

Sunday Lunch / Cinio Dydd Sul

Starters / I Ddechrau

Soup of the day

Freshly baked bread [C][V][VG]

Broccoli & Perl Las tartlet

Caramelised red onion compote, fig balsamic dressing [V][VG]

Freshly baked bread, marinated olives,
sun blushed tomatoes

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

Chicken & Cointreau liver parfait

Bara brith & orange chutney, butter glaze, raisin bread [C]

Smoked salmon, cod & spinach fishcake

Poached egg, limoncello hollandaise, mixed leaves [C]

Homemade Welsh lamb cawl

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

Pearls of melon

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

£7.00

Main course / Prif Gyrsiau

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

Roast Pembrokeshire turkey / Twrci *

Homemade stuffing, honey roast parsnips & carrots,
roast potatoes, Yorkshire pudding, pan jus [C]

£18.95

Roast leg of lamb / Cig oen *

Homemade stuffing, honey roast parsnips & carrots,
roast potatoes, Yorkshire pudding, minted pan jus [C]

£18.95

Fish of the day

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

"Celtic Pride" beef burger

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

£18.50

Winter spiced roast butternut squash,
cashew & apricot risotto

Quinoa & smoked cheese croquette [V][VG]

£16.95

Roast beef / Cig eidion *

Medium rare or well done, honey roast parsnips & carrots, roast
potatoes, Yorkshire pudding, pan jus [C]

£18.95

The Plough fish & chips

"Towy Valley" beer battered haddock, caramelised lemon,
choice of minted mushy peas or garden peas [C]

£17.75

"Celtic Pride" homemade beef lasagne

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

£17.95

Courgette & mushroom stroganoff

Braised rice, buttered greens, sauteed potatoes [C][V]

£15.50

Lentil & spinach burger

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

£17.50

Superfood salad

Quinoa, peas, spring onion, coriander, parsley, mange tout & pumpkin seeds [C]

Add one of the following to complete your salad:

Orange & rosemary glazed salmon, Grand Marnier & seeded mustard dressing

£19.50

Leek & coriander falafels,

yellow chilli & ginger dressing [C][VG]

£16.25

Welsh sirloin steak, roast butternut squash,

bearnaise dressing [C]

£20.95

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, mayonnaise, granary bloomer [C]

£9.50

Turkey club wrap [C]

£10.50

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

£10.50

Children's Menu / Bwydlen Plant

Roast beef / Cig eidion *

Medium rare or well done, honey roast parsnips & carrots, roast potatoes, Yorkshire pudding, pan jus [C]

Roast leg of lamb / Cig oen *

Homemade stuffing, honey roast parsnips & carrots, roast potatoes, Yorkshire pudding, minted pan jus [C]

Tomato & cheese pasta

Garlic bread [V]

Battered mini fish

House cut chips [C]

Roast Pembrokeshire turkey / Twrci *

Homemade stuffing, honey roast parsnips & carrots, roast potatoes, Yorkshire pudding, pan jus [C]

"Celtic Pride" homemade beef lasagne

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

"Celtic Pride" sausages

Mash or house cut chips & gravy [C]

Chicken nuggets

House cut chips

Child's starter - £4.00 / Child's main 0-7 - £8.00 / Child's main 8-12 - £11.00 / Child's Dessert - £4.00

Dessert Menu / Pwdin

Baked Alaska

Vanilla ice cream, fruits of the forest compote, peach & vanilla sauce [C]

Recommended pairing with PALAZZINA MOSCATO 2014 (ITALY) 125ml £7.50

Or recommended pairing with PROSECCO 175ml £7.25

Rum & raisin cheesecake

Honeycomb, biscotti sauce, vanilla ice cream [VG]

Recommended pairing with PROSECCO 175ml £7.25

Welsh blackberry liqueur crème brulee

Almond frangipane tartlet [VG]

Recommended pairing with PALAZZINA MOSCATO 2014 (ITALY) 125ml £7.50

Burnt orange sticky toffee pudding

Toffee sauce, caramelised banana, vanilla ice cream [C][VG]

Recommended pairing with CHATEAU LAUVIGNAC SAUTERNES 2014 (FRANCE) 125ml £7.50

Trio of desserts

Banoffee profiterole, chocolate brownie, vanilla ice cream [C]

Recommended pairing with CHATEAU LAUVIGNAC SAUTERNES 2014 (FRANCE) 125ml £7.50

Or recommended pairing with PROSECCO 175ml £7.25

Black forest knickerbocker glory

Cherries, chocolate brownie, vanilla ice cream, chocolate sauce [C]

Dessert of the day/ Pwdin y Dydd

Please ask a member of the team for today's option

Recommended pairing with PROSECCO 175ml £7.25

£7.25

Choice of Mario's Carmarthenshire ice cream

Fresh cream vanilla, chocolate, strawberry, supermix, espresso martini,

mandarin or raspberry sorbet, non-dairy ice cream [C][VG]

Choice of sauce - butterscotch, chocolate, raspberry or mango

3 SCOOP - £7.25 / 2 SCOOP - £6.25

Local cheese board/ Caws lleol

Perl las, Perl wen, Caws cerwyn, Teifi laverbread, apple & pear chutney, celery, grapes, crackers & biscuits [C]

£10.50

Recommended pairing with TAYLORS LBV PORT 2012 (PORTUGAL) 50ml £4.50

Tea, coffee & mint / Te, Coffi a mins

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.