PIZZA / PITSA

PEPPERONI **£16.50**
Pepperoni, creamy mozzarella cheese, sun blushed tomatoes, sweet mini red peppers [C]

HAM & PINEAPPLE **£16.50**
Homecooked ham, fresh pineapple, creamy mozzarella cheese, sun blushed tomatoes [C]

GARDEN VEGETABLE & BURRATA **£16.50**
Roasted aubergine, courgette, sun blushed tomatoes, sweet mini red peppers, creamy Burrata [C][V][VG]

MARGHERITA **£13.50**
Sun blushed tomatoes, creamy mozzarella cheese [C][V][VG]

SIDE ORDERS / AR Y OCHR

Freshly baked white bloomer bread & Welsh butter [C][V][VG] **£4.75**
Homemade garlic bread [C][V][VG] **£6.25**
Homemade garlic bread with cheese [C][V][VG] **£7.50**
House cut chips "Sglodion Penfro" [C][V][VG] **£5.50**
Sweet potato fries [C][V][VG] **£5.50**
House cut chips, truffle oil & parmesan [C][V][VG] **£7.00**
Creamy mash [C][V][VG] **£5.00**
Leek, potato & pancetta gratin [C][V] **£7.00**
Pan fried halloumi [C][V] **£5.50**
Breaded onion rings [C][V][VG] **£5.50**
Sautéed mushrooms [C][V][VG] **£5.00**
Charcoal grilled courgette & shallots, Welsh hot honey [C][V][VG] **£6.00**
Charcoal grilled tenderstem broccoli, carrots, baby gem, rosemary & orange aioli, toasted seeds [C][V][VG] **£6.50**
Roast butternut squash, lettuce, feta, cherry tomato, quinoa, lentils, mixed seeds & Grand Marnier dressing [C][V][VG] **£7.50**
Sweetcorn fritters, rocket, guacamole, pickled red onion, green chilli dressing [C][V][VG] **£7.50**

WELSH AFTERNOON TEA £29.00
(available between 3.00pm – 5.30pm)

SELECTION OF FINGER SANDWICHES & WRAPS
Ham, Perl wen glaze & onion jam white sandwich,
Egg & cress wholemeal sandwich, Seasonal wrap,
Poached salmon, citrus crème fraiche, cucumber relish wrap
Cockle & laverbread fritter, BBQ pulled pork sausage roll, Seasonal tartlet,

Selection of homemade cakes & desserts, homemade plain & fruit scone,
Homemade fruit compote & clotted cream
Served with a pot of tea or coffee for one [C][V][VG]
Add a glass of Prosecco to your afternoon tea for an extra £8.50

CHILDREN'S AFTERNOON TEA £17.00
(available between 3.00pm – 5.30pm)

SELECTION OF FINGER SANDWICHES & WRAPS
Fish finger & tomato ketchup sandwich,
Jam sandwich, Egg & cress wholemeal sandwich
Chocolate brownie, Oreo cheesecake, Marshmallow rice crispy,
Plain scone, clotted cream, homemade fruit compote

One of the following drinks:
Chocolate / strawberry milkshake, Orange / blackcurrant fruit shoot,
Babyccino, hot chocolate, orange / apple juice, or pepsi / lemonade
[C][V][VG]

All afternoon teas are to be pre ordered and served between 3pm – 5.30pm. ***A deposit of £10 per guest is required on booking.*** *On occasion afternoon teas can be ordered on the day if not pre-booked. Please ask a team member.*

CAKES / CACEN
(available until 5.30pm)

CREAM TEA **£11.50**
Homemade fruit & plain scones, clotted cream, homemade fruit compote & a pot of tea for one [C][V][VG]

WELSH CREAM TEA **£12.00**
Homemade plain scone, Bara brith & Welsh cake, clotted cream, homemade fruit compote & a pot of tea for one [C][V]

BARA BRITH & WELSH CAKES **£6.00**
Welsh butter

HOMEMADE FRUIT & PLAIN SCONES **£7.50**
Clotted cream & fruit compote [C]

TOASTED HOT CROSS BUNS **£5.50**
Welsh butter & jam

CAKE OF THE DAY **£4.50**

CHOCOLATE BROWNIE **£4.50**

CHOCOLATE CHIP COOKIE **£3.50**

MILLIONAIRE SHORTBREAD **£3.50**

PORTUGUESE TART **£2.25**

THE PLOUGH
LUNCH & DINNER

STARTERS / I DDECHRAU

SOUP OF THE DAY **£9.00**
Freshly baked bread [C][V][VG]

HAFOD CHEESE, PICKLED SHALLOTS & WILD MUSHROOM TARTLET **£9.50**
Romesco sauce [C][V][VG]

HOUSE SMOKED HADDOCK FISHCAKE **£10.50**
Chargrilled leek, caper & white wine sauce [C]

FRESHLY BAKED BREAD, ANTIPASTI OLIVES, SUN BLUSHED TOMATOES **£8.75**
Feta cheese, balsamic & olive oil [C][V][VG]

HOMEMADE WELSH LAMB CAWL **£12.50**
Freshly baked bloomer bread, Welsh cheese, cheese & cumin straw [C]

MAIN COURSE / PRIF GRYSIAU

"CELTIC PRIDE" HOMEMADE BEEF LASAGNE **£21.50**
House cut chips – Choice of salad, chargrilled courgette or garlic bread [C]

THE PLOUGH FISH & CHIPS **£20.75**
Beer battered fish, caramelised lemon, minted mushy peas or garden peas [C]

THE PLOUGH HOMEMADE CHICKEN & ROAST VEGETABLE CURRY **£22.00**
Braised rice, house cut chips, crispy poppadom, naan bread, minted yoghurt, coriander pesto [C]

CHARCOAL ROASTED CHICKEN SUPREME **£23.00**
Wild mushroom, shallot & spinach fricassée, chicken bon bon, tenderstem broccoli, leek, potato & pancetta gratin, tarragon velouté sauce [C]

CHESTNUT, LEEK & KALE STRUDEL **£21.25**
Pearl barley, vegan cheese, celeriac & garlic purée, sauté potatoes, seasonal vegetables, thyme & shallot sauce [V][VG]

Please ask a member of the team for our daily specials board

CHARCOAL OVEN - *Cooked over charcoal embers, flavour at its finest*
BURGERS & STEAKS / BYRGYRS A STECIAU

SMASHED BEEF BURGER **£23.00**
4oz sirloin steak, truffle rarebit, caramelised shallots, aioli, baby gem, coleslaw, onion rings, house cut chips [C]

LAMB & MINT BURGER **£21.75**
Whipped feta, red onion, baby gem, onion rings, house cut chips [C]

BUTTERMILK CHICKEN BURGER **£21.75**
Bacon, chilli jam, tomato, gherkins, baby gem, onion rings, house cut chips

LENTIL & SPINACH BURGER **£21.50**
Carrot, thyme & orange rarebit, guacamole, baby gem, onion rings, house cut chips [C]

All burgers served with:
Choice of coleslaw, salad, relish or plain

WELSH SIRLOIN STEAK 8OZ **£32.00**
Onion rings [C]

WELSH FILLET STEAK 8OZ **£39.00**
Onion rings [C]

All steaks served with:
Choice of mushrooms, buttered vegetables or side salad
Choice of house cut chips, sautéed, boiled, mash, braised rice or mixed salad
Choice of peppercorn, red wine, Béarnaise, blue cheese sauce or smoked garlic & herb butter

GRILLED GAMMON LOIN **£22.00**
Pineapple salsa, fried egg, garden peas or salad, 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 & CRISPY BROCCOLI FLORETS **£20.00**
Roasted charcoal figs, rosemary & orange aioli [C][V][VG]

STAR ANISE & FENNEL GLAZED SALMON **£24.00**
Roasted pumpkin, maple & soy glaze [C]

WELSH SIRLOIN STEAK ..... **4OZ £24.00 / 8OZ £28.00**
Roasted charcoal figs, truffle béarnaise [C]

The Plough Rhosmaen
Llandeilo, Carmarthenshire, South Wales, UK, SA19 6NP
Tel. 01558 823 431 Email. info@ploughrhosmaen.com
www.ploughrhosmaen.com

OMELETTES / OMLETS

HOMECOOKED HAM, CHEDDAR CHEESE, GARLIC & HERB CHICKEN, SMOKED SALMON, MUSHROOM, TOMATO, FETA CHEESE, SPRING ONION, FRESH HERBS OR PARMESAN **£17.50**

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

SANDWICHES & WRAPS / BRECHDANAU A WRAPS

All served with coleslaw, relish or plain & crisps or house cut chips

HOMECOOKED HAM **£14.00**
Perl wen glaze, baby gem, redcurrant & onion jam ciabatta [C]

TOASTED WELSH CHEESE & LEEK RAREBIT **£13.50**
Brioche bun [C][V]

SEASONAL WRAP **£14.00**
Please ask a member of our team for today's options [C]

ROOT VEGETABLE ARANCINI **£13.50**
Crispy broccoli florets, rosemary & orange aioli wrap [C][V][VG]

POACHED SALMON **£14.00**
Citrus crème fraiche, lettuce, cucumber relish wrap [C]

EGG, CRESS & CHIVE MAYONNAISE **£13.50**
Granary bloomer [C][V]

FISH FINGER, BABY GEM, GRANARY SANDWICH **£14.25**
Tartare sauce or tomato ketchup [C]

PAN FRIED HALLOUMI & ROCKET BAGEL **£13.50**
Butternut squash, chili jam [V][VG]

SMOKED SALMON, DILL & CREAM CHEESE BAGEL **£14.50**
Beetroot, rocket

LIGHT BITES / BITES YSGAFN

£7.75 EACH OR 3 FOR £21.00

KARAAGE CHICKEN BITES
BBQ sauce

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

SHAKSHUKA
Poached egg, spicy tomato sauce, chickpeas, yoghurt, olive sourdough

ROOT VEGETABLE ARANCINI & CRISPY BROCCOLI
Rosemary & orange aioli [C][V][VG]

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

PEA, POTATO & VINEGAR CROQUETTE
Tartare sauce [C][V][VG]

PAN FRIED HALLOUMI
Guacamole, Welsh hot honey [C][V]

CHILDREN'S MENU / BWYDLEN PLANT
(Children up to 12 years old)

CHILDREN'S 2 COURSE £14.00

"CELTIC PRIDE" SAUSAGE
Mash or house cut chips & gravy [C]

HOMEMADE LASAGNE
Garlic bread & house cut chips [C]

TOMATO & CHEESE PASTA OR PASTA BOLOGNESE
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]

WELSH SIRLOIN STEAK 4OZ
Onion rings, house cut chips, choice of sauce [C] ***£4.50 upgrade***

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
Vanilla ice cream, chocolate sauce [C][V]

STRAWBERRY & VANILLA KNICKERBOCKER GLORY
Raspberry sauce [C][V][VG]

STICKY TOFFEE PUDDING
Toffee sauce, caramelised banana, vanilla ice cream [C][V][VG]

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.