



## The Plough Menu

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### Starters

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Selection of warm breads, herb butter, olive oil, balsamic vinegar, mixed olives <b>V/VE</b>	£6.00
Homemade soup, sourdough <b>V/VE/GF*</b>	£6.00
Ham hock, apricot chutney, toast <b>GF*</b>	£6.00
Crab, avocado, tomato, bread sticks <b>GF*</b>	£9.00
Pigeon, pork belly, mulled pear, black pudding crumb	£9.00
Goats' cheese Waldorf <b>GF</b>	£9.00
Confit potato and artichoke, truffle vinaigrette, watercress aioli <b>V/VE/GF</b>	£8.00
Prawn and crayfish salad, Lakes Vodka Bloody Mary sauce, brioche <b>GF</b>	£9.00
Wild mushroom rarebit, Parmesan crisp <b>V</b>	£8.00
Calamari, lemon aioli	£8.00

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*Continued overleaf*

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

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## Plough classics

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Beer-battered fish and chips, mushy peas, tartare sauce

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Small	£11.00
Regular	£15.00
Cumberland sausage ring, champ mash, beer-battered onion rings, gravy GF*	£13.00
Steak and ale pie, triple-cooked chips, peas 'n' gravy	£15.00
Homemade chicken Kiev, fries, celeriac remoulade	£13.00
Braised lamb shank, dauphinoise potato, crispy kale GF	£17.00
Red lentil dhal, cauliflower pakora, fresh baked naan V/VE/GF*	£13.00
Vegan cottage pie, lentil, celeriac, kale V/VE/GF	£12.00
Sea bass, champ mash, scampi bites, chervil cream GF*	£16.00

## Grill all with triple-cooked chips

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10oz rump steak, confit tomato, Portobello mushroom, onion rings GF*	£19.00
10oz gammon steak, fried egg, pineapple GF	£15.00
8oz beef burger, dill pickle, beef tomato, red onion, lettuce, house relish GF*	£12.00
8oz wild boar burger, confit chorizo, apple and green pepper chutney, aioli GF*	£16.00
8oz venison burger, red cabbage and beetroot slaw, fig ketchup, black pepper aioli GF*	£15.00
Grilled Portobello mushroom, confit onion, goats' cheese burger GF*	£12.00
Add bacon	£1.00
Add cheese	£1.00

*Continued overleaf*

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## Cobs, rolls, butties or barms all served until 5pm

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All served on locally sourced baked artisan bread with triple cooked chips GF\*

Cumbrian hot roast beef, horseradish aioli, watercress	£9.50
Fish finger, ketchup or tartare	£9.00
Smoked bacon, gem lettuce, tomato, aioli	£9.00
Fells cheddar, apple chutney, Garstang mozzarella melt V	£7.50
Poached salmon, shredded gem, cucumber, whipped crème fraîche	£9.00
Cheeze, beetroot slaw, sun-dried tomato VE	£7.50

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## Salads

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Classic chicken Caesar GF*	£12.00
Heritage tomato, basil, mozzarella, toasted brioche, white balsamic V/ GF*	£9.00

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## Sides

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Triple-cooked chips GF*	£3.50
Medley of seasonal vegetables, herb butter V/ GF	£3.50
Green side salad V/ VE/ GF	£3.50
Garlic ciabatta GF*	£3.50
Garlic ciabatta with cheese GF*	£4.00
Peppercorn / Diane sauce	£2.50

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*Continued overleaf*

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## Children

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Penne and tomato sauce, with meatballs GF*	£6.50
Cheeseburger, fries GF*	£6.50
Chicken goujons, fries	£6.50
Cumberland pork sausages, mashed potato, peas 'n' gravy GF	£6.50

## Children's dessert

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One scoop of ice cream with chocolate sauce GF	£2.50
Mini brownie, vanilla ice cream GF*	£2.50

*Continued overleaf*

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## Desserts

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Chocolate brownie, vanilla ice cream, chocolate sauce GF*	£7.00
Sticky toffee pudding, vanilla ice cream, butterscotch sauce GF*	£7.00
Cheesecake of the week (see specials)	£7.00
Vanilla panna cotta, berry coulis, shortbread biscuit GF*	£7.00
Lemon meringue pie, soft French meringue, cream, raspberry sorbet	£7.50
Trio of ice cream or sorbets GF*	£6.00
Madagascan vanilla, double chocolate, strawberry, rum and raisin, coconut ice cream Raspberry, blood orange and lemon sorbet	
The plough cheeseboard GF*	
Crackers, grapes, celery and apricot chutney	
Three cheeses	£8.00
Five cheeses	£13.00

## Today's cheese selection from the cheese larder

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Wine pairing: Rocca Salice doc Puglia (Italy) £23.95

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1. Sandham's Crumbly Lancashire – a classic crumbly Lancashire cheese with a sharp flavour.
2. Black Dub Blue – a rich blue cheese with a distinctive flavour.
3. Fellstone – hard cheese, creamy and milky.
4. Tovey – this is a semi-soft, ripening goats' cheese.
5. Eden Chieftain – a creamy, close textured mature 'Cheddar style' cheese with a well-rounded flavour.
6. Crook Blue – creamy blue and refreshing on the palate.
7. Eden Valley – a light creamy local 'Brie style' cheese.

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