

THE
PLOUGH

Great Local Food, Simply Prepared Well

FOOD MENU



Starters

(V) Plough Focaccia with our own Olives, Beetroot Hummus & a Olive Oil & Balsamic Reduction	£5.95
(V) Soup of the Day with Plough Bread & Butter	£5.95
Penbugle Farm Hogs Pudding Scotch Egg with Curried Mayo & Dressed Leaves	£7.95
Nel's Smoked Mackerel Pate with Dressed Leaves & Homemade Crostinis	£7.95
Local Crab Arancini with Aioli & Dressed Leaves	£9.95
Lightly Fried Breaded Whitebait, Homemade Tartare Sauce & Dressed Leaves	£7.95
Mushroom Bruschetta, served in a creamy blue cheese sauce	£8.95
(V) Halloumi Fries with Plough Smoked Tomato Relish	£7.95

Mains

Plough Ale Battered Cornish Fish of the Day, Hand Cut Chips with Mushy or Garden Peas	£13.50
Local Mussels in a Garlic, White Wine & Cream Sauce, served with Plough Focaccia or Chips (main course)	£7.95/£14.95
(VG) Goan Curry, Pilau Rice, Naan, Samosa, Onion Bhaji & Mango Chutney (naan not Vegan) With Chicken or Fish	£13.95 £15.95
Oven Roasted Duck Breast, Braised Hispi Cabbage, Garlic Mash & Cornish Orchards Cider Jus	£18.95
Locally Landed Trio of Fish in a Lemon & Caper Sauce, Cornish New Potatoes & Seasonal Vegetables	£17.95
Pesto Stuffed Chicken Breast, wrapped in Parma ham with Ratatouille & Garlic Mash	£15.95
Homemade Plough Burger with Monterey Jack Cheese & Plough smoked tomato relish in a Gourmet Bun with Hand Cut Chips & Coleslaw	£12.95
Plough Seafood Chowder, White fish, & Seafood in a Creamy Sauce served with Focaccia or Chips (main course)	£8.95/£15.95
Sirloin Steak, Hand Cut Chips, Field Mushroom, Tomato, Tenderstem Broccoli & a Mushroom or Peppercorn Sauce	£22.95
(V) Plough Halloumi Skewers served with White & Wild Rice, Seasonal Vegetables, Tzatziki & Salsa Verde	£13.50

Side Dishes

Garlic Bread (Add cheese for £1)	£2.50
Hand Cut Chips	£3.50
Dressed Plough Side Salad	£3.50
Medley of Vegetables	£3.50
Garlic Mash Or Cornish New Potatoes	£3.50

Other Vegan Dishes are available, please ask your server.

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

Something for the U12's

Plough Battered Fish of the Day & Hand Cut Chips

All £7.50

Classic Pork Chipolatas & Hand Cut Chips

Breaded Chicken Goujons & Hand Cut Chips

Cheesy, Bacon & Cream Pasta

Plough Pizza & Chips

Puddings

Plough Cheesecake; please ask for today's choice

£6.95

Traditional Plough Trifle

£6.95

Affogato: Vanilla Ice Cream with a Shot of Espresso served with or without a liquor of your choice.

£4.35 / £6.95

Plough Crumble with either Crème Anglaise or Ice Cream; please ask for today's choice

£6.95

Chocolate Brownie with Chocolate Sauce & Vanilla or Chocolate Ice Cream

£6.95

Selection of South West & French Cheeses, Plough Smoked Tomato Relish Chutney & Artisan Biscuits.

£8.95

Ice Cream: a trio from today's selection

£6.95

Full Selection of Cornish Tea, Coffee & Liqueur Coffee available



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

