

THE
PLOUGH INN
BAR-KITCHEN-GARDEN

SUNDAY LUNCH 21ST AUGUST

Starters

- Something Soup (GF) - Warm Seeded Roll £7.95
Beef Tomato & Buffalo Mozzarella (V) - Wild Garlic Pesto, Balsamic Glaze £8.95
Deep Fried Squid (GF) - Aioli & Chive Sauce, Salad £8.95
Duck & Orange Parfait (GF) - Pickled Silver Skin Onion, Gherkins, Fruit Chutney,
Toasted Sourdough £8.95 (GF add 50p)
Deep fried King Prawns - with Crispy Shallots, Salt & Pepper & Garlic, with a Ginger & Honey Glaze £8.95

Mains

- Roast Sussex Beef - Beef Dripping Roast Potatoes, Yorkshire Pudding, Veg & Gravy £18.95
Roast Free Range Chicken - Sage & Onion Stuffing, Beef Dripping Roast Potatoes,
Yorkshire pudding, Veg & Gravy £16.95
Nut Roast (VG) - Pistachio, Chestnuts & Cranberries, Yorkshire Pudding,
Roast Potatoes, Veg & Gravy £15.95 (V)
Char-grilled Lamb Rump Steak - Port, Rosemary & Redcurrant Sauce, Dauphinoise Potatoes, Veg £23.95
Seared Duck Breast (GF) - Marinated in 5 Spice with a Port & Plum Sauce, Chorizo Boulanger Potatoes,
Greens & Hazelnuts £19.95
Steak, Mushroom & Guinness Pie - Short crust Suet Pastry, Creamy Mash, Veg £16.50
Braised Diced Pork Loin - with Soy, Ginger, Garlic & Star Anis, Steamed Rice & Pak Choi £14.95
Chicken Katsu - Free Range Chicken Breast in Crispy Panko Breadcrumbs,
Aromatic Curry Sauce, Steamed Rice with Crispy Shallots & Salad £14.95
Pan Fried Sea bass Fillets - Wild Garlic Pesto, Balsamic Glaze, New Potatoes & Asparagus £18.95
Harvey's Beer Battered Cod - Chips, Peas, Tartar Sauce £15.50
Dorset Crab Salad - with New Potatoes, Grapefruit, Lemongrass & Ginger Vinaigrette & Croutons £16.95
Pearl Barley Risotto (GF / VG) - White Truffle, Peas, Asparagus, Rocket & Vegan Parmesan Shavings £14.95
Roasted Beetroot & Halloumi Salad (VG) - with cous cous, Herb New Potatoes, Olives, Apricots,
Pomegranate, Greens, , Balsamic Glaze £12.95 (Add Chicken £14.95)

Puddings

- Lemon Sponge Cake (VG) - with Ice Cream (VG) £7.95
Belgium Waffle - Maple Syrup, Salted Caramel Ice Cream £7.50
Sticky Toffee Pudding - with Vanilla Ice Cream & Toffee Sauce £7.50
Apple & Cranberry Crumble - with Custard £7.50
Ice Cream - 3 Scoops of Ice Cream & Wafer £6.95
Chocolate Chip - Salted Caramel - Vanilla - Strawberry
Vegan Ice Cream - 3 Scoops of Ice Cream & Wafer £6.95
Salted Caramel - Strawberry - Vanilla
Sorbet - 3 Scoops of Sorbet & Wafer £6.95
Mango (Vegan)
Selection of Cheeses - with Biscuits & Fruity Chutney £9.95

VG - Vegan. Please tell us when ordering that you want the vegan option.

GF - Gluten Free. Please tell us when ordering that you want the gluten free option.

All our dishes are freshly prepared and cooked to order so please be patient at busy times.

If you have any allergies please let us know.