
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Roast butternut squash, Iceberg, Feta, cherry tomato, mixed seeds & Grand Marnier dressing	£5.95
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Garlic potatoes, parmesan crust	£5.50
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