



Sunday Roasts

Available from 12.00pm on Sundays

Roast Beef Sunday Roast **GF** £14.95

Served with Yorkshire Pudding, roast potatoes, seasonal roast vegetables and rich meat gravy

Chef's Choice Sunday Roast **GF** £14.95

Weekly selection of locally sourced meats

Served with roast potatoes, seasonal roast vegetables and rich meat gravy

Roasted Butternut Squash **GF/V/VE** £12.95

Packed with mushrooms, peppers and served with roast potatoes, seasonal roast vegetables and gravy

Kids' Sunday Roasts

Main Course **£8.95** 2-courses **£10.95** 3-courses **£11.95**

GF gluten-free option **V** vegetarian option **VE** vegan option

You must notify your server if ordering an item with a dietary requirement as dishes may need to be modified. Our kitchen uses key allergens and we cannot guarantee dishes have not been cross contaminated despite our best efforts.



The Plough Menu

Sharing Boards

Baked Camembert **GF/V** £12.95

Drizzled in a garlic and rosemary oil, toasted sourdough and apricot chutney

Dipping Bread Board **GF/V** £9.95

Hummus, bacon butter, sun blushed tomatoes, garlic and chilli marinated Italian olives, aged balsamic vinegar and olive oil served with sourdough

Ocean Board £15.95

Prawn cocktail, calamari, smoked salmon, lemon mayo and toasted sourdough

The Plough Cheeseboard **GF/V**

Your choice of cheese served with crackers, grapes, celery and apricot chutney

Please ask for today's selection

3 cheeses **£7.95** (ideal for 1) 5 cheese **£12.95** (great to share)

Continued overleaf

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To Start

Homemade Soup of the Day **GF/V** £5.75

Served with warm sourdough

Classic Prawn Cocktail **GF** £8.95

Served simply with a crisp salad, Marie-Rose sauce and brown bread

Ham Hock Terrine **GF** £7.50

Served with apricot chutney and toasted sourdough

Creamy Garlic Mushrooms **GF/V** £7.50

Sautéed mushrooms in a creamy white wine, Dijon mustard, garlic and parsley sauce served on toasted sourdough

Char-grilled Halloumi **GF/V** or Spicy Chickpea Falafel **GF/V/VE** £6.95

Served with green salad, pomegranate seeds and syrup

Bury Black Pudding and Smoked Bacon £7.95

Served on a baby leaf salad, apple dressing and crispy shallots

Pil Pil Prawns **GF** £8.95

King prawns sautéed in garlic, chilli and tomato oil served with toasted sourdough

Calamari £7.95

Lightly battered squid rings served with lemon mayonnaise and a lemon wedge

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Plough Classics

Beer Battered Fish and Chips

Cod fillet fried in real ale batter, chunky chips, mushy peas, tartare sauce and a lemon wedge.
Your choice of:

Small **£10.95** Regular **£14.95**

Plough Classic Burgers £12.95

Topped with bacon, melting cheddar, tomato, gem lettuce and mayonnaise in a sesame seed bun served with skinny fries, green salad and homemade coleslaw. Your choice of:

8oz Beef Burger **GF**

Butterfly Chicken Breast **GF**

Falafel Burger **GF/V/VE** £11.95

Spicy chickpea falafel topped with hummus, tomato & gem lettuce in a sesame seed bun, served with green salad, skinny fries & vegan mayonnaise

Pan-fried fillet of Sea bass **GF** £16.95

On a bed of new potatoes, chorizo, red onion, cherry tomatoes and spinach finished with basil oil and balsamic syrup

Garden Lasagne **V** £11.95

Butternut squash, red pepper & spinach in a tomato ragu, layered pasta with béchamel sauce topped with golden cheese, served with a green salad and garlic ciabatta bread.

8oz Cumbrian Ribeye steak **GF** £21.95

Served with chunky chips, roast tomato, flat mushrooms and onion rings

Diane Sauce **£2.50** Peppercorn Sauce **£2.50**

Continued overleaf

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Side Orders

Skin on Chunky Chips GF/V/VE	£3.50
Skin on Skinny Fries GF	£3.50
Seasonal Vegetables GF/V/VE	£3.50
Green Salad GF/V/VE	£3.50
Garlic Ciabatta GF/V	£3.50
Mashed Potato GF/V	£3.50
Buttered New Potatoes	£3.50
Onion Rings V	£3.00
Toasted Sourdough V	£3.50
Gravy Boat GF	£2.00

Salads

Classic Caesar Salad	£9.95
Caesar dressing, anchovies, pancetta, garlic cruets and baby gem lettuce	
Greek Salad GF/V	£8.95
Mixed green salad, tomato, cucumber, olives, red onion, feta cheese and vinaigrette	
Add grilled chicken or grilled halloumi to any salad £4.00	

Continued overleaf

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Kids' Menu

To start

Garlic Bread **V**

Carrot and Cucumber Sticks served with hummus **GF/V/VE**

Homemade Soup of the Day **GF/V**

Mains

Penne and Tomato Sauce with or without meatballs **V/VE**

Cheeseburger served with skinny fries **GF**

Chicken Goujons served with skinny fries

Cumberland Pork Sausages served with mashed potato, peas and gravy

Something sweet

Ice Cream with chocolate sauce (1 scoop, ask for flavours) **GF**

Mini Chocolate Brownie served warm with vanilla ice cream **GF**

Main Course **£6.95** 2-courses **£8.95** 3-courses **£9.95**

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Something Sweet

Chocolate Brownie **GF** £6.95

Served warm with vanilla ice cream and chocolate sauce

Sticky Toffee Pudding £6.95

Served with vanilla ice cream and butterscotch sauce

Cheesecake of the Week £6.95

Served with a mixed fruit compote

Vanilla Panna Cotta **GF** £6.95

Served with a berry coulis and shortbread biscuit

Lemon Meringue Pie £7.50

Lemon tart topped with French meringue, served with Chantilly cream and raspberry sorbet

Trio of Ice Cream or Sorbets **GF/VE** £5.95

Please ask for today's flavours

The Plough Cheeseboard **GF**

Your choice of cheese served with crackers, grapes, celery and apricot chutney

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Coffees

Americano	£3.00
Cappuccino	£3.25
Latte	£3.25
Flat White	£3.25
Mocha	£4.00
Espresso/Double Espresso	£3.00 / £3.25
Hot Chocolate	£3.25
Macchiato	£3.25
Cortado	£3.00
Pot of Lakeland Tea	£2.50
Peppermint Tea	£2.50
Green Tea	£2.50

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