



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, Hispi Cabbage, 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 Bacon Lardons or Pesto

Sides

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| 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

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| Plough Cheesecake (Please ask for today's choice) | £7.25 |
| Plough Berry Mess (Homemade Meringue, Mixed Berries, Clotted 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