

The Plough Inn

Lunch Menu

WRAPS & CIABATTA

Served with a salad garnish and salted crisps

6oz sirloin steak

with caramelized red onion &
watercress

£7.50

Cajun Salmon

with mint cucumber and yoghurt

£6.95

Falafel & Hummus

with grated carrot and
shredded lettuce

£6.50

Buttermilk jerk chicken

with a pineapple
relish

Chargrill chicken,
brie, red pesto & rocket.

£6.50

SANDWICHES

Served with a salad garnish and salted crisps

Roast beef

Watercress, Truffle mayo.

£7.50

Fresh Water Prawns

In a seafood sauce with
shredded iceberg

£7.50

Club Sandwich

Chicken, bacon, boiled egg with
lettuce tomato and mayo

£7.95

Fish Finger Sandwich

Beer battered fish fingers with
homemade tartar sauce and rocket

£6.95

Cheese & Chutney

Mature cheddar cheese & an apple &
ale chutney

£6.50

SALADS

Mixed lettuce leaf, tomato, red onion cucumber and house dressing

Halloumi and red pepper

harissa mayo

£7.95

Greek salad

With marinated olives,
crumbled feta and tzatziki

£7.50

Vegan Salad

Edamame beans, pomegranate,
vegan cheese, watermelon mint,
pumpkin seeds and watercress

£8.95

Nachos

Layers of melted cheese, with
salsa, sour cream and guacamole.

£5.95

Add grilled chicken for £2.00

Warm Salmon Salad

with avocado and tzatziki

£10.95

The Plough-Mans

Hand cut ham and mature cheddar
cheese, with, gala pie, pickled onion,
gherkin, salad, bread and butter with
an apple and ale chutney

£9.95

Classic Cobb Salad

Chicken, Bacon, Boiled
egg

£9.95