

THE
PLOUGH INN
BAR-KITCHEN-GARDEN

Lunchtime Menu

While You Wait

Warm Stone Baked Sourdough - Oil & Balsamic Vinegar £4.50

Anchovies - in olive oil £4.50

Starters

Something Soup (GF) - Warm Seeded Roll £7.95

Baked Figs & Goats Cheese Salad - with Honey & Balsamic Glaze & Salad £9.95

Deep Fried Squid (GF) - Aioli & Chive Sauce, Salad £8.95

Duck & Orange Pâté (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

Dishes of the Day

Fish of The Day - Please see blackboard or ask for today's special

'Ferns' Homemade Pie of The Day - Please see blackboard or ask for today's special

Mains

Seared Duck Breast (GF)- Marinated in 5 Spice with a Port & Plum Sauce, Dauphinoise Potatoes,
Greens & Hazelnuts £19.95

Braised Lamb Shank - in Rosemary, Garlic & Redcurrant Jelly, Creamy Chive Mash,
Seasonal Veg, Port Jus £29.95

8oz Char-grilled Ribeye Steak - Roasted Beef Tomato, Triple Cooked Chips, Rocket Salad, Peppercorn Sauce £26.50

Slow Roasted Pork Belly - Apple & Cider Jus, Butternut Squash Puree, Creamy Mash & Veg £16.50

Roasted Chicken Supreme - with Rosemary & Red Wine Jus, Tomato & Basil Puree, Sauté Potatoes, Spinach & Pine
Nuts & Roasted Courgette £16.50

Pearl Barley Risotto (GF / VG)- Roasted Butternut Squash, Sage, Pine Nuts & Vegan Parmesan Shavings £15.00

3 Cheese Macaroni Cheese - with Red Leicester, Sussex Cheddar & Parmesan, Bread Roll & Salad £14.50

Light Bites & Salads

Baked Whole Camembert - Infused with Rosemary & Garlic, Caramelised Onions,
Toasted Sour Dough £10.95

Baked Figs & Goats Cheese Salad - with Honey & Balsamic Glaze & Roasted Beetroots, Pine nuts, Apricot &
Pomegranate Cous Cous £14.95

Chicken, Bacon & Avocado Salad (GF) - with Mixed Leaves Croutons, Parmesan & Caesar Dressing £14.00

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.

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Pub Classics

- Harvey's Beer Battered Cod - Chips, Peas, Tartar Sauce £15.50
Beef Steak Chilli Con Carne - Steamed Rice, Garlic Bread, Sour Cream £14.50
Toad In The Hole - with Creamy Mash, onion Gravy & Veg £13.50

Burgers

- The Plough 10oz Burger £14.00
Char-Grilled Double Beef Steak Burger, Lettuce, Beef Tomato, Red Onions, Toasted Brioche Bun, Skinny Fries,
Celeriac & Apple Coleslaw & Our Own Burger Sauce (GF)
With Grilled Smoked Bacon £1.20
With Blue Cheese £1.20 -
With Mature Cheddar £1.20
With Spicy Cheddar £1.20

- The Plough 9oz Vegan Burger £14.00
Mixed Bean & Lentil Burger, Lettuce, Beef Tomato, Red Onions, Toasted Brioche Bun, Skinny Fries,
Celeriac & Apple Coleslaw & Our Own Burger Sauce (GF)
With Grilled Halloumi cheese £1.50

Rustic Ciabattas

- Grilled Marinated Beef Steak - Red Onion, Lettuce, Melted Sussex Cheddar £11.95
Lincolnshire Sausages - with Red Onion Chutney £9.95
Salt Beef - with Gherkin & Mustard £9.95
Roast Free-Range Chicken - with Avocado, Pesto, Mozzarella, Tomato Lettuce £9.95
Smoked Bacon & Somerset Brie - with Mango Chutney £9.95
Tuna Mayo - Cucumber & Onion £9.95
Grilled Halloumi (V) - with Red Onion, Avocado, Beef Tomato, Rocket £9.95

Sides:

- Triple Cooked Chunky Chips £3.00 - Skinny Fries £3.00
(add Cheddar Cheese £1.50 - add Blue Cheese £1.50)
Garlic Bread £3.95 (add Cheddar Cheese £1.50)
Onion Rings £4.50 - Halloumi Fries £4.90

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