

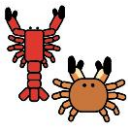

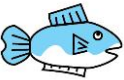
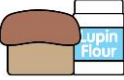











# DISHES AND THEIR ALLERGEN CONTENT – The Plough, Rhosmaen – STARTERS



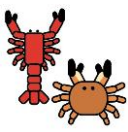
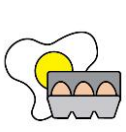










DISHES														
Starters	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Soup of the day	✓	✓					✓			MC		MC		
Leek, red onion & perl wen tartlet		✓					✓		✓					✓
Pearls of melon		✓		✓									MC	✓
Fishcake		✓		✓	✓		✓						MC	✓
Chicken & liver parfait		✓		✓			✓			✓		MC		✓
Bread & olives		✓					✓			MC		MC		✓
Cawl	✓	✓		✓			✓			MC		MC		
Seared scallops		✓		✓			✓	✓	✓					✓


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# DISHES AND THEIR ALLERGEN CONTENT – The Plough, Rhosmaen – MAINS

DISHES														
Mains	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Beef lasagne	✓	✓		✓			✓		✓				MC	✓
Fish & Chips		✓			✓		✓						✓	
Beef burger		✓		✓			✓		✓				✓	✓
Chicken curry	✓	✓					✓		✓		MC			
Salmon of the day	✓	✓		✓	✓		✓		✓			MC		✓
Roast duck breast	✓			✓			✓		MC				MC	✓
Chicken supreme	✓	✓		✓			✓		✓					✓
Slow cooked lamb	✓	✓		✓			✓		✓				MC	✓
Moroccan strudel	✓	✓												✓
Lentil burger	✓	✓		✓					✓	MC			✓	
Courgette & mushroom stroganoff	✓	✓					✓							✓

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# DISHES AND THEIR ALLERGEN CONTENT – The Plough, Rhosmaen –MAINS

DISHES														
Mains	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Sirloin steak	✓	✓		✓			✓		✓					✓
Fillet steak	✓	✓		✓			✓		✓					✓
Steak of the day	✓	✓		✓			✓		✓					✓
Salmon salad					✓				✓			✓		✓
Steak salad				✓			✓		✓					✓
Root vegetable arancini														✓
Omelette		✓		✓			✓		✓					✓
Grilled gammon loin		✓		✓			✓		✓					

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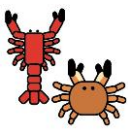
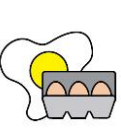
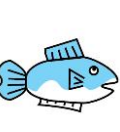


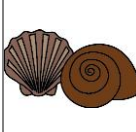






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# DISHES AND THEIR ALLERGEN CONTENT – The Plough, Rhosmaen – Sandwiches & light bites

DISHES														
Sandwiches/ light bites	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Ham ciabatta		✓		✓			✓		✓				MC	✓
Cheese rarebit bun		✓		✓			✓		✓					
Egg sandwich		✓		✓			✓		✓		MC	MC		
Duck wrap		✓		✓			✓		✓					✓
Salmon wrap		✓		✓	✓		✓		✓					
Crumbed belly pork		✓		✓			✓						✓	✓
Chicken croquette		✓		✓					✓	✓				✓
Cauliflower tempura (light bites)		✓		✓					MC				MC	
Sausage roll (light bites)	✓	✓		✓										✓

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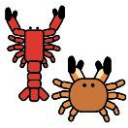
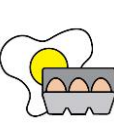
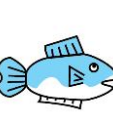
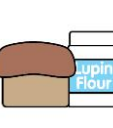



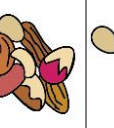

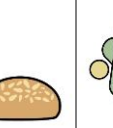
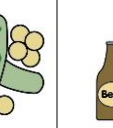

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# DISHES AND THEIR ALLERGEN CONTENT – The Plough, Rhosmaen – Light bites / Brunch

DISHES														
Light bites/brunch	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Charcoal Aubergine		✓												
Fried squid (light bite)		✓		✓				✓					✓	
Root arancini														✓
Eggs benedict		✓		✓			✓		✓			MC	✓	✓
Bacon, sausage, egg bun		✓		✓					✓					✓
Bacon bun		✓							✓					
Sausage bun		✓							✓					✓
Egg, halloumi & guacamole		✓		✓			✓		✓			MC	✓	
Guacamole cheese		✓					MC		✓	MC		MC		


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# DISHES AND THEIR ALLERGEN CONTENT – The Plough, Rhosmaen – Breakfast

DISHES														
Breakfast	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Traditional Welsh		✓		✓			MC	✓					✓	MC
Traditional English		✓		✓			MC						✓	MC
Vegetarian		✓		✓			MC		✓				✓	MC
Vegan		✓					MC						✓	MC
Continental		✓		✓			✓			MC		MC	MC	
Bacon butty		✓					✓						✓	
Sausage Butty		✓					✓						✓	✓
Smoked Haddock		✓		✓	✓		✓						✓	
Eggs on toast		✓		✓			✓						✓	
Beans on toast		✓					✓						✓	
Eggs benedict		✓		✓			✓		✓			MC	✓	✓
Eggs and avocado		✓		✓			✓					MC	✓	

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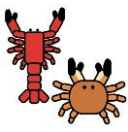
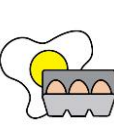
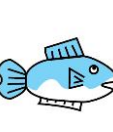
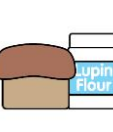



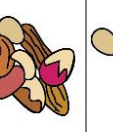

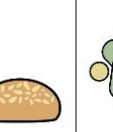
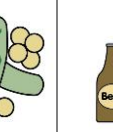

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## DISHES AND THEIR ALLERGEN CONTENT – The Plough, Rhosmaen – Children’s menu

DISHES														
Children’s	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Sausage mash & chips		✓					✓							✓
Lasagne & chips	✓	✓					✓		MC				MC	✓
Tomato cheese pasta	✓	✓					✓		MC				MC	✓
Beef burger & chips		✓		✓			✓					MC	✓	✓
Mini fish & chips		✓			✓		✓						✓	
Nuggets & chips	✓	✓					✓							
Chicken curry & Chips & rice	✓	✓					✓		✓		MC			
Afternoon tea (children’s)	✓	✓		✓			✓		✓	✓		✓	✓	✓


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## DISHES AND THEIR ALLERGEN CONTENT – The Plough, Rhosmaen – Afternoon tea

DISHES														
Afternoon tea	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cream tea		✓		✓			✓						MC	
Welsh cream tea		✓		✓			✓						MC	
Bara brith & Welsh cakes		✓		✓			✓						MC	
Brownie Blueberry		✓		✓			✓							
Scones with jam & cream		✓		✓			✓							
Teacake with butter & jam		✓		✓			✓							
Afternoon tea	✓	✓		✓	✓		✓		✓	✓		✓	✓	✓

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## DISHES AND THEIR ALLERGEN CONTENT – The Plough, Rhosmaen – Desserts

DISHES														
Desserts	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Baked Alaska		✓		✓			✓						✓	
Baileys cheesecake		✓					✓						MC	✓
Crème brulee		✓		✓			✓						MC	
Sticky toffee pudding		✓		✓			✓						MC	
Trio of desserts		✓		✓			✓						MC	
Knickerbocker glory		✓		✓			✓						MC	
Cheese board	✓	✓		MC			✓					MC	MC	

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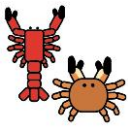

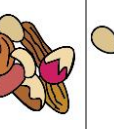
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# DISHES AND THEIR ALLERGEN CONTENT – The Plough, Rhosmaen – Ice cream



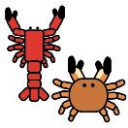
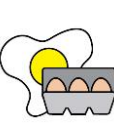
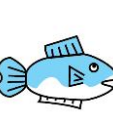
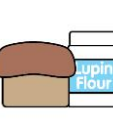




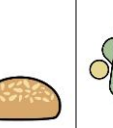
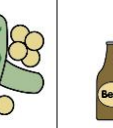

DISHES														
Ice creams	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Vanilla		✓					✓							
Chocolate		✓					✓						✓	
Strawberry		✓					✓							
Raspberry ripple		✓					✓						✓	
Salted caramel		✓					✓							
Mandarin sorbet		✓												
Raspberry sorbet		✓												
Non-dairy ice cream		✓												


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# DISHES AND THEIR ALLERGEN CONTENT – The Plough, Rhosmaen – Sides



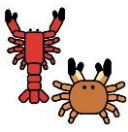
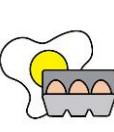
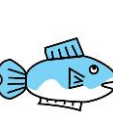
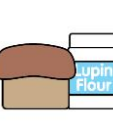



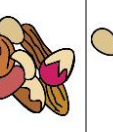

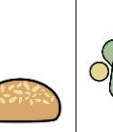
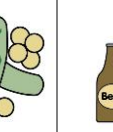

DISHES														
Sides	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Pancakes		✓		✓			✓							
Croissant		✓		✓			✓				MC	MC	MC	
Pain au raisin		✓		✓			✓				MC	MC	MC	
Toast with butter & jam		✓					✓						✓	
Bread & butter		✓					✓						✓	
Sweet potato fries														
Breaded onion rings		✓							MC				MC	
Chips		✓												
GF chips														
Garlic potato							✓		✓					✓
Sauteed potatoes							✓							


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**Please ask a member of the team as some dishes require adjustment to suit dietary requirements.** All items are prepared with care on the premises where allergens are also used.

**MC** - Items manufactured off site may contain traces of allergens  
**C** – Can be suitable for coeliacs with adjustments  
**V** – Can be suitable for vegetarians with adjustments  
**VG** - Can be suitable for vegans with adjustments

## DISHES AND THEIR ALLERGEN CONTENT – The Plough, Rhosmaen – Sunday lunch

DISHES														
Sunday lunch	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Roast turkey	MC	✓		✓			✓		MC				MC	✓
Roast beef	MC	✓		✓			✓		MC				MC	✓
Roast lamb	MC	✓		✓			✓		MC				MC	✓
Roast pig	MC	✓		✓			✓		MC				MC	✓

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**Please ask a member of the team as some dishes require adjustment to suit dietary requirements. All items are prepared with care on the premises where allergens are also used.**



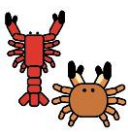
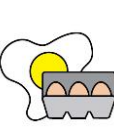
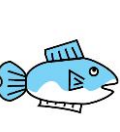









**MC** - Items manufactured off site may contain traces of allergens


**C** – Can be suitable for coeliacs with adjustments

**V** – Can be suitable for vegetarians with adjustments

**VG** - Can be suitable for vegans with adjustments

## DISHES AND THEIR ALLERGEN CONTENT – The Plough, Rhosmaen – Sides

DISHES														
Sides	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Veg with bacon and parmesan				✓			✓							
Saute mushrooms		MC												
Naan bread		✓												
Garlic bread		✓							✓				MC	
Cheesy garlic bread		✓					✓		✓				MC	
Chips with truffle and parmesan		✓		✓			✓							
Halloumi							✓							
Butternut and feta salad		✓					✓		✓					
Charcoaled tender stem broccoli														

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<p><b>Please ask a member of the team as some dishes require adjustment to suit dietary requirements. All items are prepared with care on the premises where allergens are also used.</b></p> <p>MC - Items manufactured off site may contain traces of allergens</p> <p>C – Can be suitable for coeliacs with adjustments</p>					

**V** – Can be suitable for vegetarians with adjustments

**VG** - Can be suitable for vegans with adjustments