

# *The Plough Menu*

## *Tuesday - Saturday*

### *Starters*

*Deep Fried Calamari with a Black pepper & Paprika Dust  
Served with a Chilli Mayonnaise  
£6.95*

*Heirloom Tomato Salad  
Drizzled with a Basil & Onion Jui Topped with a Selection of Seeds  
£5.95 V & VE*

*Avocado & Crab Salad with a Fennel & Mouli  
£7.50*

*A Goats Cheese & Spinach Pillow  
Drizzled with a Light Cream & Truffle Oil Glaze  
£7.50 V*

*King Prawn Piri Piri  
Garlic, Chilli, Coriander & Lemon Salsa  
£7.95*

*Pan Fried Scallops with Black Pudding and a Pea Puree.  
Topped with a Caper & Buerre Noir Butter  
£8.95*

*Prawn & Crayfish Cocktail  
With Gem Lettuce and a Gin & Bloody Mary Sauce  
£7.95*

*Fresh Asparagus Served with a Soft Poached Egg  
£ Subject to Availability & Price at Market*

#### *FOOD ALLERGIES & INTOLERANCES*

*Please speak to our staff about the ingredients in your meal when making your order.*

*Menu may be subject to change*

# Mains

*A Slow Roasted Pork Belly Rubbed with a 5 Spice Mix and Served with a Carrot Puree & Rich Gravy*  
£12.95

*Pan Fried Scottish Salmon Fillet*  
*Served with a Garlic & Chili Butter, King Prawn & Pak Choi*  
£13.95

*Tempura Vegetables*  
*A Selection of Vegetables, Deep Fried and Served*  
*with a Chipotle Mayonnaise*  
£9.99 V & VE

*Local Cod Loïn with Spinach, Garlic Cream Served with Potato Gnocchi & Sun Blushed Tomatoes*  
£11.50

*Roasted Chicory Goats Cheese & Pomegranate Salad.*  
*Topped with Poppy Seeds & Walnut*  
*Drizzled with a Balsamic Jui*  
£10.50 V

*Pan Fried Lambs Liver, Pancetta Pureed Potatoes & Onion Gravy*  
£11.95

*Suffolk Sausages with Braised Red Cabbage*  
*and Mash Potatoes & Gravy*  
£9.99

*The Plough Burger*  
*Bacon, Cheese, Skinny Fries, Coleslaw, Onion Rings & Salad*  
£12.95

*Steak & Ale Pie*  
*Served with Mashed Potatoes & a Selection of Veg*  
£10.50

*Chickpea, Cauliflower & Borlotti Bean Curry*  
*Lemon Grass & Coconut Served with Fluffy Rice*  
£10.50 V & VE

*Guinea Fowl Breast with Black Pudding,*  
*Bubble & Squeak & Rich Wine Jui*  
£12.95

*A Mushroom & Pea Risotto*  
*A touch of Cream & Cheese with a Basil Oil*  
£11.50 V