



WHILST YOU WAIT

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

STARTERS

Mersea oysters gf	each 3.90	Torched mackerel & wasabi creme fraiche gf*	11.00
served with shallot vinegar & Tabasco	1/2 dozen 21.50	cucumber, yuzu & served with focaccia croutons	
Beef & pea arancini gf	11.90	Burrata & chargrilled radicchio v /gf*	10.50
with marinara sauce & pesto alioli		sticky balsamic, honey plum tomatoes, tapenade, foccacia crisp	
Butter roasted tiger prawns gf / n	16.50	Beetroot & rainbow carrot salad ve gf	9.90
spicy thai salad & peanuts		orange segments, herb dressing & toasted seeds	

MAINS

Chicken parmigiana gf*	24.50	Indonesian lamb curry gf	25.00
breaded chicken topped with tomato sauce & melted mozzarella with spaghetti aiolio		cauliflower, broccoli & fragrant jasmine rice	
Plough veggie burger & fries v/ve*	19.90	Butternut squash pastilla v	23.50
Moving Mountain burger, shredded lettuce, salted onion, cheese singles & pickled tomato chutney in a brioche bun		baby onions, gem lettuce & pea fricassee	
Pan-seared seabream fillet gf*	26.90	Plough cheeseburger & fries gf*	19.90
chermoula, baked new potatoes, pak choi & samphire		two 3oz patties, shredded lettuce, salted onion, cheese singles & pickled tomato chutney in a brioche bun	extra patty 4.00
Beer-battered fish & chips	21.00	Spiced cauliflower & hispi cabbage ve gf	21.90
haddock hand-cut chips, crushed peas, curry & tartare sauces		mixed bean, pine nut, pomegranate & herb salad	
Moules marinere gf*	21.90	10oz Ribeye steak gf*	37.00
mussels with white wine, garlic, parsley & cream sauce served with fries		Butchers cut - 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

Caesar salad v	6.80
Seasalt fries v/gf*	4.95
Hand-cut chips v	4.95
Baked new potatoes v/gf	5.20
Braised hispi cabbage v/gf	6.50
Tenderstem broccoli 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

Plough Caesar gf*

18.50

gem lettuce, soft-boiled egg, crispy Parma ham,
anchovies, focaccia crisps, Caesar dressing & Parmesan

Shawarma salad ve /gf

17.00

roasted & pickled vegetables, fresh herbs, red pepper
hummus & aioli

Sweet chilli salmon salad gf* 19.60

lettuce, cucumber, red onion, chickpeas, edamame beans,
cherry tomatoes and sweet honey dressing

FLATBREADS

served 12:00-16:30

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

Sticky hoisin pork belly flatbread gf*

15.90

cucumber, spring onion & hoisin sauce

Haddock goujon flatbread

15.90

beer-battered haddock goujons with tartare sauce

Grilled chicken flatbread gf*

15.90

chicken strips, chickpeas with yoghurt & tahini dressing

Roasted mediterranean vegetable flatbread gf*

15.90

with olive crumb & red pepper hummus

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Our kitchen handles all major allergens. Whilst we take care, we cannot guarantee there won't 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