

MON - SAT **BREAKFAST** UNTIL 10:30AM

Croissant or Pain au Chocolat — 2.5
(Cooked to order - 20 min cooking time)

Hearty Scottish Porridge (v) (veo) — 6.5

French Toast — 11.5
Stewed Berries & Natural Yoghurt (v)
or Smoked Back Bacon & Maple Syrup

Benedict — 13.5
Maple-Cured Bacon, Poached Hen's Eggs &
Hollandaise Sauce, on Toasted English Muffins (gfo)

Royale — 13.5
Cartmel Valley Smoked Salmon, Poached Hen's Eggs &
Hollandaise Sauce, on Toasted English Muffins (gfo)

Florentine — 13.5
Buttered Spinach, Poached Hen's Eggs & Hollandaise
Sauce, on Toasted English Muffins (gfo)

Breakfast Bap (gfo) — 9.5
Egg, Bacon or Sausage

Plough Breakfast Muffin — 10.5
Cumberland Sausage, Monterey Jack & Fried Egg

Arbroath Smokie— 14.5
Natural Un-Dyed Smoked Haddock, Poached Egg,
Parsley & Sea Salt Butter (gf)

Full English — 16.5
Local Butcher's Cumberland Sausage, Back Bacon,
Black Pudding, Roasted Tomato, Confit Field
Mushroom, Hash Brown, Baked Beans
& Eggs of your choice (gfo)

Full Vegetarian — 14.5
Vegetarian Sausages, Roasted Tomato, Confit Field
Mushroom, Hash Brown, Baked Beans & Eggs of
your choice (gfo) (veo)

MON - SAT **SANDWICHES** UNTIL 4PM

All served in a toasted brioche bun, with fries & slaw

Cartmel Valley Smoked Salmon - 10.9
Crème Fraiche & Watercress (gfo)

Westmorland Ham -9.9
Piccalilli, Wild Rocket & Tomato (gfo)

Roasted Garlic Hummus-9.5
Cured Tomatoes & Wild Rocket (vgn-o) (gfo)

The Ultimate Fish Finger Butty — 15.9 (gfo)
Beer Battered Haddock, Brioche Bun, Tartare Sauce,

Hog Roast – 14.5
Sage & Onion Pulled Pork, Bramley Apple
Sauce, Crispy Onions (gfo)

B.L.T – 14.5
Grilled Back Bacon, Plum Tomatoes, Baby Gem,
Mayonnaise (gfo)

Cajun Chicken Bun – 14.5
Pan-Fried Blackened Cajun Chicken Thigh,
Sour Cream, Crisp Gem (gfo)

The Plough Club Sandwich – 19.5
Grilled Chicken & Bacon, Lettuce, Tomato,
Baconnaise (gfo)

MON-SAT LUNCH MENU UNTIL 4PM

SMALL PLATES

Today's Soup — 7.5

Warm Ciabatta, Butter (veo) (gfo)

Panzanella Salad - 9.9

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

Smoked Chicken Caesar Salad - 10.5

Cos, Marinated Anchovy Fillets, Parmesan, Caesar Dressing

Thai Style Fishcakes — 10.5

Honey Chilli Sauce, Charred Lime (gf)

Warm Goat's Cheese Tart — 9.5

Red Onion Marmalade, Puff Pastry (v)

Stornoway Black Pudding Fritter — 11.5

Tarragon Mayonnaise, Pickled Fennel Salad

LARGER PLATES

Loaded Fries — 12.9

BBQ Pulled Pork, Mustard Mayonnaise, Jalapeños

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

Ploughman's Lunch — 18.5

Crook Blue, Fellstone Cheddar, Kidderton Ash, Cheeses, Cornichons, Sliced Ham, Pickled Onion, Roasted Garlic Venison & Cranberry Sausage Roll, Hummus, Westmorland Chutney, Warm Focaccia

Mature Cheddar Cheese & Onion Pie — 18.9

Buttered Steamed Vegetables, Sage & Onion Gravy (v)

San Marzano Tomato Ragu — 16.9

Rustic Tomato Sauce, Black Olives, Gnocchi, Wild Rocket (vgn) (gf)
Add Garlic Bread 3 Add Burrata 3

SIDES

Garden salad, Vinaigrette (vgn)(gf).....	4.5
Seasoned Chips, or Fries, Roasted Garlic Mayo (ve) (gf).....	4.9
Truffled Parmesan Fries (v) (gf).....	5.5
Honey Mustard Glazed Roasted Chipolatas.....	7.5
Steamed Vegetables, Roast Garlic & Thyme Butter (v) (gf).....	4.9
Cured Tomato & Herb Focaccia, Olive Oil & Balsamic (vgn).....	5.5

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)

Thai Style Fishcakes — 10.5

Honey Chilli Sauce, Charred Lime (gf)

Cartmel Valley Smoked Salmon - 12.5

Lemon Rye Bread, Crème Fraiche, Shallots & Capers

Venison Sausage Roll - 9.5

Black Cherry & Cranberry Ketchup

Panzanella Salad - 9.9

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

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

Mature Cheddar Cheese & Onion Pie — 18.9

Buttered Steamed Vegetables, Sage & Onion Gravy (v)

Fish & Chips — 19.5

Mushy Peas, Chunky Tartare (gf)

8oz Fillet Steak — 45

(This Steak is known for its Low Fat Content)

Cured Tomato, Field Mushroom, Watercress, Chips (gf)

Homemade Beef Burger — 19.9

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

8oz Rib-Eye Steak - 35

(This Steak is known for its High Fat Content)

Cured Tomato, Field Mushroom, Watercress, Chips (gf)

Slow Cooked Lamb Henry - 32

Mashed Potatoes, Crushed Root Vegetables, Broccoli, Minted Gravy (gf)

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

SIDES

Garden salad, Vinaigrette (vgn)(gf).....	4.5
Seasoned Chips, or Fries, Roasted Garlic Mayo (ve) (gf).....	4.9
Truffled Parmesan Fries (v) (gf).....	5.5
Honey Mustard Glazed Roasted Chipolatas.....	7.5
Steamed Vegetables, Roast Garlic & Thyme Butter (v) (gf).....	4.9
Cured Tomato & Herb Focaccia, Olive Oil & Balsamic (vgn).....	5.5

DESSERT

Sticky Toffee Pudding — 8.5

Miso Toffee Sauce, Vanilla Ice Cream, Cinder Toffee (v)

Orange Cheesecake – 9.5

Chocolate Glaze, Orange Jelly, Madeleine Sponge,
Chocolate Ice Cream (gf)

Warm Salted Caramel Tart — 8.5

Tonka, Vanilla Ice Cream (v)

Pineapple & Vanilla Posset – 8.5

Mango, Passionfruit & Pineapple Salsa (vgn) (gf)

CHEESE

Artisan Cheeses — 11.5

Goat, Blue, Cheddar Cheeses made
within a 10 mile radius, Grapes,
Westmorland Chutney & Crackers A full
description of the cheeses is available on
request.

DESSERT WINE

Graham's 2017 LBV Port 7

Graham's 10yr Tawny Port 7

Cockburn's Ruby Port 6

Warre's Warrior Port 6

Sauternes Dessert Wine 7

ICES

Selection of Ice Creams and Sorbets

2.5 per scoop

Ice Cream: Vanilla, Chocolate, Strawberry, Boozy
Fruit, Salted Caramel

Sorbet: Apple, Rhubarb, Strawberry, Orange,
Mango, Raspberry, Damson

HOT DRINKS

Tea | Americano 4.2

Latte | Cappuccino | Flat White 4.4

Hot Chocolate | Mocha 4.8

Herbal Teas 4.2

Peppermint, Green, Lemon & Ginger,
Red Berry, Camomile

AFTERNOON TEAS

MON - SAT 2-6PM

Warm Handmade Scone — 8.5

Jam, Cream & Butter with Tea or Coffee

Dark Chocolate Brownie — 7.5

with Tea or Coffee (gf)

Toasted Teacake — 7.5

with Tea or Coffee