

STARTERS / I DDECHRAU

Soup of the day	£7.95
Freshly baked bread [C][V][VG]	
Perl Wen & leek tartlet	£8.95
Pickled red onion, apple cider & red wine glaze [V]	
Pearls of melon	£8.75
Citrus jelly, coconut & pineapple fritter, basil crème fraiche, orange & Cointreau sorbet [C][V][VG]	
Smoked salmon & cod fishcake	£10.50
Crispy cauliflower, spinach, Welsh rarebit & leek cheese sauce [C]	
Duck & Cointreau liver parfait	£9.50
Apple & pear chutney, butter glaze, rustic toast [C]	
Freshly baked bread, antipasti olives, sun blushed tomatoes...	£8.75
Feta cheese, balsamic & olive oil [C][V][VG]	
Homemade Welsh lamb cawl	£10.95
Freshly baked bloomer bread, Welsh cheese, cheese & cumin straw [C]	

MAIN COURSE / PRIF GYRSIAU

“Celtic Pride” homemade beef lasagne	£19.50
Garlic bread, house cut chips [C]	
The Plough fish & chips	£19.25
“Cwrw” beer battered haddock, caramelised lemon, choice of minted mushy peas or garden peas [C]	
“Celtic Pride” beef burger	£19.50
Welsh cheese rarebit, bacon medallion, cucumber relish, brioche bun, mayonnaise, coleslaw, onion rings, house cut chips [C]	
The Plough homemade chicken curry	£19.50
Braised rice, house cut chips, crispy poppadom, naan bread [C]	
Roast chicken supreme	£20.95
Sauteed courgette, red onion, Dijon mustard, honey & parsley cream sauce, garlic potatoes [C]	
Homemade casserole	£18.95
Buttered greens, sautéed potatoes [C]	
<i>Please ask a team member for today's option</i>	
Beetroot, pear, courgette & mozzarella strudel	£18.95
Lyonnais potatoes, sundried tomato & pesto cream sauce [V][VG]	
Lentil & spinach burger	£18.95
Carrot, thyme & orange rarebit, guacamole, baby gem lettuce, coleslaw, onion rings, house cut chips [C][V][VG]	
<i>Please ask a member of the team for our daily specials board.</i>	

STEAK / STEC

Welsh sirloin steak 10oz	£32.95
Onion rings - Choice of peppercorn, red wine or bearnaise sauce [C]	
Welsh sirloin steak 7oz	£24.95
Onion rings - Choice of peppercorn, red wine or bearnaise sauce [C]	
Welsh fillet steak 8oz	£35.95
Onion rings - Choice of peppercorn, red wine or bearnaise sauce [C]	
<i>Served with buttered vegetables or side salad & a potato option of your choice.</i>	
<i>House cut chips, sautéed, boiled, mash, braised rice or mixed salad.</i>	
Grilled gammon loin	£19.95
Pineapple salsa, fried egg, garden peas, onion rings, house cut chips [C]	
<i>Upgrade from house cut chips to sweet potato fries for an additional £1.00</i>	

SALADS / SALAD

Superfood salad	
Quinoa, peas, spring onion, beetroot, lentils, coriander, parsley, mange tout, pomegranate & pumpkin seeds [C]	
<i>Add one of the following to complete your salad:</i>	
Leek & coriander falafels	£17.50
Yellow chilli & ginger dressing [C][VG]	
Orange & rosemary glazed salmon	£22.50
Grand Marnier & seeded mustard dressing [C]	
Welsh sirloin steak	£23.95
Roast butternut squash, bearnaise dressing [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, smoked pancetta or parmesan.....£15.50

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]£12.50

Toasted Welsh cheese & leek rarebit brioche bun [C][V]£11.75

Seasonal wrap [C]£12.50

Please ask a member of our team fo todays options

Falafel, Feta, beetroot glaze wrap [C][V][VG].....£11.50

Poached salmon, citrus crème fraiche, rocket, cucumber, relish wrap [C]£12.50

Egg, cress & chive mayonnaise, granary bloomer [C][V]£12.50

LIGHT BITES / BITES YSGAFN

£6.95 each or 3 for £19.00

Homemade mini scotch eggs - Piccalilli

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

BBQ hog & apple sausage rolls - Bloody Mary ketchup

Moroccan beetroot dip - Crumbed Feta, pesto, mixed seeds, flatbread [C][V][VG]

Salt & pepper fried squid - Chilli mayonnaise

Coriander & chickpea falafel - Mango chutney [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]

Black forest knickerbocker glory - Cherries, chocolate brownie, vanilla ice cream, chocolate sauce [C]

Children’s 2 course - £11.95

SIDE ORDERS / AR YR OCHR

Freshly baked white bloomer bread & Welsh butter£4.25

Sweet potato fries£4.95

Breaded onion rings£4.95

House cut chips “Sglodion Penfro”£4.95

Sauté buttered vegetables, bacon & parmesan£4.95

Sauté mushrooms£4.50

Homemade garlic bread£5.50

Homemade garlic bread with cheese£6.50

House cut chips, truffle oil & parmesan£6.50

Pan fried Halloumi£4.50

Roast butternut squash, Iceberg, Feta, cherry tomato, mixed seeds & Grand Marnier dressing£5.95

Garlic potatoes, parmesan crust£5.50

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