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 silverside 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 bearnaisè [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

Home cooked ham
Perl Wen glaze, baby gem,
redcurrant & onion jam ciabatta [C] £13.50

Toasted Welsh cheese & leek rarebit,
brioche bun [C][V] £12.75

Root vegetable arancini, crispy broccoli florets
rosemary & orange aioli wrap [C][V][VG] £12.75

Seasonal wrap [C] £13.50
Please ask a member of our team for today's options

Poached salmon, citrus crème fraiche, rocket,
cucumber relish wrap [C] £13.50

Egg, cress & chive mayonnaise,
granary bloomer [C][V] £12.75

Fish finger, baby gem, granary sandwich
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)

Roast beef / Cig Eidion *
Served well done, honey roast carrots,
roast potatoes, Yorkshire pudding, gravy [C]

Roast leg of lamb / Cig Oen *
Homemade stuffing, honey roast carrots,
roast potatoes, gravy [C]

Tomato & cheese pasta or pasta bolognaise
Garlic bread [C][V]

Battered mini fish
House cut chips [C]

Chicken curry
Rice & house cut chips [C]

Roast Pembrokeshire turkey / Twrci *
Homemade stuffing, honey roast carrots,
roast potatoes, gravy [C]

"Celtic Pride" homemade beef lasagne
Garlic bread, house cut chips, dressed leaves [C]

"Celtic Pride" sausages
Mash potatoes or house cut chips, gravy [C]

Chicken nuggets
House cut chips

Beef burger
Mayonnaise & house cut chips [C]

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

DESSERT MENU / PWDIN

Baked Alaska £8.50
Jaffa cake ice cream, blueberry compote,
chocolate sponge, peach & passionfruit sauce

White chocolate & raspberry cheesecake £8.50
Crème anglaise, rhubarb & custard ice cream
[C][V][VG]

Sticky toffee pudding £8.50
Toffee sauce, caramelised banana,
vanilla ice cream [C][V][VG]

Dessert of the day / Pwdin y dydd £8.50
Please ask a member of the team for today's option

Chocolate & cherry brownie £8.75
Mango, pineapple & rum tart, chocolate sauce,
vanilla ice cream [C][V]

Summer fruit pavlova £8.50
Blueberry compote, honey mascarpone cheese,
fresh berries, vanilla ice cream [C][V]

Tropical knickerbocker glory £8.50
Mango, pineapple, vanilla sponge, passionfruit sauce,
coconut & malibu ice cream, whipped cream,
coconut flakes [C]

Mario's & Mary's Farmhouse ice cream
Vanilla, Chocolate, Strawberry, Jaffa cake,
Coconut & malibu, Rhubarb & custard,
Orange & Cointreau or Raspberry sorbet,
Vegan vanilla [C][V][VG]
Choice of sauce – Butterscotch, chocolate,
raspberry or mango
3 scoop - £8.25 / 2 scoop - £6.95 / 1 scoop - £3.50

Local cheese board / Caws lleol £12.50
Mature Cerwyn, Hebenw goats cheese, Perl Las,
Perl Wen, apple & pear chutney, celery, grapes,
crackers & biscuits [C][V]

Recommended pairing with Taylors LBV port 2012
(Portugal) 50ml - £5.20

TEA, COFFEE, MINTS / TE, COFFI, MINS

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