

Sunday Lunch / Cinio Dydd Sul

Starters / I Ddechrau

Soup of the day
Freshly baked bread [C][V][VG]

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

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

Chicken liver & Cointreau parfait
Blueberry & rum chutney, raisin bread [C]

Freshly baked bread, marinated olives,
sun blushed tomatoes
Feta cheese, balsamic & olive oil [C][V]

Crumbed mackerel
Chive & horseradish potato salad, beetroot glaze, pea puree

Pearls of melon

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

£7.00

Main course / Prif Gyrsiau

Roast Pembrokeshire turkey / Twrci
Homemade stuffing, honey roast parsnips & carrots,
Yorkshire pudding, pan jus [C]

£18.50

Roast beef / Cig eidion
Medium rare or well done, honey roast parsnips & carrots,
Yorkshire pudding, pan jus [C]

£18.50

Fish of the day
Please ask a team member for today's option [C]

£18.50

"Celtic pride" beef burger
Gruyère cheese rarebit, bacon medallion, onion jam, brioche bun,
mayo, onion rings, house cut chips, salad [C]

£17.95

Roast leg of lamb / Cig oen
Homemade stuffing, honey roast parsnips & carrots,
Yorkshire pudding, minted pan jus [C]

£18.50

The Plough fish & chips
"Towy Valley" beer battered haddock,
caramelised lemon, minted mushy peas [C]

£17.25

"Celtic Pride" homemade beef lasagne
Garlic bread, house cut chips, dressed leaves

£17.50

Mushroom, chestnut & courgette strudel
Spinach, watercress sauce [V][VG]

£16.50

Vegetarian of the day

Please ask a team member for today's option

£16.50

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

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

Children's Menu / Bwydlen Plant

Roast beef / Cig eidion

Honey roast parsnips & carrots,
Yorkshire pudding, pan jus [C]

"Celtic Pride" homemade beef lasagne

Garlic bread, house cut chips, dressed leaves

"Celtic Pride" sausages

House cut chips

Roast Pembrokeshire turkey / Twrci

Homemade stuffing, honey roast parsnips &
carrots, Yorkshire pudding, pan jus [C]

Tomato & cheese pasta

Garlic bread [V]

Battered mini fish

House cut chips

Chicken Nuggets

House cut chips

Children's main 0-7 - £8.00 / Children's main 8-12 - £11.00 / Children's Dessert - £4.00

Sweet Menu / 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

£7.25

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 - £7.25 / 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

£9.50

Tea, coffee & mint / Te, coffi a mins

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 adjustment [V] – Can be suitable for vegetarians, with adjustment
[VG] – Can be suitable for vegans, with adjustment

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.