

LUNCH SET MENU

Chicken Liver Pate

with an Orange Marmalade Salad,
Rustic Toast [C]

Layered Melon and Mixed Leaves

with Sun Dried Tomato Dressing,
Sweet Grape Chutney,
Toasted Almonds and Croutons [C]

Welsh Goats Cheese

And Spinach Spring Roll on dressed
Leaves and Balsamic reduction(V)

Homemade Soup

with Freshly Baked Bread [C]

Sautéed Mushrooms

in a Tomato and Basil Cream Sauce,
served with a
Provençal Crouton [C]

Homemade Crumbed Fish Cake

with a Smoked Haddock and
Chive Cream Sauce

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Caesar Salad with Homemade Indian Spiced Cheese

With Cherry Tomatoes and Croutons
served in a Parmesan Basket [C]

Pan Fried Chicken Breast

on Spring Green with Chasseur Sauce
and Homemade Chips [C]

Sesame Coated Fish of the day

on Stir-Fried Noodles and
Oriental Glaze [C]

Homemade Lasagne

with Garlic Bread and Chips

Honey Glazed Roast Ham

on a bed of Greens, with Parsley Sauce
and Sautéed Potatoes [C]

Fillet of Beef Stroganoff

In a Creamy Paprika Sauce, Braised Rice
and Crème Fraiche [C]

Halloumi Cheese and Roasted Vegetable Kebabs

With Braised Rice and a Chunky
Tomato and Basil sauce (V) [C]

Local Ale Battered Fish

on Mushy Peas, Lemon Drizzle
and Homemade Chips

Portion of Vegetables £1.50

Please Ask for our Dessert Menu

MAIN COURSE £8.25

2 COURSE £11.75

3 COURSE £15.25

[C] – suitable for celiac with adjustments please ask

The Plough Rhosmaen

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SANDWICHES

Served on White or Granary Bread with Crisps & Coleslaw

Pembrokeshire Turkey with Cranberry Mayo

Roast Welsh Beef and Horseradish Mayo

Honey Roast Ham

Welsh Cheddar Cheese and Pickle

Bacon, Lettuce, Tomato and Mayo

Coronation Prawns

£4.95

PLOUGHMAN'S

Welsh Cheddar, Ham or Stilton

£6.95

BAGUETTES

Served with Coleslaw & Spicy Fries

Welsh Brie and Red Onion

Home cooked Ham and Mozzarella

£5.45

Steak, Onion and Seeded Mustard Mayo

£6.95

OMELETTES

Ham, Cheese, Mushroom or Prawn

£5.95