

## LUNCH SET MENU

**Chicken Liver Pate**  
with an Orange Marmalade Salad,  
Rustic Toast [C\*]

**Melon and Fruit Cocktail**  
with Blackcurrant Coulis and  
Heavenly Sorbet [C]

**Warm Asparagus & Goats  
Cheese Tartlet**  
with Tomato Confit,  
Lemon and Chive Drizzle

**Homemade Soup**  
with Freshly Baked Bread [C\*]

**Sautéed Mushrooms**  
in a Garlic and Cream Sauce,  
served with a  
Welsh Rarebit Crouton [C\*]

**Chicken and Prawn Balls**  
on an Oriental Salad,  
Sweet Chilli Drizzle

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**Deep-fried Pineapple and  
Fennel Salad**  
with Port and Red Wine Dressing

**Pan Fried Chicken Breast**  
on Spring Green with Chasseur Sauce  
and Homemade Chips [C\*]

**Homemade Lasagne**  
with Garlic Bread and Chips

**Sesame Coated Fish of the day**  
on Stir-fried Noodles and  
Oriental Glaze [C\*]

**Honey Glazed Roast Ham**  
on a bed of Greens, with Parsley Sauce  
and Sautéed Potatoes [C\*]

**Aubergine and Welsh Goats  
Cheese Tower [V]**  
with Chunky Tomato Sauce and  
Basil Drizzle [C]

**Local Ale Battered Fish**  
on Mushy Peas, Lemon Drizzle  
and Homemade Chips

**Cottage Pie**  
served with a Rich Pan Gravy  
& Seasonal vegetables

Portion of Vegetables £1.50

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Please Ask for our Dessert Menu

MAIN COURSE      £8.00

2 COURSE          £11.50

3 COURSE          £15.00

[C] – suitable for coeliacs

[C\*] – suitable for coeliacs with adjustment, please ask

**The Plough Inn Rhosmaen**

*Llandeilo, Carmarthenshire, SA19 6NP, Tel: 01558 823431, Fax: 01558 823969*

## 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