



## A LA CARTE MENU

12pm to 3pm - 5:30pm to 9pm Monday - Saturday

• Also available 3pm to 5:30pm

### ► NIBBLES ◀

- |  |      |                                       |      |
|--|------|---------------------------------------|------|
| • Nori Powdered Puffed Pork Crackling      | 3.50 | • Homemade Bread & Butter             | 2.95 |
| • Smoked Almonds (VG)                      | 2.50 | • Lemon & Chilli Kalamata Olives (VG) | 4.25 |
| • Whitebait lemon & horseradish mayonnaise | 4.95 | • Crispy Baby Squid curry emulsion    | 4.95 |

### STARTERS ◀

- **Courgette, Pea & Mint Soup (VG)** 6.50  
lemon crème fraiche, bread & butter
- **St. Austell Bay Deep Sea Mussels** 7.75 / 14.50  
white wine, garlic and parsley, crusty bread, fries (main)
- **Bubble & Squeak** 7.50 / 13.75  
oak-smoked bacon, free range poached egg, Hollandaise sauce
- **G & T Cured Salmon** 8.25  
gin, cucumber, tonic gel, pumpernickel
- **Smoked Ham Hock Terrine** 7.50  
piccalilli, English mustard emulsion, toasted bread
- **Wild Mushroom Mousse (V)** 7.50  
gooseberry compote, sourdough

**Duck Liver Parfait Brûlée** 8.50  
kumquat compote, brioche

### ► SANDWICHES ◀

*Sandwiches served in freshly baked baguette with fries - until 5:30pm*

- **Steak Sandwich** 9.50  
horseradish mayo, watercress
  - **BLT** 8.00  
bacon, lettuce, tomato
  - **Cured Salmon** 8.50  
cucumber, dill cream cheese
- **Cheddar Ploughman (VG)** 8.50  
lettuce, Cornish Kern cheese, pickles

### ► THE PLOUGH CLASSICS ◀

- **Pulled Pork Burger** 12.50  
in brioche bun, Applewood Cheddar, lettuce, tomato, onion, pickles, burger sauce, fries
- **Chicken, Leek & Mushroom Pie** 12.50  
puff pastry lid, seasonal vegetables
- **The Plough Fish & Chips** 12.50  
panko-crumbed Cornish cod, crushed peas, fries, home-made tartare sauce (triple cooked chips 1.50 supp)

### SIDES ◀

- **Triple Cooked Chips** 4.50
- **Skin on House Fries** 3.50
- **Pureed Potatoes** 4.50
- **Roasted Beetroot with Ginger** 3.95
- **Seasonal House Salad** 3.95
- **Butter Seasonal vegetables** 3.95
- **Heirloom Tomato & Red Onion Salad, Basil** 4.50



## MAINS ◀

- **8oz Onglet Steak** 22.50  
watercress, oyster mushroom, bearnaise sauce, triple cooked chips
- **Dry Aged Belly of Tamworth Pork** 16.95  
young carrots, parsnip, potato cake, pork jus
- **Crapaudine Beetroot 'Steak Burger' (V)** 12.50  
in brioche bun, goat's cheese, lettuce, tomato, horseradish mayo, fries
- **Poached Fillet of Cornish Cod** 16.95  
charred gem lettuce, peas, broad beans, bacon, Yukon Gold potato

## SALADS ◀

- **Chicken Caesar Salad** 14.95  
free range chicken breast, lettuce, bacon, anchovies, Parmesan, croutons
- **Superfood Salad (VG)** 12.95  
with organic quinoa, pomegranate, edamame beans, seeds, avocado

## COFFEE ◀

Espresso	2.00
Espresso Macchiato	2.20
Americano	2.40
Cappuccino	2.80
Latte	2.80
Mocca	2.90
Flat White	2.60
Hot Chocolate	2.80
Liqueur Coffee	from 5.50
Tea	2.60
English Breakfast, Earl Grey, Peppermint, Green	
Coffee Extra Shot	0.50

• Also available 3pm to 5:30pm

## LUNCH SET MENU

12am to 3pm

12pm to 3pm Monday - Saturday

2 Courses 14.95

3 Courses 18.95

### ▶ STARTERS ◀

**Courgette, Pea & Mint Soup (VG)**  
lemon crème fraîche, bread & butter

**Smoked Ham Hock Terrine**  
piccalilli, English mustard emulsion, toasted bread

**Crispy Devilled Whitebait**  
pickled cucumber, lemon & horseradish mayo

### ▶ MAIN ◀

**Chicken, Leek & Mushroom Pie**  
puff pastry lid, seasonal vegetable

**The Plough Fish & Chips**  
panko-crumbed Cornish cod, crushed peas, fries, home-made tartare sauce (triple cooked chips 1.50 supp)

**Superfood Salad (VG)**  
with organic quinoa, pomegranate, edamame beans, seeds, avocado

### ▶ DESSERT ◀

**Sticky Toffee Pudding**  
butterscotch sauce, vanilla cream, honeycomb

**Two Scoops of Homemade Ice Cream or Sorbet**  
various flavours

**British Artisan Cheese Board**  
(2.50 supplement)  
The Plough fruit chutney, celery, grapes, cheese biscuits