MENU

THE PLOUGH INN



Please bear in mind that our food is not 'fast food'; most items are prepared/cooked to order. If you have a dietary restriction, please discuss it with us before ordering.

NIBBLES

Ciabatta with pesto dip (v) or oil & vinegar (vgn)	£4
Olives, marinated (gf/vgn)	£4

STARTERS

Halloumi Fries, sweet chilli sauce, dressed garnish (v/gf)	£7
Creamy Garlic Mushrooms, warm bread (v/vgno/gfo/dfo)	£7
Grilled Goat's Cheese, dressed leaves, walnut, pear (v/gf)	£8.50
King Prawn Cocktail, King prawns in seafood sauce, shredded lettuce, buttered bread (gfo/dfo)	£8.50

THURSDAY, FRIDAY & SATURDAY 12-2pm

THORISONI, TRIBITI & STITORDAL IZ Z	2111
The Plough's Ploughman – bread, ham or cheddar, hard-boiled egg, pickles, salad	£10
Scottish Breakfast Buttered toast, mug of tea or coffee, pan-fried mushrooms and tomatoes, Egg (fried or scrambled) andMeat-eater: Bacon (gf), Sausage (gf), Haggis, Black Pudding	£13
<u>Vegetarian</u> : Griddled Halloumi (gf), Veggie Sausage, Veggie Haggis	
Omelette, 3 eggs, one filling, dressed salad Choices: cheese, chicken, mushroom	£8
Ciabatta, crisps Choices: Bacon; Sausage, pork or vegetarian (v); Sweet Chilli Chicken; Brie & Cranberry (v); Cheddar & Pickle (v)	£7

TRADITIONAL SUNDAY ROAST

small/regular	£11/£15
(Sunday from 12.30pm)	
(Sunday from 12.30bm)	

Choice of Roast Meat (gf) **or** Vegetarian Haggis (vgn) Served with:

Roast Potatoes,

Roast Parsnip,

Homemade Yorkshire Pudding (gf),

Cauliflower Cheese (gf),

Medley of Vegetables,

and

Gravy (gf/vgno), served separately

MAINS - FISH & MEAT

Fish & Chips, Haddock, beer-battered or breaded, garden or mushy peas or dressed salad (gf)	£15
Poached Haddock, poached egg, mash, tenderstem broccoli (gf)	£17
Scampi & Chips, 6 pieces/12 pieces, garden or mushy peas or dressed salad	£9/£14
Lasagne, dressed garnish	£13
Beef Chilli, rice, tortilla chips	£14
Burger (gf), with/without bun (gfo), chips, dressed salad	£15
 Butterflied Chicken Breast, plain or Cajun, lettuce, tomato, mayo 	
- Beef, bacon, blue cheese or cheddar	
- Beef, lettuce, tomato, red onion	
Lamb Shank in minted gravy, mash, fresh vegetables	£23
Sausage & Mash, garden or mushy peas, onion gravy (gf/dfo)	£14
Pie & Mash/Chips, handmade pie from Jarvis Pickle of Eyemouth, garden or mushy peas, gravy Flavours:	£14
Chicken & Leek; Pork & Blue Cheese; Steak & Kidney	

MAINS - VEGETARIAN & VEGAN

Beetroot & Goats Cheese Salad, dressed salad leaves, baby plum tomatoes, cucumber, peas, radish (v/gf)	£13
Veggie 'Fish' & Chips, Halloumi, beer-battered, garden or mushy peas or dressed salad, sweet chilli sauce (v/gf)	£14
'Cheeseburger', plant-based burger, with/ without bun, plant-based 'cheese', lettuce, red onion, tomato, plant-based 'mayo', chips, dressed salad (vgn/gfo)	£15
Halloumi Burger, gridled Halloumi cheese, pan- fried tomato and mushroom, with/ without bun, chips, dressed salad (v/gfo)	£14
Sausage & Mash, garden or mushy peas, onion gravy (v/vgno/dfo)	£14
Pie & Mash/Chips – handmade pie from Jarvis Pickle of Eyemouth, garden or mushy peas, gravy Flavours: Spinach & Goats' Cheese (v): Mushroom &	£14
Chestnut (vgn); Cauliflower Curry (vgn)	611
Penne Arrabiatta, tomato, basil and chilli sauce (vgn/gfo)	£11

SIDES

House salad, dressed (vgn/gf/df)	£4.50
Bowl of chips or fries (vgn/gf/df)	£4.50
Onion rings, battered (vgn)	£4.50
Garlic Bread (v/vgno)	£4.50
Medley of fresh vegetables (vgn/gf/df)	£5

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PUDDINGS		HOT DRINKS	
Fay's Fabulous Sticky Toffee Pudding (gf), cream or ice cream	£7	Pot of Tea For One For Two	£2.50 £4.50
Apple Pie and custard	£7	Flavours: Breakfast (regular & decaffeinated), Assam, Earl Grey, Lady	14.50
Caramel Apple Cake and custard	£7	Grey, Lapsang Souchong, Camomile, Green, Peppermint	
Meringue (v/gf/dfo), fresh berries, cream	£7	Hot Water with lemon slices Bovril	£1 £1
Buttermilk Pancakes, blueberries, maple syrup Add cream or ice cream	£6.50 £1.75	Hot Chocolate	£3.50
Chocolate Brownie (gf), cream or ice cream	£6.50	Americano, black Add milk, cold or hot Cappuccino	£2.50 £0.30 £3.00
Chocolate Fudge Cake, cream or ice cream	£6.50	Double Espresso Flat White	£2.50 £3.00
Affogato (gf), a scoop of Doddington Dairy's vanilla ice cream with an Espresso on the side to pour over	£6	Latte Add syrup – Hazelnut; Caramel; Gingerbread	£3.00 £0.50
Add a liqueur	£4	Cordata Condensata Espresso with equal measure of	£3.50
Sorbet (vgn/gf/df), 2 scoops, from Doddington Dairy	£6	condensed milk	
Flavours: Mango, Raspberry, Cherry		Liqueur Coffees	10001010
Ice Cream from Doddington Dairy	V21202020	Barraquito (Licor 43, condensed milk) Gaelic Coffee (Grouse)	£7.50 £7.50
1 scoop Each additional scoop	£3.75 £1.75	Irish Coffee (Jameson)	£7.50
Flavours : Caramel with Sea Salt, Chocolate, Double Ginger, Lemon Meringue, Strawberry, Vanilla		Friar's Coffee (Frangelico) Calypso Coffee (Tia Maria)	£7.50 £7.50
Cheeseboard Three cheeses, grapes, chutney, biscuits or gluten-free oatcakes	£10		

Note: All our coffees are double shot. Please ask for a single shot if that is your preference.

We use organic semi-skimmed milk. Soya milk is also available.

CHILD'S MENU

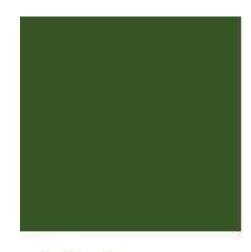
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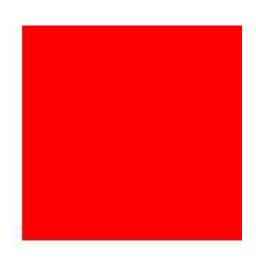
STARTERS		DRINKS	
Hummus, carrot and cucumber sticks (vgn/gf/df)	£3	Milk	£1
Pitta Bread Margherita, tomato sauce, cheese (v)	£3	Fruit Juice	£0.65
Halloumi Fries, ketchup (v/gf)	£3	Squash	£0.60
		Hot Chocolate	£2.50
MAINS			
Fish Fingers, fries, cucumber, tomato	£5		
Sausage & Mash, pork (gf) or vegetarian (v), garden peas	£5		
Chicken Goujons, fries, cucumber, tomato (gf)	£5		
Beef Burger, fries (gfo)	£4.50		
Add cheddar	£0.50		
PUDDINGS			
Chocolate Brownie and vanilla ice cream (v/gf)	£3		
Fresh Berries and vanilla ice cream (v/gf)	£3		
Sorbet from Doddington Dairy, 1 scoop (vgn/gf)	£1.75		
Flavours: Mango, Raspberry			
Ice Cream from Doddington Dairy, 1 scoop (v/gf) Flavours: Chocolate, Strawberry, Vanilla	£1.75		



THE PLOUGH INN



Italian Night Thursdays 5.30-8pm



Antipasto		Pizza	
Olives, marinated Ciabatta, Balsamic vinegar, Olive oil (v/df) Ciabatta, dipping Pesto	£4 £4	Thin-crusted Stone-baked Pizza/Calzone Homemade base with homemade tomato sauce and cheese	£8/£9
Garlic Bread (v) Toasted Ciabatta with Garlic Butter	£4.50	Additional topping choices:	Each
Add Cheese	£1	Meat	£1
Sharing Platter Italian meat, cheese, olives, sun-dried tomato,	£13	Bacon, chicken, ham, Italian meatballs, pepperoni, spicy beef	
Peppadew pepper, artichoke, ciabatta		Fish	£1
Insalata Caprese (v/gf)	£6.50	Anchovy, prawns, tuna	
Mozzarella, Tomato and Basil Salad		Cheese	90p
Tonno e Fagioli (gf/df)	£7	Blue, Goats'	
Tuna, Onion and Cannellini Beans, dressed, on		Vegetables	75p
a bed of Lettuce		Mushroom, pepper, red onion, tomato,	
King Prawn Cocktail	£8.50	black olives, capers, jalapenos	
King Prawns in seafood sauce, shredded lettuce, buttered bread (gfo)			
Pasta		Insalata (side)	
Lasagna – Sarah's beef & pork lasagne, dressed garnish	£12	Mixed Dressed leaves, baby plum tomato,	£5
Choose your pasta - Penne or Spaghetti - and		cucumber, black olive, radish (gf/vgn/df)	
homemade sauce:		Tomato & Onion	£5
Aratro – Italian meatballs & tomato sauce	£14	Baby plum tomato, red onion and basil	
Arrabiatta – tomato, chilli & basil sauce (vgn)	£11	with balsamic dressing (gf/vgn/df)	
Carbonara – pancetta, cheese & egg sauce	£14		
Chicken & Nduja – chicken & spicy Italian sausage in creamy sauce	£14		
Creamy Garlic Mushrooms (v/vgno)	£13		
Carné		Dolce	
Pollo Kiev	£17	Tiramisu	£7
Homemade breaded chicken breast stuffed with garlic butter, fries, tenderstem broccoli (gf)		Homemade classic Italian dessert (v) Affogato al Caffè	£6
Pork Escalope	£16	A scoop of vanilla ice cream served with	
Homemade breaded escalope, tomato sauce, dressed		an espresso coffee to pour over (gf/v)	
garnish, rice or fries (gf) or spaghetti (gfo)		Italian Liqueur Coffee Amaretto, coffee, cream	£7.50
		Feel free to choose from the puddings on	

the Main Menu

THE PLOUGH INN



Residents' Breakfast Menu

served in our Snug Monday-Friday 7-9am Saturday-Sunday (& Public Holidays) 8-9.30am

Please discuss any dietary requirements with us before ordering.

We cook to order so there is likely to be a wee wait.

There is fruit juice, cereal and yoghurt on the Dresser; please help yourself.

Tea

Breakfast, Earl Grey, Lady Grey, Chamomile, Peppermint, Decaffeinated

Coffee

Freshly Ground Beans or Decaffeinated

Hot Chocolate

The milk is organic semi-skimmed. Please ask if you would prefer full fat or soya.

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#### Toast

Wholemeal, White or Gluten-Free
If you would like jam, marmalade, peanut butter, Marmite or honey please ask.

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Porridge (gf/v/vgno) made with milk, topped with fresh berries & maple syrup

Bap or Sandwich (gfo) Bacon, Sausage, Fried Egg or Black Pudding

On Toast (v/vgno/gfo)
Mushroom and Baby Plum Tomato, pan-fried
Eggs, scrambled or poached

Buttermilk Pancake Stack and Maple Syrup served with blueberries or streaky bacon

Scottish Breakfast

Haggis, Black Pudding, Bacon, Sausage, Tomato, Mushroom, Egg (fried, scrambled or poached)

Vegetarian Scottish Breakfast (v)

Vegetarian Haggis, Halloumi Cheese, Vegetarian Sausage, Tomato, Mushroom, Egg (fried, scrambled or poached)