



# THE PLOUGH

RESTAURANT BAR LOUNGE

## Starters

### Salt and Pepper Crispy Squid 11.5

Crispy Fried Squid with a Salt & Pepper Crust, Citrus Mayonnaise and Fresh Chilli GF

### Chef's Soup of the Day 10.5

Served with Toasted Ciabatta (GF)

### Devilled Cockles & Whitebait 11.5

With Citrus Tartar Sauce

### Classic Atlantic Prawn Cocktail 12

Fresh Tomato, Cucumber and Iceberg Lettuce with Mary Rose Sauce, Greenland Prawns and Buttered Granary Bread (GF)

### Flamed Mussels 13.5

Shetland Blue Mussels in a Fresh Chilli Butter and White Wine and Herbs Sauce Served with Grilled Bread (GF)

### Sesame Seed Tempura Prawns 14.5

With Sriracha and Lime Mayo

### Sticky Beef 15.5

Sticky Beef with Pan Fried Soy Sauce Red Peppers and Pak Choi, Chilli Dressing and Crispy Rice Noodles GF

### Breaded Goats Cheese 12.5

With a Trio of Pears

### Hot Honey Teriyaki Chicken 13

Finished with Sesame Seeds, Spring Onions and Citrus Mayo

### Breaded Brie 11.5

With Rhubarb and Apple Chutney

## Mains

### Atlantic Cod Loin 26.5

Served Grilled or in Crispy Beer Batter with Triple Cooked Chips, Mushy Peas, and Tartare Sauce (GF)

### Wild Sea Bass Risotto 27.5

Asparagus Wrapped in Parma Ham, Pea Risotto, Prawns and Lemon Beurre Blanc GF (Vegetarian Option with Pan-Fried Halloumi Available) – 23.5

### Homemade Gnocchi 23.5

Homemade Gnocchi with Mixed Panfried Vegetables and Tomato & Basil Sauce GF – VG – V

### Guernsey Skate 27.5

Cooked to your liking – Grilled (GF) or Meuniere Served with warm Tomatoes and Caper Vinaigrette and Buttered New Potatoes

### King Prawn and Mussel Linguine 27

Black Tiger Prawns and Blue Shell Mussels with Garlic, Chilli, Spinach, Shallot White Wine Cream Sauce (Vegan Option Available – Mushrooms, Spinach and Pinenut) - 24

### Dutch Calves' Liver 24.5

Milk Fed Calves' Liver and Smoked Bacon with Buttered Mash Potatoes, Seasoned Veg, Rich Jus GF

### Roast 32 Day-Aged Sirloin of Beef 26.5

With Roast Potatoes, Honey Roasted Parsnips, Buttered Vegetables, Yorkshire Pudding and Rich Jus

### Roast Rump of Essex Lamb 28.5

With Roast Potatoes, Honey Roasted Parsnips, Buttered Vegetables, Yorkshire Pudding and Rich Jus

### Roast Suffolk Chicken Supreme 24.5

With Roast Potatoes, Honey Roasted Parsnips, Buttered Vegetables, Yorkshire Pudding and Rich Jus

### Roast Pork Belly 24.5

With Roast Potatoes, Honey Roasted Parsnips, Buttered Vegetables, Yorkshire Pudding and Rich Jus

### Mixed Meat Roast (All of our Roast Meats) 33.5

With Roast Potatoes, Honey Roasted Parsnips, Buttered Vegetables, Yorkshire Pudding and Rich Jus

Please advise staff of any allergy requirements and they will advise you on what dishes are available to you. Please note some dishes may contain trace elements of nuts or have been cooked alongside other products containing nuts. A service Charge of 10% will be applied to all Bills.

V – Vegetarian GF – Gluten free ( ) – Option Available