



THE  
**PLOUGH**

Great Local Food, Simply Prepared Well

**FOOD MENU**

## Starters

Soup of the Day	£5.95
(V) Plough Bread with our own Olives, Red Pepper Houmous & Olive Oil & Balsamic Reduction	£6.95
Local Penbugle Farm Hogs Pudding Scotch Egg with Honey Mustard Mayonnaise	£7.95
(V) Halloumi Fries with Homemade Red Pepper Chutney	£7.95
Retro Prawn & Crab Cocktail, with Little Gem & Marie Rose Sauce	£9.95
Local Crab Arancini with Aioli	£9.95
Lightly Fried Breaded Whitebait & Homemade Tartare sauce	£7.95
Nel's Smoked Mackerel Pate with Apple Remoulade & Homemade Crostini's	£7.95
Plough Seafood Chowder, White fish, & Seafood in a Creamy Sauce served with Plough Bread	£9.95
Cornish Mussels in a White Wine, Garlic & Cream Sauce with Bread.	£9.95

## Mains

Sirlion Steak, Plough Fondant Potato, Asparagus, Roasted Tomato, Mushroom & either a Blue Cheese or Peppercorn Sauce	£23.95
Pork Loin Served with Cornish Hogs Pudding, Green Beans, Tenderstem Broccoli, Apple Cider & Mustard Sauce & Crushed New Potatoes	£17.95
Plough Seafood Chowder, White fish, & Seafood in a Creamy Sauce served with Chips	£17.95
Cornish Ale Battered Local Fish of the Day, Rustic Chips, Mushy or Garden Peas	£13.95
Goan Curry, Pilau Rice, Naan, Homemade Onion Bhaji	
Chicken Or Fish	£16.50
(VG) Vegetable	£14.50
Pan Fried Duck Breast, Bok Choi, Purple Sprouting Broccoli, Fondant Potato & a Orange & Red Wine Jus	£18.95
Cornish Mussels in a White Wine, Garlic & Cream Sauce with Bread or Chips.	£16.95
Locally Landed Trio of Fish in a Tarragon & Caper Sauce, served Cornish New Potatoes & a Medley of Vegetables	£18.50
Homemade Plough Burger with Smokey Bacon in a Pretzel Bun with Monterey Jack Cheese, Little Gem, Tomato & Rustic Chips	£13.95
(V) Tagliani with Pesto, Curly Kale, Green Beans & Halloumi	£13.50

## Daily Specials

Our specials change daily so make sure to look out for our specials board in the restaurant

## Vegan Options

We have more vegan options available, please ask your server for more information

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## Under 12s All £7.50

- Plough Battered Fish of the Day & Hand Cut Chips
- Pinwheel Sausages & Hand Cut Chips
- Breaded Chicken Goujons & Hand Cut Chips
- Kids Plough Burger
- Tagalini with Pesto
- Mac 'n' Cheese with Bacon

## Sides

- Rustic Chips £3.95
- Medley of Vegetables £3.95
- Cornish New Potatoes £3.95
- Mac 'N' Cheese £3.95
- Garlic Bread £2.95
- Garlic Bread with Cheese £3.95

## Puddings

- Plough Cheesecake (Please ask for today's choice) £7.25
- Plough Berry Mess (Homemade Meringue, Mixed Berries, Chantilly Cream & Ice Cream) £7.25
- Affogato (Vanilla Ice Cream with a Shot of Espresso) £4.50
- Affogato served with a liquor of your choice £7.50
- Lemon Posset £7.25
- Chocolate Brownie with Chocolate Sauce & Vanilla or Chocolate Ice cream £7.25
- Ice Cream: a trio from today's selection £7.25

Full Selection of Cornish Tea, Coffee & Liqueur Coffee Available

# CORNWALL



**OUR SUPPLIERS AND THEIR LOCATIONS...  
BASICALLY, WHERE OUR FOOD COMES FROM.**

If you have any dietary requirements or allergies, please inform a member of our team