

THE PLOUGH INN

STARTERS

CIABATTA BREAD, TARRAGON BUTTER, AGED BALSAMIC & VIRGIN OLIVE OIL V	£ 5.95
SMOKED AUBERGINE CROQUETTES, TOMATO SALSA & CUCUMBER V/VG	£ 7.95
HOME CURED SALMON, HORSERADISH CAULIFLOWER, BEETROOT & CROUTES	£ 10.95
FRIED ROULETTE PADRON PEPPERS, CAJUN SALT & ORANGE V/VG	£ 7.95
PEA & MINT SOUP, CRUMBLLED FETA, CIABATTA BREAD & HERB OIL V	£ 8.95
CONFIT CHICKEN & COURGETTE TERRINE, ROAST PEPPER, FENNEL & TOASTS	£ 8.95

MAINS

BEER BATTERED FISH, CHIPS, TARRAGON TARTAR SAUCE & REAL MUSHY PEAS	£ 16.95
100Z DRY AGED SIRLOIN, PEPPER SAUCE, CONFIT SHALLOT & PARMESAN CHIPS	£ 29.95
PRAWN, MUSSEL & HADDOCK STEW, FENNEL & ROAST GARLIC CIABATTA	£ 18.95
BRAISED LAMB FAGGOTS, MUSHED PEAS, PARSNIP & RED WINE ONION GRAVY	£ 15.95
SWEET POTATO & CAULIFLOWER CURRY, RICE, ONION BHAJI & CUCUMBER VG	£ 16.95
ROAST TOMATO & ROCKET GNOCCHI, HAZELNUT & OLIVE CRUMBS V/VG	£ 15.95

BURGERS

OUR BURGERS ARE ALL SERVED ON SEEDED PRETZEL BUNS WITH SALAD, COLESLAW & TRIPLE-COOKED CHIPS

DRY-AGED BEEF BURGER, MONTEREY JACK CHEESE, BACON & ONION RELISH	£ 16.95
AGED LAMB & MINT BURGER, FETA CHEESE, CUCUMBER & MINT YOGHURT	£ 16.95
SUSSEX HALLOUMI CHEESE & ROAST BEETROOT BURGER & CHILLI JAM	£ 15.95
BEETROOT, SWEET POTATO & CHICKPEA PATTY & PERSIAN SALSA	£ 17.95

SIDES

TRIPLE-COOKED CHUNKY KOFFMANS CHIPS - ADD CHEESE FOR £1 V/VG	£ 4.55
SALAD OF LEAVES, TOMATO, CUCUMBER, ONION & AGAVE DRESSING VG	£ 4.25
ROASTED GARLIC BUTTER CIABATTA BREAD V	£ 5.25
ROAST ROOT VEGETABLES, HONEY & CARAWAY SEEDS V	£ 4.75
ROOT VEGETABLE COLESLAW & HERB MAYONNAISE	£ 3.95



TABLE TALK
FOUNDATION

THE PLOUGH IS SUPPORTING THE TABLE TALK FOUNDATION
£1 FROM EVERY LABELLED DISH WILL GO STRAIGHT TO CHARITY

Table Talk Foundation raises funds to support food education in Sussex for the next generation, and to support our local hospitality industry.

Please speak to a member of staff if you have an allergy and require information about the allergens in our dishes.

Please note we have taken all reasonable steps to avoid the unintentional presence of allergens however we cannot guarantee that products are 100 percent free from the 14 main allergens owing to cross-contamination. The Food Standards Agency advises that the consumption of raw or less than thoroughly cooked products of animal origin, such as meat, offal, fish and shellfish or less than thoroughly cooked burgers increase your risk of illness. This especially applies to children, pregnant women, the elderly and those with weakened immune systems.

CIABATTA ROLLS

SERVED UNTIL 5PM

COD FINGERS, LOCAL LEAF SALAD
& TARTAR SAUCE
£ 8

AGED CHEDDAR, SMOKED HAM &
PICCAILLI SAUCE
£ 8

FRIED FALAFEL, PERSIAN SALSA &
PICKLED CUCUMBER V
£ 8

CRISPY PORK BELLY, APPLE, MUSTARD
& WILD ROCKET
£ 9

ADD CHIPS, SOUP OR SIDE SALAD
£ 3

PLOUGHMANS BOARDS

CHEESE PLOUGHMANS

SELECTION OF LOCAL CHEESES, CRACKERS, SOURDOUGH BAGUETTE,
SALAD, GRAPES, APPLE, CHUTNEY, COLESLAW & PICKLES V
£ 17

MEAT PLOUGHMANS

SELECTION OF CURED MEATS, CRACKERS, PORK PIE, SOURDOUGH BAGUETTE,
SALAD, GRAPES, APPLE, CHUTNEY, COLESLAW & PICKLES
£ 18

MEAT & CHEESE PLOUGHMANS

SELECTION OF LOCAL CAHEESES, CURED MEATS, PORK PIE, CRACKERS, SOURDOUGH
BAGUETTE, SALAD, GRAPES, APPLE, CHUTNEY, COLESLAW & PICKLES
£ 21

SUNDAY ROASTS AT THE PLOUGH INN

WE OFFER A SELECTION OF LOCALLY SOURCED ROASTED MEATS & A VEGETARIAN
OPTIONS AS WELL AS OUR STARTERS & DESSERTS EVERY SUNDAY!

BOOKING ADVISABLE

SUNDAY ROASTS SERVED 12 - 7PM

CALL US ON 01273 390635

PLEASE SPEAK TO A MEMBER OF STAFF IF YOU HAVE AN ALLERGY AND
REQUIRE INFORMATION ABOUT THE ALLERGENS IN OUR DISHES.



VICARAGE LANE, ROTTINGDEAN
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