

# 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]

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

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

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

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

**Welsh fishcake**

Roasted vegetables, Caerphilly cheese, crispy kale, laverbread & leek sauce [C]

£8.75

## LIGHT BITES / BITES YSGAFN

**Karaage chicken bites**

Korean BBQ sauce

**Pan fried halloumi**

Guacamole, Welsh hot honey [C][V][VG]

**Pea, potato & vinegar croquette**

Tartare sauce [C][V][VG]

**Root vegetable arancini & crispy broccoli**

Rosemary & orange aioli [C][V][VG]

**Apple & cinnamon samosas**

Caramel sauce, vanilla ice cream [V][VG]

**BBQ hog & apple sausage rolls**

Bloody Mary ketchup

**Whipped Feta dip**

Pumpkin seeds, pomegranate molasses, flat bread [C][V]

**Salt & pepper fried squid**

Sriracha mayonnaise

**Antipasti**

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

£6.50

## MAIN COURSE / PRIF GYRSIAU

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

**Roast Pembrokeshire turkey / Twrci \*** £22.95

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

**Roast leg of lamb / Cig oen \*** £22.95

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

**The Plough fish & chips** £20.50

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

**Smashed beef burger** £22.50

4oz sirloin steak, American cheese, caramelised shallots, barbeque sauce, baby gem, coleslaw, onion rings, house cut chips [C]

**Korean BBQ chicken burger** £21.50

Buttermilk chicken, bacon, Korean BBQ sauce, Kimchi, baby gem, coleslaw, onion rings, house cut chips

**“Celtic Pride” homemade beef lasagne** £21.00

House cut chips – Choice of salad, chargrilled courgette or garlic bread [C]

**Fish of the day**

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

**Roast Welsh silver side of beef / Cig eidion\*** £22.95

Served well done, honey roast carrots, roast potatoes, Yorkshire pudding, gravy [C]

*Welsh Sirloin medium rare supplement £1.50*

**Sweet potato, cumin & wild garlic strudel** £21.00

Kale, red onion & smoked cheese, sautéed potatoes, butternut squash puree, tarragon sauce, [V][VG]

**Lentil & spinach burger** £21.00

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

**Roasted vegetable arancini salad & crispy broccoli florets** £19.00

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** £23.50

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

**Welsh sirloin steak salad** £27.00

Quinoa, peas, beetroot, pomegranate, carrot, green lentil, mange tout & pumpkin seeds. Roasted charcoal figs, truffle bearnaisé [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]	£13.50	<b>Seasonal wrap [C]</b> <i>Please ask a member of our team for today's options</i>	£13.50
<b>Toasted Welsh cheese &amp; leek rarebit,</b> brioche bun [C][V]	£12.75	<b>Poached salmon,</b> citrus crème fraiche, rocket, cucumber relish wrap [C]	£13.50
<b>Root vegetable arancini, crispy broccoli florets</b> rosemary & orange aioli wrap [C][V][VG]	£12.75	<b>Egg, cress &amp; chive mayonnaise,</b> granary bloomer [C][V]	£12.75
		<b>Fish finger, baby gem, granary sandwich</b> Tartare sauce or tomato ketchup[C][V]	£13.50

## CHILDREN'S MENU / BWYDLEN PLANT

**Children's starter** - £4.95 (please choose from the starters section)

<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 or pasta bolognaise</b> Garlic bread [C][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	
<b>Chicken curry</b> Rice & house cut chips [C]		<b>Beef burger</b> Mayonnaise & house cut chips [C]	

**Children's 2 course (Main & Dessert)** - Children 3-7 - £12.50 / Children 8-12 - £14.50

## DESSERT MENU / PWDIN

<b>Baked Alaska</b> Jaffa cake ice cream, blueberry compote, chocolate sponge, peach & passionfruit sauce	£8.50	<b>Chocolate &amp; cherry brownie</b> Mango, pineapple & rum tart, chocolate sauce, vanilla ice cream [C][V]	£8.75
<b>White chocolate &amp; raspberry cheesecake</b> Crème anglaise, rhubarb & custard ice cream [C][V][VG]	£8.50	<b>Summer fruit pavlova</b> Blueberry compote, honey mascarpone cheese, fresh berries, vanilla ice cream [C][V]	£8.50
<b>Sticky toffee pudding</b> Toffee sauce, caramelised banana, vanilla ice cream [C][V][VG]	£8.50	<b>Tropical knickerbocker glory</b> Mango, pineapple, vanilla sponge, passionfruit sauce, coconut & malibu ice cream, whipped cream, coconut flakes [C]	£8.50
<b>Dessert of the day / Pwdin y dydd</b> Please ask a member of the team for today's option	£8.50		
<b>Mario's &amp; Mary's Farmhouse ice cream</b> Vanilla, Chocolate, Strawberry, Jaffa cake, Coconut & malibu, Rhubarb & custard, 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> 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 - £5.20</i>	£12.50

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

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