



Plough & Harrow ~ Sunday Menu

Starters and Nibbles

- Cherry tomato gazpacho**, heritage tomatoes, basil oil, charred focaccia (vg) 319 kcal 8.75
Poached salmon Caesar, quails egg, anchovy, baby gem, croutons, parmesan 406 kcal 9.95
Basil pannacotta, heritage tomato salad, gazpacho dressing (vg) 324 kcal 7.95
Ashlynn goats cheese brûlée, pickled walnut, roast red grape and apple salad (v) 765 kcal 8.95
Pork belly bacon, peas, broad beans, morel mushrooms and cider reduction (gf) 549 kcal 8.95
Carrot and red onion bhaji, coconut yoghurt, mango chutney (vg, gf) 394 kcal 7.45
Chicken liver pâté, carrot and apricot chutney, toasted bloomer (gfa) 586 kcal 8.95
- Whipped feta, lemon, honey, baked pitta (v) 441 kcal 4.95 Prosciutto and melon, honey, balsamic (gf) 170 kcal 7.50
Patatas bravas, hot sauce (vg, gf) 312 kcal 5.25 Crispy squid, sweet chilli 424 kcal 7.45
Stuffed peppers, olives, sun blushed tomatoes (v, gf) 245 kcal 6.45 Salt and pepper chicken wings (gf) 592 kcal 6.95
Halloumi fries, tomato relish (v, gf) 538 kcal 6.95

Roasts

All served with roast potatoes and seasonal vegetables

- Roast beef (served pink)**, with Yorkshire pudding (gfa) 1178 kcal 20.95
Roast porchetta, (slow roasted belly) sage and apple stuffing, apple sauce (gf) 1271 kcal 19.95
Roast shoulder of lamb, rosemary red wine gravy (gf) 1149 kcal 25.95
Mixed roast beef (served pink), porchetta (slow roasted belly), all the trimmings (gfa) 1438 kcal 22.95
Butternut squash, wild mushroom and lentil wellington roast potatoes, vegetables, gravy (vg) 680 kcal 15.95

Side orders

- Pigs in blankets, gravy (gf) 380 kcal 5.95 Creamed leeks (v, gf) 79 kcal 3.95 Cauliflower cheese (v, gf) 392 kcal 5.95

Mains

- 10oz British Sirloin 28 day dry aged**, pepper sauce, portobello mushroom, tomato, chunky chips (gf) 1445 kcal 31.95
Peri Peri chicken burger smashed avocado, tomato, fries 1339 kcal 16.95
Tomato and mozzarella gnocchi, tomato sauce, basil, cavolo nero (v) 716 kcal 17.25
Teriyaki tofu poke bowl salad with coriander rice, pickled red cabbage, lemon marinated edamame beans, cucumber, toasted sesame (vg, gf) 600 kcal 15.95
Pan fried salmon, caper potato cake, samphire, cockles, mussels, white wine sauce (gf) 817 kcal 23.95
Cauliflower Milanese, spicy black olive and tomato linguine, garlic oil, rocket (vg) 571 kcal 15.95
Bacon chop, fried egg, grilled pineapple, chunky chips (gf) 814 kcal 17.95
King prawn Pathia (sweet and sour curry), fragrant coconut rice, warm flatbread 695 kcal 18.95
Steak burger, beer onions, grilled pancetta, Monterey Jack, spiced tomato mayonnaise, fries 1392 kcal 16.95
Crispy beef salad, sweet chilli sauce, roasted cashew nuts (gf) 751 kcal 16.95
Deep fried cod in beer batter, chips, mushy peas, tartare sauce (gf) 1254 kcal 17.45
Ploughman's - pate, blue cheese, pickles, British charcuterie, pork apricot pie, warm seeded sour dough 1029 kcal 19.95

Light Bites

Griddled courgette, pomegranate and coconut feta salad, toasted seeds, orange dressing (vg, gf) 274 kcal 11.95

Chicken Caesar salad, gem lettuce, herb croutons, crispy bacon, anchovies, Parmesan 771 kcal 13.95

Slow roasted lamb flatbread, crushed peas, mint, feta, pomegranate 709 kcal 11.95

Grilled halloumi salad, radish, bulgur wheat, beetroot, courgette, smoked almonds (v) 728 kcal 12.95

Salmon and smoked haddock fishcake, poached egg and heritage tomatoes (gf) 567 kcal 13.95

Puddings

Raspberry ripple Arctic slice, white chocolate sauce (v) 378 kcal 8.25

Hot waffle, caramelised banana, toffee sauce, honeycomb ice cream (v) 796 kcal 8.25

Chocolate and orange trifle, Cointreau cream (vg, gf) 524 kcal 8.25

Lemon and blueberry cheesecake, blueberry compote, lemon sorbet 513 kcal 8.45

Pimms jelly, cucumber, strawberry and raspberries, Champagne sorbet (gf) 254 kcal 8.45

Sticky toffee pudding, toffee sauce, vanilla ice cream (v, gf) 752 kcal 8.25

Dark chocolate and raspberry posset, candied pistachio, raspberry sorbet (vg, gf) 410 kcal 8.25

Triple chocolate brownie, chocolate sauce, vanilla ice cream (v, gf) 958 kcal 8.25

A selection of British cheese, biscuits, chutney, celery (v) 950 kcal 10.95

Cheshire farm Ice cream and Sorbets

One scoop (vg, gf) 74 kcal 2.50

Two scoops (vg, gf) 148 kcal 5.00

Three scoops (vg, gf) 221 kcal 7.50

Choose From; Vanilla (v, gf) 127 kcal , Chocolate (v, gf) 127 kcal , Strawberry (v, gf) 122 kcal , Mint Chocolate Chip (v, gf) 138 kcal ,

Raspberry Ripple (v, gf) 128 kcal

Or; Raspberry Sorbet (vg, gf) 68 kcal , Passion Fruit Sorbet (vg, gf) 60 kcal , Cherry Sorbet (vg, gf) 83 kcal , Orange Sorbet (vg, gf) 72 kcal ,

Milk chocolate sorbet (v, gf) 100 kcal , Bramley Apple Sorbet (vg, gf) 65 kcal

Or; Vegan Vanilla (vg, gf) 75 kcal , Vegan Coconut (vg, gf) 82 kcal , Vegan chocolate (vg, gf) 80 kcal

Hot drinks

All hot drinks are served with a Gluten Free flapjack

Double espresso (vg, gf) 1 kcal 3.75 , Selection of tea (v, gf) 24 kcal 3.95 , Cafetière of coffee (v, gf) 47 kcal 3.95 ,

Americano (vg, gf) 0 kcal 3.75 , Hot chocolate (v, gf) 299 kcal 4.45 , Flat white (v, gf) 33 kcal 3.95 , Latte (v, gf) 94 kcal 3.95 ,

Cappuccino (v, gf) 92 kcal 3.95 , Irish coffee (v, gf) 135 kcal 7.95

Hot drinks and Mini pudding

Order a smaller pudding with your choice of hot drink

Raspberry ripple Arctic slice (v) 251 kcal 8.45

Waffle, honeycomb ice cream, toffee sauce (v) 490 kcal 8.45

Triple chocolate brownie, vanilla ice cream, chocolate sauce (v, gf) 580 kcal 8.45

Sticky toffee pudding, vanilla ice cream (v, gf) 433 kcal 8.45

Adults need around 2000 kcal a day. We always advise you to speak to a member of staff if you have any food allergies or intolerance. We are happy to provide you with the allergen guidelines to support you in making your own menu choice; however we cannot recommend or tell you what is suitable for you to eat or drink. We declare the main fourteen allergens, but we are unable to give information on allergens outside of this. Where we offer gluten free dishes, controls are in place to ensure that dishes contain less than 20ppm gluten. There may be a risk of cross contamination during the processing stage of the ingredients by our suppliers and in our busy kitchen. This means that we can never guarantee a dish is completely free from any allergens or specific ingredients.

v - vegetarian, vg - vegan, gf - gluten free, gfa - gluten free adaptable, just ask.