



# The Plough Inn

## Lunch Menu

### WRAPS & CIABATTA

#### Ribeye Steak

Locally source Beef with Caramelized red onion chutney & rocket  
£8.95

#### Cajun Salmon

Crunchy lettuce, Tomato & Red onion, mint cucumber & yoghurt  
£6.95

#### Chargrill Chicken

Crunchy lettuce, Tomato & Red onion, Avocado, Mayo  
£6.95

#### Falafel & Hummus

Crunchy Lettuce, Tomato & Red onion  
£6.95

#### Chicken & Brie

Red pesto & rocket  
£6.95

Served with a salad garnish & salted crisps

### SANDWICHES

#### Roast Beef

Locally sourced Beef with Rocket & Truffle mayo  
£7.95

#### Club Sandwich

Chargrill chicken, Smoked bacon, Boiled egg, Lettuce, Tomato & mayo  
£8.95

#### Fresh Water Prawn

Seafood sauce & shredded lettuce  
£6.95

#### Fish Finger Sandwich

Beer battered Cod goujons, Tartar sauce and Iceberg Lettuce  
£7.95

#### Cheese & Chutney

Mature cheddar, tomato & an apple & ale chutney  
£6.95

Served with a salad garnish & salted crisps

### SALADS

*Mixed leaf. Cherry Tomato. Red onion & Cucumber*

#### Classic cobb salad

Chargrilled chicken, Bacon, Boiled Egg, Avocado  
Blue cheese dressing  
£9.95

#### Vegan Salad

Edamame beans, pomegranate, Vegan  
cheese, Watermelon, mint & pumpkin  
seeds

£8.95

#### Greek Salad

Marinated olives, Feta, Tzatziki  
£7.95

#### Halloumi & Roasted Pepper

Harissa Mayo  
£8.95

#### Salmon & Avocado

Mint, Yoghurt, Cucumber  
£9.95

#### The PLOUGH-MANS! £9.95

Honey & mustard glazed ham mature cheddar gala pie pickled onion gherkin  
salad ciabatta salted butter, Apple & ale chutney

Please ensure that you notify a member of staff of any allergies or intolerances you have before making your order

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