

CHILDREN'S MENU / BWDLEN 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][V]

Sticky toffee pudding

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

£12.50

WELSH AFTERNOON TEA £28.00

Selection of finger sandwiches, wraps & savoury

Ham, Perl Wen glaze, onion jam

Egg & cress wholemeal sandwich

Seasonal wrap

Poached salmon, citrus crème fraiche,
cucumber relish wrap

Vegetable arancini, hog & apple
sausage roll

Selection of homemade cakes,
desserts & scones

Clotted cream & homemade
fruit compote.

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

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

CHILDREN'S AFTERNOON TEA £16.00

Selection of sandwiches

Ham & carrot cream cheese wrap

Jam sandwich

Egg & cress wholemeal sandwich

Chocolate brownie, oreo cheesecake,
marshmallow rice crispy, plain scone,
clotted cream & homemade
fruit compote

One of the following drinks:

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

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 £10.95
Homemade fruit & plain scones with
clotted cream, homemade fruit compote
& a pot of tea for one [C][V][VG]

Bara Brith & Welsh cakes £5.75
Welsh butter

Toasted hot cross buns £5.25
Welsh butter & jam

Welsh cream tea £11.50
Homemade plain scone, Bara Brith & Welsh
cake with clotted cream, homemade fruit
compote & a pot of tea for one [C][V]

Homemade fruit & plain scones £7.25
Clotted cream & homemade
fruit compote [C][V][VG]

Homemade chocolate brownie £6.25
Blueberry compote [C][V]

the Plough Rhosmaen

Lunch Menu 12.00 to 2.30



ALLERGENS



DRINKS MENU

The Plough Rhosmaen

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STARTERS / I DDECHRAU

Soup of the day £7.95 Freshly baked bread [C][M][VG]	Duck & Cointreau liver parfait £9.50 Apple & pear chutney, butter glaze, rustic toast [C]
Perl Wen, leek & red onion tartlet £8.95 Beetroot salad, balsamic & fig glaze [C][M][VG]	Freshly baked bread, £8.75 antipasti olives, sun blushed tomatoes Feta cheese, balsamic & olive oil [C][V][VG]
Pearls of melon £8.75 Citrus jelly, coconut & pineapple fritter, basil crème fraiche, orange & Cointreau sorbet [C][M][VG]	Homemade Welsh lamb cawl £10.95 Freshly baked bloomer bread, Welsh cheese, cheese & cumin straw [C]
Mediterranean fishcake £10.50 Crushed pea & wilted spinach, lemon & oregano cream sauce [C]	

MAIN COURSE / PRIF GYRSIAU

“Celtic Pride” homemade beef lasagne £19.75 Garlic bread, house cut chips [C]	Charcoal roasted chicken supreme £21.50 Wild mushroom, shallot & spinach fricassée, creamy garlic potatoes, tarragon velouté sauce [C]
The Plough fish & chips £19.50 “Cwrw” beer battered haddock, caramelised lemon, choice of minted mushy peas or garden peas [C]	Homemade casserole £19.25 Buttered greens, sautéed potatoes [C] <i>Please ask a team member for today's option</i>
“Celtic Pride” beef burger £19.75 Welsh cheese rarebit, bacon medallion, cucumber relish, brioche bun, mayonnaise, coleslaw, onion rings, house cut chips [C]	Moroccan cauliflower, chickpea & red onion strudel £19.25 Spiced potatoes & spinach, tomato & coriander sauce [V][VG]
The Plough homemade chicken curry £19.75 Braised rice, house cut chips, crispy poppadom, tomato, red onion & chive salsa, naan bread [C]	Lentil & spinach burger £19.25 Carrot, thyme & orange rarebit, guacamole, baby gem lettuce, coleslaw, onion rings, house cut chips [C][V][VG]

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

STEAK / STEC

Welsh sirloin steak 7oz £25.95 Onion rings - Choice of peppercorn, red wine, diane or bearnaise sauce [C]	Welsh fillet steak 8oz £36.95 Onion rings - Choice of peppercorn, red wine, diane or bearnaise sauce [C]
Butcher's cut of the day <i>Market Price</i> Onion rings - Choice of peppercorn, red wine, diane or bearnaise sauce [C] Please ask a team member for today's option	Grilled gammon loin £20.50 Pineapple salsa, fried egg, garden peas, onion rings, house cut chips [C]

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 £1.50

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]	Root vegetable arancini £17.95 Roasted charcoal figs, rosemary & orange aioli [C][VG]
<i>Add one of the following to complete your salad:</i>	Star anise & fennel glazed salmon £22.95 Roasted pumpkin, cherry vinaigrette [C]
	Welsh sirloin steak £24.95 Roasted charcoal figs, truffle bearnaise [C]

OMELETTES / OMLETS

Please choose 3 items to create your omelette	Home cooked ham, cheddar cheese, mushroom, tomato, feta cheese, spring onion, fresh herbs or parmesan £15.95
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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

Home cooked ham, Perl Wen glaze, baby gem, redcurrant & onion jam ciabatta [C] £12.75	Poached salmon, citrus crème fraiche, rocket, cucumber relish wrap [C] £12.75
Toasted Welsh cheese & leek rarebit brioche bun [C][V] £11.95	Root vegetable arancini, rosemary & orange aioli wrap [C][M][VG] £11.75
Seasonal wrap [C] £12.75 <i>Please ask a member of our team for today's options</i>	Egg, cress & chive mayonnaise, granary bloomer [C][V] £11.75

BRUNCH / BRUNCH

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

LIGHT BITES / BITES YSGAFN

£6.95 each or 3 for £19.00

Chicken, sweetcorn & cheddar croquette
Sriracha & honey mayo

Crumbled belly pork
Smoked parsnip purée, cranberry glaze [C]

Tempura battered cauliflower florets
Truffle mayonnaise [V][VG]

BBQ hog & apple sausage rolls
Bloody Mary ketchup

Charcoal aubergine & lentil dip
Pumpkin seeds, pomegranate molasses, naan bread [C][V][VG]

Salt & pepper fried squid
Chilli mayonnaise

Root vegetable arancini
Rosemary & orange aioli [V][VG]

Antipasti
Olives, sun blushed tomatoes, feta cheese [C][V][VG]

SIDE ORDERS / AR YR OCHR

Freshly baked white bloomer bread & Welsh butter £4.25

Sweet potato fries £4.95

Breaded onion rings £4.95

House cut chips “Sglodion Penfro” £4.95

Sauté buttered vegetables, bacon & parmesan £4.95

Sauté mushrooms £4.50

Homemade garlic bread £5.50

Homemade garlic bread with cheese £6.50

House cut chips, truffle oil & parmesan £6.50

Pan fried Halloumi £4.50

Roast butternut squash, Iceberg, feta, cherry tomato, mixed seeds & Grand Marnier dressing £5.95

Creamy garlic potatoes, parmesan crust £5.50

Charcoal grilled tenderstem broccoli, carrots, baby gem, rosemary & orange aioli, toasted seeds £5.95