

THE PLOUGH INN

GLUTEN-FREE

If you are avoiding gluten completely, please avoid ordering anything fried. We do not have separate fryers, so there is risk of cross contamination.

SNACKS

Olives 3.75 (vg)

Charred garlic and lemon chicken 8.00
Ranch dip

Whipped cheese 6.75 (vg)
Tomatoes, toasted seeds and toast

Tater tots 6.75 (v)
Spiced mayo and chives

Pil pil prawns 8.75
Toast

Frickles 5.50 (v)
Chilli honey dip

MAINS

Peri peri flat iron chicken 19.00
Fries, slaw and corn on the cob

Bacon chop and cider sauce 17.75
Mustard mash and greens

Loch Duart salmon 19.00
New potatoes, chive butter sauce, savoy and peas

Fish and chips 17.75
Peas and tartare

Naked smash steak burger 17.50
Cheese, ranch and chips
Add maple-cured bacon 2.50

Mushroom penne 15.50 (vg)
Add garlic chicken 3.75

Honey, chilli and soy grilled steak salad 18.50
Chinese leaf, carrot, cucumber and mangetout

SARNIES

Available lunchtimes only. Served with fries

Free-range bacon, lettuce and tomato 12.50

Mozzarella, tomato and pesto 10.75 (v)

Ask about our sandwich of the day

SIDES

Koffman's chips or fries 4.50 (v)

Tenderstem broccoli 5.50
Parmesan and pickled chilli

PUDS

Peach melba eton mess 8.00 (v)
White chocolate shards

Ice cream selection 6.75 (v)
Choose three: Vanilla, double choc chip,
salted caramel or peach melba

Vegetarian (v) Vegan (vg)

Allergens: talk to us before ordering, dishes are prepared in a busy kitchen containing all ingredients, we cannot guarantee any dish to be totally free from allergens. We have a children's menu, or are happy to make smaller or simplified versions of any dishes. An optional 10% service is added to groups of six or more - all tips go to the team.

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