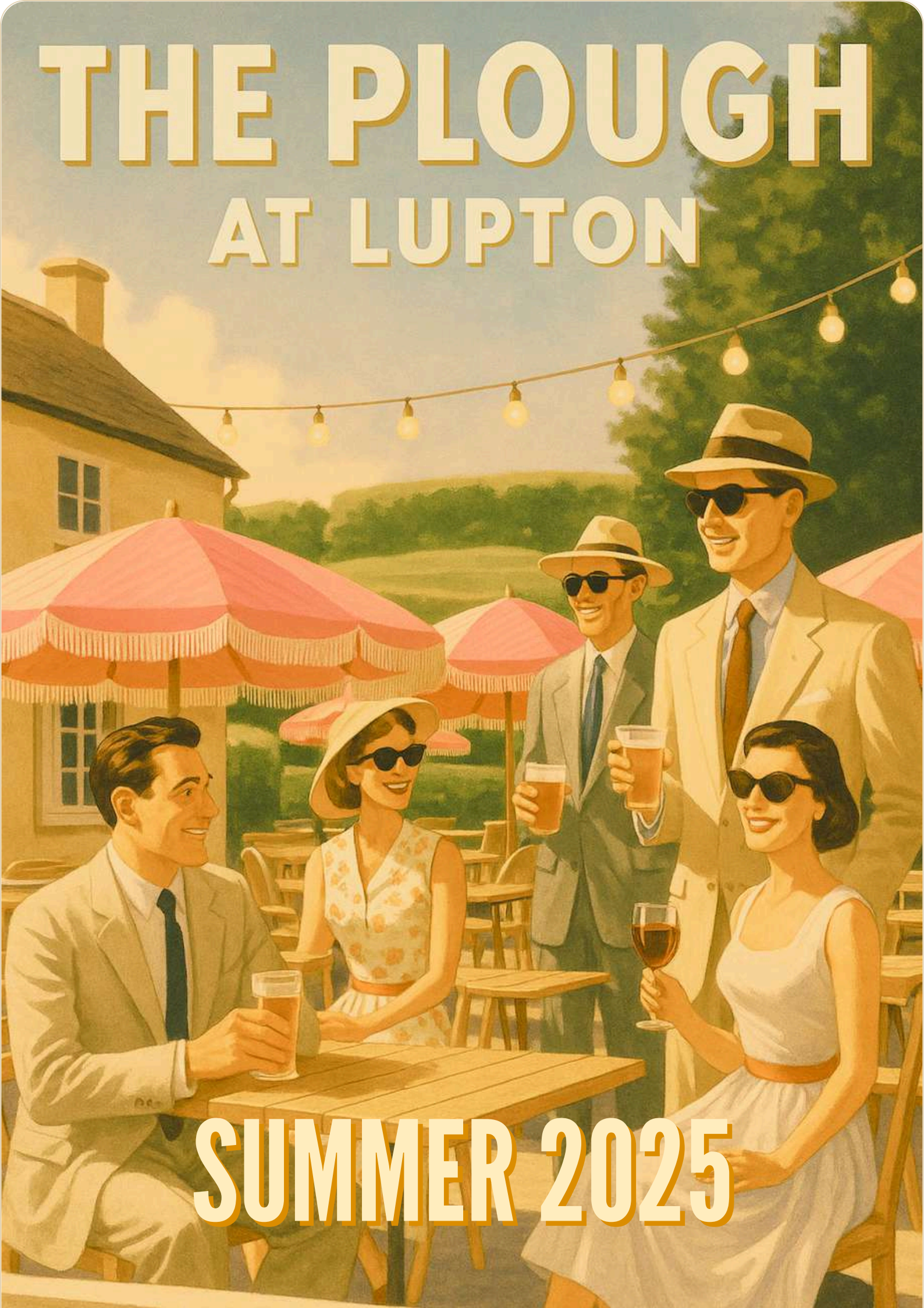
THE PLOUGH
AT LUPTON



SUMMER 2025

STARTERS

Today's Soup — 7.5
Warm Ciabatta, Butter (veo) (gfo)

Thai Style Fishcakes — 10.5
Honey Chilli Sauce, Charred Lime (gf)

Warm Goat's Cheese Tart — 9.5
Red Onion Marmalade, Puff Pastry (v)

Venison Sausage Roll — 9.5
Black Cherry & Cranberry Ketchup

Panzanella Salad - 9.9
Roasted Heritage Cherry Tomatoes & Peppers, Toasted Ciabatta,
Virgin Olive Oil, Pine Kernels (vgn)(gfo)

PUB CLASSICS

Cumberland Sausage & Mash — 19.5
Crushed Root Vegetables, Buttered Kale,
Crispy Onions, Gravy

San Marzano Tomato Ragu — 16.9
Rustic Tomato Sauce, Black Olives, Gnocchi,
Wild Rocket (ve) (gf)
Add Garlic Bread +3 Add Burrata +3

Beer Battered Haddock — 19.5
Mushy Peas, Chips, Chunky Tartare (gf)

Homemade Beef Burger — 19.9
Salad, Brioche Bun, Chips (gfo)
Add Bacon +2 Add Monterey Jack Cheese +2

ROASTS

Roast Topside of Beef — 24.5

Slow-Roast Pork Shoulder — 19.5

Roast Chicken Breast — 22

All served with Yorkshire Pudding, Roast Potatoes, Greens,
Crushed Roots and Gravy (gfo)

Vegan "Chicken" — 17.5
Roasted Miso-Maple Plant Based "Chicken"
Crispy Onions, Curly Kale, Roast Potatoes,
Sage & Onion Gravy (ve) (gf)

EXTRAS FOR ROASTS

Extra Yorkshire Pudding.....1.0

Cauliflower Cheese.....5.5

Extra Roast Potatoes.....4.9

Creamy Mashed Potatoes (v) (gf).....4.9

MON- SAT DINNER MENU AFTER 4PM

NIBBLES

Cashews — 2.5
Spiced & Honeyed (vgn) (gf)

Almonds — 2.9
Smoked (vgn) (gf)

Roast Garlic Hummus — 7.5
Toasted Pitta (vgn)

Cured Tomato & Herb Focaccia — 5.5
Olive Oil & Balsamic (vgn)

Chipolatas — 7.5
Honey Mustard Glazed

STARTERS

Today's Soup — 7.5
Warm Ciabatta, Butter (veo) (gfo)

Cartmel Valley Smoked Salmon - 12.5
Lemon Rye Bread, Crème Fraiche, Shallots & Capers

Panzanella Salad - 9.9
Roasted Heritage Tomatoes & Peppers, Toasted Ciabatta, Virgin Olive Oil, Pine Kernels (vgn)(gfo)

Thai Style Fishcakes — 10.5
Honey Chilli Sauce, Charred Lime (gf)

Venison Sausage Roll - 9.5
Black Cherry & Cranberry Ketchup

Smoked Chicken Caesar Salad - 10.5
Cos, Marinated Anchovy Fillets, Parmesan, Caesar Dressing (gfo)

PUB CLASSICS

Cumberland Sausage & Mash — 19.5
Crushed Root Vegetables, Buttered Kale, Crispy Onions, Gravy

Fish & Chips — 19.5
Mushy Peas, Chunky Tartare (gf)

Homemade Beef Burger — 19.9
Salad Garnish, Burger Sauce, Brioche Bun, Fries (gfo)
Add Bacon +2 Add Monterey Jack Cheese +2

Slow Cooked Lamb Henry - 32
Mashed Potatoes, Crushed Root Vegetables, Broccoli, Minted Gravy (gf)

Mature Cheddar Cheese & Onion Pie — 18.9
Buttered Steamed Vegetables, Sage & Onion Gravy (v)

8oz Fillet Steak — 45
(This Steak is known for its Low Fat Content)
Cured Tomato, Field Mushroom, Watercress, Chips (gf)

8oz Rib-Eye Steak - 35
(This Steak is known for its High Fat Content)
Cured Tomato, Field Mushroom, Watercress, Chips (gf)

Add Peppercorn Sauce, Blue Cheese Sauce or Café De Paris Butter (gf) +3.5