

STARTERS / I DDECHRAU

- Soup of the day
- Freshly baked bread [C][V][VG] £7.00
- Broccoli & Perl Las tartlet
- Caramelised red onion compote, fig balsamic dressing [V][VG] £7.95
- Pearls of melon
- Cointreau jelly, coconut & pineapple fritter, basil crème fraiche, mandarin sorbet [C][V][VG] £7.75
- Smoked salmon, cod & spinach fishcake
- Poached egg, limoncello hollandaise, mixed leaves [C] £9.50
- Chicken & Cointreau liver parfait
- Bara brith & orange chutney, butter glaze, raisin bread [C] £8.00
- Freshly baked bread, antipasti olives, sun blushed tomatoes
- Feta cheese, balsamic & olive oil [C][V][VG] £7.50
- Homemade Welsh lamb cawl
- Freshly baked bloomer bread, Welsh cheese, cheese & cumin straw [C] £9.00
- Pan seared scallops
- Root vegetable cake, creamy kale, spiced vanilla cream sauce [C] £11.95

MAIN COURSE / PRIF GYRSIAU

- “Celtic Pride” homemade beef lasagne
- Garlic bread, house cut chips [C] £17.95
- The Plough fish & chips
- “Towy Valley” beer battered haddock, caramelised lemon, choice of minted mushy peas or garden peas [C] £17.75
- “Celtic Pride” beef burger
- Welsh cheese rarebit, bacon medallion, cucumber relish, brioche bun, mayonnaise, coleslaw, onion rings, house cut chips [C] £18.50
- The Plough homemade chicken curry
- Braised rice, house cut chips, crispy poppadom, naan bread [C] £18.50
- Citrus & herb crusted salmon
- Cauliflower, broad bean & pea couscous, honey roast carrots, sauteed potatoes, vanilla & sage cream sauce [C] £21.50
- Roast Gressingham duck breast
- Braised red cabbage, dauphinoise potatoes, honey roast carrots, Grand Marnier & orange sauce [C] £24.00
- Roast chicken supreme
- Mushrooms, shallots, sauteed potatoes, tomato, white wine & tarragon sauce [C] £19.50
- Slow cooked Welsh lamb
- Welsh rarebit, Parma ham, braised red cabbage, honey roast parsnips & carrots, dauphinoise potatoes, minted jus [C] £24.50
- Winter spiced roast butternut squash, cashew & apricot risotto
- Quinoa & smoked cheese croquette [V][VG] £16.95
- Lentil & spinach burger
- Carrot, thyme & orange rarebit, guacamole, baby gem lettuce, coleslaw, onion rings, house cut chips [C][V][VG] £17.50
- Courgette & mushroom stroganoff
- Braised rice, buttered greens, sauteed potatoes [C][V] £15.50

STEAK / STEC

- Welsh sirloin steak 10oz
 - Onion rings
 - Choice of peppercorn, red wine or bearnaise sauce [C] £30.95
 - Welsh fillet steak 9oz
 - Onion rings
 - Choice of peppercorn, red wine or bearnaise sauce [C] £33.95
- Served with buttered vegetables or side salad & a potato option of your choice

Upgrade from house cut chips to sweet potato fries for an additional £1.00

SALADS / SALAD

- Superfood salad
 - Quinoa, peas, spring onion, coriander, parsley, mange tout, pomegranate & pumpkin seeds [C]
 - Add one of the following to complete your salad:
 - Leek & corriander falafels, yellow chilli & ginger dressing [C][VG] £16.25
 - Orange & rosemary glazed salmon, Grand Marnier & seeded mustard dressing [C] £19.50
 - Welsh sirloin steak, roast butternut squash, bearnaise dressing[C] £20.95
- OMELETTES / OMLETS
- Please choose 3 items to create your omelette
- Home cooked ham, cheddar cheese, mushroom, tomato, Feta cheese, spring onion, fresh herbs, smoked pancetta or Gruyere
 - Served with buttered vegetables or side salad & a potato option of your choice [C][V] £13.50

SANDWICHES & WRAPS / BRECHDANAU A WRAPS

- All served with crisps or house cut chips
- Home cooked ham, onion jam, melted parmesan, rocket, mustard glaze ciabatta [C] £10.50
- Toasted Welsh cheese & leek rarebit, brioche bun [C][V] £9.75
- Egg, cress & chive mayonnaise, granary bloomer [C] £9.50
- Turkey club wrap [C] £10.50
- Poached salmon, citrus crème fraiche, rocket, cucumber relish wrap [C] £10.50

LIGHT BITES / BITES YSGAFN

- £6.00 each or 3 for £15.00
- Homemade mini scotch eggs
- Piccalilli
- Trio of nuts
- Chilli crackers, satay broad beans, smoked applewood nuts [C][V][VG]
- Tempura battered cauliflower florets
- Truffle mayonnaise [V][VG]
- BBQ hog & apple sausage rolls
- Bloody Mary ketchup
- Hummus, pomegranate & mixed seeds
- Flat bread, coriander pesto [C][V][VG]
- Salt & pepper fried squid
- Chilli mayonnaise
- Corriander & chickpea falafel
- Mango chutney [C][V][VG]

SIDE ORDERS / AR YR OCHR

- Freshly baked white bloomer bread & Welsh butter £3.50
- Sweet potato fries £4.50
- Breaded onion rings £4.50
- House cut chips “Sglodion Penfro” £4.00
- Sauté buttered vegetables, bacon & parmesan £4.00
- Sauté mushrooms £4.00
- Naan bread £2.00
- Homemade garlic bread £4.50
- Homemade garlic bread with cheese £5.75
- House cut chips, truffle oil & parmesan £5.50
- Pan fried Halloumi £3.00
- Roast butternut squash, iceberg, feta, cherry tomato, mixed seeds & Grand Marnier dressing £5.50

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 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.