

STARTERS / I DDECHTRAU

Soup of the day

Freshly baked bread [C][V][VG]

£6.75

Coriander & chickpea arancini

Coconut dahl, apple & pomegranate salad [C][V][VG]

£7.75

Pearls of melon

Kir royale jelly, pineapple crisp,
minted crème fraiche, red cherry sorbet [C][V][VG]

£7.75

Crumbed mackerel

Chive & horseradish potato salad, beetroot glaze, pea puree

£9.00

Chicken liver & Cointreau parfait

Blueberry & rum chutney, raisin bread [C]

£8.00

Freshly baked bread, marinated olives, sun blushed tomatoes

Feta cheese, balsamic & olive oil [C][V][VG]

£7.50

Homemade Welsh lamb cawl

Freshly baked bloomer bread, Welsh cheese, cheese & cumin straw [C]

£9.00

Pan seared scallops

Coconut & coriander dahl, minted yoghurt, apple salad [C]

£11.75

MAIN COURSE / PRIF GYRSIAU

"Celtic Pride" homemade beef lasagne

Garlic bread, house cut chips

£17.50

The Plough fish & chips

"Towy Valley" beer battered haddock, caramelised lemon,
minted mushy peas [C]

£17.25

"Celtic Pride" beef burger

Gruyère cheese rarebit, bacon medallion, onion jam, brioche bun, mayo, onion rings,
house cut chips, salad [C]

£17.95

The Plough homemade chicken curry

Braised rice, house cut chips, crispy poppadom, naan bread [C]

£17.95

Mushroom, chestnut & courgette strudel

Spinach, watercress sauce, sauté potatoes [V][VG]

£16.50

Roast salmon

Lemon & chive polenta, honey roast carrots,
orange & basil cream sauce [C]

£19.50

Roast Gressingham duck breast

Red cabbage & pancetta, parsnip puree, dauphinoise potatoes,
broccoli, ginger & blood orange sauce [C]

£23.00

Slow cooked Welsh lamb

Welsh rarebit, red cabbage, dauphinoise potatoes,
Welsh honey & rosemary jus [C]

£24.00

STEAK / STEC

Welsh sirloin steak 10oz

Onion rings

Choice of Peppercorn, Red wine or Bearnaise sauce [C]

£29.50

Welsh fillet steak 9oz

Onion rings

Choice of Peppercorn, Red wine or Bearnaise sauce [C]

£33.00

Served with buttered vegetables or side salad & a potato option of your choice

Upgrade from house cut chips to sweet potato fries for an additional £1.00

Please ask a member of the team for our daily specials board

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 adjustments

[V] - Can be suitable for vegetarians with adjustments

[VG] - Can be suitable for vegans with adjustments

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.

SALADS / SALAD

Superfood salad

Quinoa, peas, spring onion, coriander, parsley, mange tout & pumpkin seeds [C]

Add one of the following to complete your salad:

Coriander & chickpea arancini, butternut squash, Grand Marnier dressing [C][VG]

£15.95

Lemongrass, lime & coconut crumbed chicken, sweet chilli dressing [C]

£16.75

Sweet & spicy teriyaki salmon, soy & sesame dressing

£17.95

Welsh sirloin steak, roast butternut squash, bearnaise dressing [C]

£19.95

OMELETTES / OMLETS

Please choose 3 items to create your omelette

Home cooked ham, cheddar cheese, mushroom, tomato,

Feta cheese, spring onion, fresh herbs, smoked pancetta or Gruyere

Served with buttered vegetables or side salad &

a potato option of your choice [C][V]

£12.95

SANDWICHES & WRAPS / BRECHDANAU A WRAPS

All served with crisps or house cut chips

Home cooked ham, onion jam, melted parmesan, rocket,
mustard glaze ciabatta [C]

£9.95

Toasted Welsh leek & Gruyère rarebit, brioche bun [C][V]

£9.25

Egg, cress & chive mayonnaise, granary bloomer [C]

£8.95

Coronation chicken wrap [C]

£9.95

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

£9.95

LIGHT MEALS / BWYDLEN YSGAFN

(Options unavailable after 17.30pm)

Poached eggs Benedict [C]

Homemade ham, toasted muffin, rocket, hollandaise sauce

£10.00

Bacon, sausage & egg on brioche bun [C]

House cut chips or sweet potato fries, mixed leaves

£9.00

Bacon or sausage on brioche bun [C]

House cut chips or sweet potato fries, mixed leaves

£8.00

Poached eggs & guacamole [C]

Toasted muffin, tomato salsa, rocket, basil oil

£10.00

Add grilled Halloumi for £3.00

Rustic toast, guacamole [C][VG]

Smoked applewood cheese, tomato, rocket, basil oil

£9.00

Croissant & Pain au chocolate

Welsh butter & jam

£5.50

White or whole meal toast [C]

Welsh butter & jam

£3.50

SIDE ORDERS / AR YR OCHR

Freshly baked white bloomer bread & Welsh butter

£3.00

Sweet potato fries

£4.50

Breaded onion rings

£4.50

House cut chips "Sgllodion Penfro"

£4.00

Sauté buttered vegetables, bacon & parmesan

£4.00

Sauté mushrooms

£4.00

Naan Bread

£2.00

Homemade Garlic Bread

£4.50

Homemade Garlic Bread with cheese

£5.75

House cut chips, truffle oil & parmesan

£5.50

Pan fried Halloumi

£3.00

Coconut creamed spinach

£4.00

Roast butternut squash, iceberg, feta, cherry tomato,

Mixed seeds & Grand Marnier dressing

£5.50

CHILDREN'S MENU / BWYDLN PLANT

(children up to 12 years old)

"Celtic Pride" sausage,
mash & gravy [C]

Tomato & cheese pasta
& garlic bread [C]

Chicken nuggets
& chips

Homemade lasagne,
garlic bread & chips

Beef burger
mayonnaise & chips [C]

Mini fish
& chips [C]

Chicken curry rice & chips [C]

All children's meals are served with garden peas or beans

"Mario's" vanilla ice cream

With a choice of chocolate,
raspberry, mango or butterscotch
sauce [C]

Chocolate brownie

Chocolate sauce, vanilla ice cream
[C]

£10.00

CAKES / CACEN

Cream tea [C][V][VG]

Homemade fruit & plain scones with clotted cream,
homemade fruit compote & a pot of tea for one

£9.25

Welsh cream tea [C][V]

Homemade plain scone, bara brith, & Welsh cake with clotted cream,
homemade fruit compote & a pot of tea for one

£9.25

Homemade carrot cake [C]

Chantilly cream

£5.00

Homemade fruit & plain scones [C]

Clotted cream & fruit compote

£6.00

Homemade chocolate brownie

Blueberry compote

£4.50

Toasted teacake

Welsh butter & jam

£4.25

Bara brith & Welsh cakes

Welsh butter

£4.75

WELSH AFTERNOON TEA

Selection of finger sandwiches, wraps & savoury

Ham & parmesan glaze white sandwich

Egg, chive & cress wholemeal sandwich

Coronation chicken wrap

Poached salmon, citrus crème fraiche wrap

Scotch egg

BBQ hog & apple sausage roll

Homemade selection of cakes & scones

Bara brith

Chocolate brownie

Ginger, lime & chocolate profiterole,

Passionfruit & white chocolate cheesecake

Mandarin posset

Fruit & plain scones, clotted cream, homemade compote,
served with a pot of tea or coffee for one [C][V][VG]

£23.00

Add a glass of Prosecco to your afternoon tea for an extra £6.00

CHILDREN'S AFTERNOON TEA

Selection of sandwiches

Ham & carrot cream cheese wrap

Jam sandwich

Egg & cress wholemeal sandwich

Homemade selection of cakes & scones

Chocolate brownie, oreo cheesecake, marshmallow lollipop

Plain scone, clotted cream, homemade compote

One of the following drinks: Chocolate/strawberry milkshake, orange/blackcurrant
fruit shoot, babyccino, hot chocolate, orange/apple juice or pepsi/lemonade [C][V]

£13.00

All afternoon teas are to be pre ordered and served between 3pm - 5pm

A deposit of £10 per guest is required on booking.

On occasion afternoon teas can be ordered on the day if not pre booked.

Please ask a team member.

DESSERT / PWDIN

Baked Alaska

Vanilla ice cream, fruits of the forest compote, peach & vanilla sauce [C]

Recommended pairing with PALAZZINA MOSCATO 2014 (ITALY) 125ml £7.50

Or recommended pairing with PROSECCO 125ml £6.50

Passionfruit & white chocolate cheesecake

Raspberry sauce, vanilla ice cream

Recommended pairing with CHATEAU LAUVIGNAC SAUTERNES 2014 (FRANCE) 125ml £7.50

Or recommended pairing with PROSECCO 125ml £6.50

Ginger & lime chocolate Profiterole

Crème anglaise, espresso martini ice cream [C]

Recommended pairing with PALAZZINA MOSCATO 2014 (ITALY) 125ml £7.50

Sticky toffee pudding

Toffee sauce, caramelised banana, supermix ice cream [C][VG]

Recommended pairing with CHATEAU LAUVIGNAC SAUTERNES 2014 (FRANCE) 125ml £7.50

Orange & cinnamon Crème brulee

Raspberry & almond tart, crème anglaise [C]

Dessert of the day/ Pwdin y Dydd

Please ask a member of the team for today's option

Recommended pairing with PROSECCO 125ml £6.50

£7.75

Choice of Mario's Carmarthenshire ice cream

Fresh cream vanilla, chocolate, strawberry, supermix, espresso martini,
red cherry or raspberry sorbet, non-dairy ice cream [C][VG]

3 scoop - £7.75 / 2 scoop - £6.25

Local cheese board/ Caws lleol

Perl las, Perl wen, Caws cerwyn, Teifi laverbread, apple & pear chutney,
celery, grapes, crackers & biscuits [C]

Recommended pairing with TAYLORS LBV PORT 2012 (PORTUGAL) 50ml £4.50

£10.00

HOT BEVERAGES / DIODYDD POETH

TEIFI COFFEE

Locally ground, 100% Arabica from central America, equalled in quantity
with high caffeine Vietnamese washed Robusta for nutty end notes and
an awesome hit. Every bag of coffee beans we purchase, a donation will
go towards the Teifi Ten chosen local charities. Organic blend available
on request.

Filter coffee - Decaf available

£3.50

Espresso / Double Espresso

£3.25/£3.75

Macchiato

£3.25/£3.75

Cappuccino

£3.75

Babyccino / Baby choc

£2.00

Café latte

£3.75

Flat white

£3.50

Iced Latte

£3.75

Mocha

£4.20

Floater coffee

£4.20

Liqueur coffee of your choice

£6.75

Pot of speciality tea

£3.50

"Welsh Brew" tea, English, decaf English, green tea, chamomile, raspberry & strawberry

Add syrup flavouring to your coffee

70p per shot

Amaretto, vanilla, mint chocolate, mint, hazelnut or gingerbread

TEA BIRDS LOOSE TEA LEAVES

Each tea has a fusion of aromatic flavours to offer the finest teas
available which blend beautifully with soft Welsh waters.

£3.75

Earl grey - A light, bright & beautiful fragrant blend

Lemon & ginger - Aromatic, refreshing blend

Rooibos red bush - rich, delicious sweet orange & light clove blend

Jasmine huang shan ya - Green tea leaves, scented jasmine, lemon blend

Peppermint - fragrant blend of peppermint

Tea of the season - Please ask your server for the current flavour

WHITTARDS of CHELSEA CHOCOLATES

Decadent and irresistible luxury hot chocolate combines classic
favourites with more unusual flavours inspired by fruit, desserts, and
other sweet indulgences. Rich, smooth and warming.

Luxury Italian hot chocolate - Thick, deliciously creamy

£4.00

White hot chocolate - Deliciously creamy white magic

£4.20

Mint hot chocolate - Elegant mint, indulgent chocolate chip

£4.20

Merlyn hot chocolate Subtle flavours of Welsh Merlyn liquor

£6.75