



## WHILST YOU WAIT

<b>Sourdough &amp; homemade focaccia</b> ve	7.90	<b>House marinated olives</b> ve/gf	6.90
red pepper hummus, olive oil & balsamic		olive oil, garlic, chilli, lemon & herbs	
<b>Red wine, honey glazed chorizo &amp; squid</b> gf	9.95	<b>Fried padron peppers &amp; seasalt</b> ve/gf	7.90
<b>Sticky hoisin pork belly bites</b> gf	8.50	<b>Potato bravas &amp; garlic alioli</b> ve/gf*	7.50
<b>King prawns, garlic &amp; chilli</b> gf	9.90	<b>Herb polenta sticks &amp; bloody mary mayo dip</b> ve/gf	7.50

## STARTERS

<b>Mersea oysters</b> gf	each 3.90 1/2 dozen 21.50	<b>Salmon tartare &amp; wasabi creme fraiche</b> gf*	11.90
served with shallot vinegar & Tabasco		cucumber, yuzu & served with focaccia croutons	
<b>Duck confit terrine</b> gf*	11.90	<b>Herritage tomato salad</b> v /gf*/ n	10.50
burnt apple puree & sourdough		Burrata, red onion, pine nuts & pesto oil	
<b>Butter roasted tiger prawns</b> gf / n	16.50	<b>Beetroot &amp; rainbow carrot salad</b> ve gf	9.90
spicy thai salad & peanuts		orange segments, honey herb dressing & toasted seeds	

## MAINS

<b>Chicken schnitzel</b> gf*	24.00	<b>Braised lamb neck</b> gf	27.50
served with torched sweetcorn, pepper salsa & fries		gazpacho salad, focaccia croutons & olive crumb	
<b>Pan-seared seabass fillet</b> gf*	26.90	<b>Feta mint basil pastilla</b> v	23.50
clam chowder, new potatoes & samphire		baby onions, gem lettuce & pea fricassee	
<b>Plough veggie burger &amp; fries</b> v/ve*	19.90	<b>Plough cheeseburger &amp; fries</b> gf*	19.90
Moving Mountain burger, shredded lettuce, salted onion, cheese singles & pickled tomato chutney in a brioche bun with fries		two 3oz patties, shredded lettuce, salted onion, cheese singles & pickled tomato chutney in a brioche bun with fries	<b>extra patty</b> 4.00
<b>Beer-battered fish &amp; chips</b>	21.00	<b>Charred leeks, courgette &amp; cauliflower</b> ve gf	21.90
beer-battered haddock, hand-cut chips, crushed peas, curry sauce & tartare sauce		lentil, coriander & chickpea dahl & toasted seeds	
<b>Fresh linguine seafood pasta</b> gf*	25.50	<b>10oz fillet steak</b> gf*	44.50
mixed seafood in a tomato chilli sauce Gluten free option is with gnocchi		<b>Butchers cut</b> - please ask your server gf*	TBA

Our steaks are served with a wedge of roast hispi cabbage topped with chive emulsion and crispy onions, a side of your choice & green peppercorn sauce

## SIDES

<b>Caesar salad</b>	6.80
<b>Seasalt fries</b> v/gf*	4.95
<b>Hand-cut chips</b> v	4.95
<b>Buttered new potatoes</b> v/gf	5.20
<b>Braised hispi cabbage</b> v/gf	6.50
<b>Tenderstem broccoli</b> ve/gf	6.30

*Please let us know of any allergies or dietary requirements before you order*

*(v) Vegetarian (ve) Vegan (gf) Gluten free  
(n) Contains nuts*

*(\*) Can be altered to suit dietary requirement*



THE PLOUGH  
COTON

## SALADS

Add chicken to any salad 4.50

<b>Plough Caesar</b> gf*	18.50	<b>Panzanella &amp; burrata</b> gf*	18.00
gem lettuce, soft-boiled egg, crispy Parma ham, anchovies, focaccia crisps, Caesar dressing & Parmesan		Heritage tomato, shallots, toasted focaccia, caper berries & pesto oil	
<b>Sweet chilli salmon salad</b> gf*	19.60	<b>Shawarma salad</b> ve /gf	17.00
lettuce, cucumber, red onion, chickpeas, edamame beans, cherry tomatoes and sweet honey dressing		roasted & pickled vegetables, fresh herbs, red pepper hummus & aioli	

## FLATBREADS / SNACKS

served 12:00-16:30

**Our flatbreads/ snacks below are made in-house daily, all served with a garden salad & fries**  
(Our gluten free option is in a sandwich)

<b>Sticky hoisin pork belly flatbread</b> gf*	15.90
cucumber, spring onion & hoisin sauce	
<b>Prosciutto flatbread</b> gf* n*	15.90
Parmesan cheese, tomato, rocket & pesto	
<b>Haddock goujons flatbread</b>	15.90
beer-battered haddock goujons with tartare sauce	
<b>Smoked salmon on toasted brioche</b> gf*	15.90
with cream cheese, topped with watercress & cucumber	
<b>Roasted mediterranean vegetables on brioche</b> ve gf*	15.90
toasted and topped with olive crumb & red pepper hummus	

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*(n) Contains nuts (\*) Can be altered to suit dietary requirement*

***Our kitchen handles all major allergens. Whilst we take care, we cannot guarantee there wont be cross contamination.***

**We also offer a changing set-lunch menu Tuesday to Friday 12:00-15:00**

**Please ask your server for more details**



***We are proud to share that our talented kitchen team has been awarded an AA Rosette for culinary excellence. This reflects passion, creativity & commitment to delivering outstanding food.***

*All tables will incur a discretionary 10% service charge, which is distributed directly to our team.*

*VAT is included at the standard rate*