

STARTERS / I DDECHRAU

- Soup of the day**£9.00
Freshly baked bread [C][V][VG]
- Perl Wen, leek & red onion tartlet**£9.25
Beetroot salad, balsamic & fig glaze [C][V][VG]
- Pearls of melon**£9.25
Citrus jelly, coconut & pineapple fritter, basil crème fraiche,
orange & Cointreau sorbet [C][V][VG]
- Welsh fishcake**£10.50
Roasted vegetables, Caerphilly cheese, crispy kale, laverbread & leek sauce [C]
- Duck & Cointreau liver parfait**£9.75
Apple & pear chutney, butter glaze, rustic toast [C]
- Freshly baked bread, antipasti olives, sun blushed tomatoes**.....£9.25
Feta cheese, balsamic & olive oil [C][V][VG]
- Homemade Welsh lamb cawl**£12.00
Freshly baked bloomer bread, Welsh cheese, cheese & cumin straw [C]

MAIN COURSE / PRIF GRYSIAU

- “Celtic Pride” homemade beef lasagne**£21.00
Garlic bread, house cut chips [C]
- The Plough fish & chips**£20.50
“Cwrw” beer battered haddock, caramelised lemon,
choice of minted mushy peas or garden peas [C]
- “Celtic Pride” beef burger**.....£21.75
Welsh cheese rarebit, bacon medallion, cucumber relish,
brioche bun, mayonnaise, coleslaw, onion rings, house cut chips [C]
- The Plough homemade chicken curry**.....£21.75
Braised rice, house cut chips, crispy poppadom, tomato,
red onion & chive salsa, naan bread [C]
- Charcoal roasted chicken supreme**.....£22.50
Wild mushroom, shallot & spinach fricassee, creamy garlic potatoes,
tarragon velouté sauce [C]
- Homemade casserole**£20.00
Buttered greens, sautéed potatoes [C] *Please ask
a team member for today's option*
- Vegetable strudel**£21.00
Courgette, spinach & sundried tomatoes, vegan cheese, sauteed potatoes,
pea puree, lemon & mint sauce [V][VG]
- Lentil & spinach burger**£21.00
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

COOKED OVER CHARCOAL

- Welsh sirloin steak 7oz**£27.00
Onion rings - Choice of peppercorn, red wine or bearnaise sauce [C]
- Welsh fillet steak 8oz**£38.00
Onion rings - Choice of peppercorn, red wine or bearnaise sauce [C]
- Butcher's cut of the day**Market Price
Onion rings - Choice of peppercorn, red wine or bearnaise sauce [C] Please
ask a team member for today's option
- Served with buttered vegetables or side salad & a potato option of your
choice.*
- House cut chips, sautéed, boiled, mash, braised rice or mixed salad.*
- Grilled gammon loin**£21.50
Pineapple salsa, fried egg, garden peas, onion rings, house cut chips [C]

Upgrade from house cut chips to sweet potato fries for an additional £1.50

SALADS / SALAD

- Superfood salad**
Quinoa, peas, spring onion, beetroot, lentils, coriander, parsley, mange tout,
pomegranate & pumpkin seeds [C]
Add one of the following to complete your salad:
- Root vegetable arancini**£19.00
Roasted charcoal figs, rosemary & orange aioli [C][VG]
- Star anise & fennel glazed salmon**.....£23.50
Roasted pumpkin, cherry vinaigrette [C]
- Welsh sirloin steak**£26.00
Roasted charcoal figs, truffle bearnaise [C]

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.

OMELETTES / OMLETS

Please choose 3 items to create your omelette

Served with buttered vegetables or side salad & potato option of your choice [C][V]

House cut chips, sautéed, boiled, mash, braised rice or mixed salad

Home cooked ham, cheddar cheese, mushroom, tomato, Feta cheese, spring onion, fresh herbs, or parmesan£17.00

SANDWICHES & WRAPS / BRECHDANAU A WRAPS

All served with crisps or house cut chips

Home cooked ham, Perl Wen glaze, baby gem, redcurrant & onion jam ciabatta [C]£13.50

Toasted Welsh cheese & leek rarebit brioche bun [C][V]£12.75

Seasonal wrap [C]£13.50

Please ask a member of our team for today's options

Root vegetable arancini, rosemary & orange aioli wrap [C][V][VG]£12.75

Poached salmon, citrus crème fraiche, rocket, cucumber relish wrap [C]£13.50

Egg, cress & chive mayonnaise, granary bloomer [C][V]£12.75

LIGHT BITES / BITES YSGAFN

£7.00 each or 3 for £19.00

Chicken, sweetcorn & cheddar croquette - Sriracha & honey mayo

Crumbed belly pork - Smoked parsnip purée, cranberry glaze [C]

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

BBQ hog & apple sausage rolls - Bloody Mary ketchup

Whipped Feta dip - Pumpkin seeds, pomegranate molasses, flat 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]

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]

Children's 2 course - £13.50

SIDE ORDERS / AR Y OCHR

Freshly baked white bloomer bread & Welsh butter£4.50

Sweet potato fries£5.25

Breaded onion rings£5.00

House cut chips “Sglodion Penfro”£5.25

Sauté buttered vegetables, bacon & parmesan£5.25

Sauté mushrooms£4.75

Homemade garlic bread£6.00

Homemade garlic bread with cheese£7.00

House cut chips, truffle oil & parmesan£6.75

Pan fried Halloumi£5.00

Roast butternut squash, iceberg, feta, cherry tomato, mixed seeds & Grand Marnier dressing£7.00

Creamy garlic potatoes, parmesan crust£6.00

Charcoal grilled tenderstem broccoli, carrots, baby gem, rosemary & orange aioli, toasted seeds£6.00

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