

# SUNDAY LUNCH / CINIO DYDD SUL

## STARTERS / I DDECHRAU

**Soup of the day** [C][V][VG]

**Homemade Welsh lamb cawl**

Freshly baked bloomer bread, Welsh cheese,  
cumin & cheese straw [C]

**Mediterranean fishcake**

Crushed pea & wilted spinach,  
lemon & oregano cream sauce [C]

**Duck & Cointreau liver parfait**

Apple & pear chutney, butter glaze, rustic toast [C]

**Freshly baked bread, marinated olives,  
sun blushed tomatoes**

Feta cheese, balsamic & olive oil [C][V]

**Perl Wen, leek & red onion tartlet**

Beetroot salad, balsamic & fig glaze [C][V][VG]

**Pearls of melon**

Citrus jelly, coconut & pineapple fritter,  
basil crème fraiche, orange & Cointreau sorbet [C][V][VG]

£8.25

## LIGHT BITES / BITES YSGAFN

**Chicken, sweetcorn & cheddar croquette**

Sriracha & honey mayonnaise

**Crumbled belly pork**

Smoked parsnip purée, cranberry glaze [C]

**Tempura battered cauliflower florets**

Truffle mayonnaise [V][VG]

**Root vegetable arancini**

Rosemary & orange aioli [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

**Antipasti**

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

£5.75

## MAIN COURSE / PRIF GYRSIAU

\*All roast lunches are served with seasonal vegetables & cauliflower cheese

**Roast Pembrokeshire turkey / Twrci \*** £21.95

Homemade stuffing, honey roast carrots,  
roast potatoes, gravy [C]

**Roast leg of lamb / Cig oen \*** £21.95

Homemade stuffing, honey roast carrots,  
roast potatoes, gravy [C]

**Roast Welsh silver side of beef / Cig eidion\*** £21.95

Served well done, honey roast carrots,  
roast potatoes, Yorkshire pudding, gravy [C]  
Welsh Sirloin medium rare supplement £1.50

**The Plough fish & chips** £19.50

“Cwrw” beer battered haddock, caramelised lemon,  
choice of minted mushy peas or garden peas [C]

**“Celtic Pride” beef burger** £19.75

Welsh cheese rarebit, bacon medallion, cucumber  
relish, brioche bun, mayonnaise, coleslaw, onion rings,  
house cut chips [C]

**“Celtic Pride” homemade beef lasagne** £19.75

Garlic bread, house cut chips, dressed leaves [C]

**Fish of the day**

Please ask a team member for today's option [C]

**Moroccan cauliflower, chickpea &  
red onion strudel** £19.25

Spiced potatoes & spinach,  
tomato & coriander sauce [V][VG]

**Lentil & spinach burger** £19.25

Carrot, thyme & orange rarebit, guacamole, coleslaw,  
baby gem lettuce, onion rings, house cut chips [C][V][VG]

**Roasted vegetable arancini salad** £17.95

Quinoa, peas, beetroot, pomegranate, carrot, green lentil,  
mange tout & pumpkin seeds. Roasted charcoal figs,  
rosemary & orange aioli [C][V][VG]

**Star anise & fennel glazed salmon salad** £22.95

Quinoa, peas, beetroot, pomegranate, carrot, green lentil,  
mange tout & pumpkin seeds. Roasted pumpkin,  
cherry vinaigrette [C]

**Welsh sirloin steak salad** £24.95

Quinoa, peas, beetroot, pomegranate, carrot, green lentil,  
mange tout & pumpkin seeds. Roasted charcoal figs,  
truffle bearnaise [C]

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.

## SANDWICHES & WRAPS / BRECHDANAU A WRAPS

All served with coleslaw, crisps or house cut chips

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

## CHILDREN'S MENU / BWYDLEN PLANT

<b>Roast beef / Cig eidion *</b> Served well done, honey roast carrots, roast potatoes, Yorkshire pudding, gravy [C]		<b>Roast Pembrokeshire turkey / Twrci *</b> Homemade stuffing, honey roast carrots, roast potatoes, gravy [C]	
<b>Roast leg of lamb / Cig oen *</b> Homemade stuffing, honey roast carrots, roast potatoes, gravy [C]		<b>"Celtic Pride" homemade beef lasagne</b> Garlic bread, house cut chips, dressed leaves [C]	
<b>Tomato &amp; cheese pasta</b> Garlic bread [V]		<b>"Celtic Pride" sausages</b> Mash potatoes or house cut chips, gravy [C]	
<b>Battered mini fish</b> House cut chips [C]		<b>Chicken nuggets</b> House cut chips	
Child's starter - £4.95 / Child's main 0-7 - £10.75 / Child's main 8-12 - £13.75 / Child's Dessert - £4.95			

## DESSERT MENU / PWDIN

<b>Baked Alaska</b>	£8.25	<b>Chocolate &amp; cherry brownie</b>	£8.25
Vanilla ice cream, fruits of the forest compote, peach & vanilla sauce [C][V] <i>Recommended pairing with Palazzina Moscato 2014 (Italy) 125ml - £7.95</i>		Vanilla profiterole, chocolate sauce, salted caramel ice cream [C][V] <i>Recommended pairing with Palazzina Moscato 2014 (Italy) 125ml - £7.95</i>	
<b>Baileys cheesecake</b>	£8.25	<b>Mandarin &amp; berry knickerbocker glory</b>	£8.25
Coffee crème anglaise, raspberry ripple ice cream [C][V][VG] <i>Recommended pairing with Prosecco 125ml - £7.95</i>		Vanilla ice cream, warm mandarin compote, blackberry coulis, honeycomb, fresh berries, whipped cream [C] <i>Recommended pairing with Prosecco 125ml - £7.95</i>	
<b>Sticky toffee pudding</b>	£8.25	<b>Dessert of the day / Pwdin y dydd</b>	£8.25
Toffee sauce, caramelised banana, vanilla ice cream [C][V][VG] <i>Recommended pairing with Prince de St Aubin Sauternes (France) 125ml - £7.95</i>		Please ask a member of the team for today's option <i>Recommended pairing with Prosecco 125ml - £7.95</i>	

<b>Mario's &amp; Mary's Farmhouse ice cream</b> Vanilla, Chocolate, Strawberry, Raspberry ripple, Salted caramel, Orange & Cointreau or Raspberry sorbet, Vegan vanilla [C][V][VG] <i>Choice of sauce – Butterscotch, chocolate, raspberry or mango</i> 3 scoop - £8.25 / 2 scoop - £6.95 / 1 scoop - £3.50	<b>Local cheese board / Caws lleol</b>	£11.75
	Mature Cerwyn, Hebenw goats cheese, Perl Las, Perl Wen, apple & pear chutney, celery, grapes, crackers & biscuits [C][V]  <i>Recommended pairing with Taylors LBV port 2012 (Portugal) 50ml - £4.90</i>	

## TEA, COFFEE / TE, COFFI MINTS / MINS

### The Plough Rhosmaen

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