

# PLOUGH AND HARROW

Litlington

## Lunch & Dinner Menu

Monday-Friday, 12pm-3pm & 6pm-9pm

Saturday, 12pm-9pm

### Nibbles

Flat Bread, Hummus, Red Onion, Pine Nuts **4.75** (v)(vg) / Ciabatta Bread, Balsamic Oil **3.5** (v)(vg)(gfo)(df) /

Mixed Olives **4** (v)(vg)(gf)(df)

### Starters

French Onion Soup, Croutons **6.5** (v)(vg)(gfo)(df)

Ham Hock & Pistachio Terrine, Piccalilli, Crostini **7**

Salt & Pepper Fried Calamari, Lemon Aioli **8** (df)

Honey & Walnut Oven Baked Camembert, Caramelised Onion Chutney, Crusty Bread **13** (v)(gfo)

Vegan Board - Misotolia Olives, Miso White Bean & Pea Dip, Roasted Red Pepper Hummus, Baba Ganoush, Flat bread **10.5** (v)(vg)(gfo)(df)

### Mains

Long Man Beer Battered Fish & Chips, Garden Peas, Tartare Sauce, Lemon **13.5** (gfo)(df)

Sussex 8oz Beef Burger, Cheese, Smoky Bacon, Baby Gem, Tomato, Red Onion, Burger Sauce, House Chips **14** (gfo)(dfo)

Fish Pie, Smoked Haddock, Salmon, Prawns, Cheesy Mashed Potato, Peas **16** (gf)

Lamb Shank, Braised Red Cabbage, Garlic Green Beans, Mustard Mashed Potato, Rioja Sauce **18** (gfo)

Steak, Ale & Mushroom Pie, Parsley Mashed Potato, Greens **15**

Panko Breaded Chicken Milanese, Jalapeno Slaw, Slow Roasted Tomato Sauce, House Chips **14**

Sussex Ham, House Chips, Fried Hen's Eggs, Land Cress **12.5** (gf)(df)

Cauliflower, Spinach & Chickpea Curry, Rice, Poppadom **13.5** (v)(vg)(gfo)(df)(nuts)

Korean BBQ Jackfruit Burger, Asian Slaw, House Chips **14** (v)(vg)(gfo)(df)

### Sandwiches (served 12pm-4pm)

*All served with Crisps & Garnish. Available in White, Brown or Gluten Free Bread*

Bacon, Brie **7.5** (gfo) / Honey Roasted Ham, English Mustard **7.5** (gfo) / Mature Cheddar, Pickle **7.5** (v)(gfo)

### Toasties (served 12pm-4pm)

Chicken, Pickled Red Cabbage, Swiss Cheese, Sourdough, Dijon Mayo, House Chips **10** (gfo)

Vegan Cheese, Garlic Mushrooms, Red Cabbage, Sourdough, House Chips **10** (v)(vg)(gfo)

### Sides

House Chips **3.5** (gf) / Cheesy Chips **4.5** (gf) / Salad **3.5**

### Desserts

Vanilla Pana Cotta, Ginger Shortbread, Berry Compote **6.5** (gfo)

Rhubarb & Apple Crumble, Vanilla Ice Cream **6.5** (v)

Fig & Date Toffee Pudding, Salted Caramel Ice Cream, Butterscotch Sauce **6.5** (v)

Vegan Brownie, Vanilla Ice Cream **6.5** (v)(vg)(gf)(nuts)

Trio of Ice Creams, Brandy Snap **5.5** (vgo)

Trio of Local Cheeses, Chutney, Crackers **8** (v)

(v) vegetarian (vg) vegan (vgo) vg option (gf) gluten free (gfo) gf option  
(df) dairy free (dfo) df option (nuts) contains nuts 'Option' = this dish can be adapted. Please ask for details.