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# ALLERGENS MENU

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**30 NOVEMBER 2023**

## **The Plough Harborne Allergens Statement**

Allergies and specific dietary requirements are taken very seriously at The Plough. We work hard to ensure our menu information is correct and up to date at all times.

**PLEASE ALWAYS CHECK OUR ALLERGENS MENU BEFORE YOU PLACE AN ORDER.**

The dish descriptions on our menus may not mention every ingredient in a dish. Even if you have had a dish before and deemed it safe, our suppliers, ingredients and, therefore, the allergen information may also change between visits.

Whilst we have strict controls in place to reduce the risk of cross contamination, please be aware that our kitchens handle numerous ingredients containing allergens. For this reason we cannot guarantee that our dishes will be 100% allergen-free. Please be aware of the risks before you order.



# ALLERGENS MENU

Gluten = Glu • Milk = Milk • Eggs = Egg • Nuts = Nut • Peanuts = PNut • Sesame = Ses • Soya = Soy • Mustard = Mus •

Celery = Cel • Fish = Fish • Crustaceans = Crus • Molluscs = Mol • Lupin = Lup • Sulphur Dioxide = SD

BRUNCH	Glu	Milk	Egg	Nut	PNut	Ses	Soy	Mus	Cel	Fish	Crus	Mol	Lup	SD
breakfast pastry	✓	✓	✓	✓		✓	✓							
homemade toast & preserves	bread	butter					bread						bread	
greek yoghurt & fruit	granola	yoghurt		granola										
homemade pancakes		pancake	pancake											
breakfast brioche sandwich	bun, potato rostie	bun	bun, potato rostie, egg				sriracha mayo	sriracha mayo						
veggie breakfast brioche sandwich	bun, marmite	bun, halloumi, mushroom	bun, egg						marmite					
egg benedict	muffins	hollandaise sauce, muffins	egg, hollandaise sauce				muffins							hollandaise sauce, egg
egg royale	muffins	hollandaise sauce, muffins	egg, hollandaise sauce				muffins			salmon				hollandaise sauce, egg
harrisa roasted vegetables	bread						bread	micro cress, roasted veg	micro cress, roasted veg				bread	capers
turkish egg	bread, aleppo chilli	butter, aleppo chilli	egg, aleppo chilli	aleppo chilli	aleppo chilli	aleppo chilli	bread, aleppo chilli	aleppo chilli	aleppo chilli				bread, aleppo chilli	egg, aleppo chilli
avocado, feta, poached egg	bread, aleppo chilli	feta cheese, aleppo chilli	eggs, aleppo chilli	dukkah, aleppo chilli	dukkah, aleppo chilli	dukkah, aleppo chilli	bread, aleppo chilli	aleppo chilli	aleppo chilli				bread, aleppo chilli	egg, aleppo chilli
smoked salmon, avocado, poached egg	bread		egg				bread	micro cress	micro cress	salmon			bread	egg
veggie breakfast	bread, veg sausage	butter, halloumi, mushroom, beans, veg sausage	egg				bread	veg sausage					bread	beans
house breakfast	sausage, bread	butter, mushroom, beans	egg				bread						bread	sausage, beans
eggs any style	bread	butter	egg				bread						bread	
BRUNCH EXTRAS	Glu	Milk	Egg	Nut	PNut	Ses	Soy	Mus	Cel	Fish	Crus	Mol	Lup	SD
streaky bacon														
sausage	✓													✓
hash browns														
veggie sausage	✓	✓						✓						
roasted tomato														✓
mushroom		✓												
gluten free bread		✓	✓				✓							
avocado														
toast	✓						✓						✓	
strawberry jam														
orange marmalade														
marmite	✓								✓					
peanut butter				✓	✓									
SMOOTHIES & COCKTAILS	Glu	Milk	Egg	Nut	PNut	Ses	Soy	Mus	Cel	Fish	Crus	Mol	Lup	SD
mango, apple, pear														
mixed berry, banana, apple														
spinach, avocado, apple, lime, basil														
bloody mary	✓			✓	✓	✓	✓	✓	✓	✓				x
FORTHE TABLE	Glu	Milk	Egg	Nut	PNut	Ses	Soy	Mus	Cel	Fish	Crus	Mol	Lup	SD



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green olives				✓	✓					✓				✓
homemade bread	bread						bread						bread	
pigs in blankets	pigs in blankets													pigs in blankets
baby chorizo	bread	chorizo, garlic mayo	garlic mayo				bread						bread	red wine
beef croquettes	croquettes	horseradish sauce	croquettes, horseradish sauce					horseradish sauce					croquettes	
buttered garlic bread with mozzarella	pizza dough	garlic butter, cheese					pizza dough	pizza dough					pizza dough	
nduja garlic bread	pizza dough	cheese, garlic butter					pizza dough	pizza dough					pizza dough	
spicy garlic bread	pizza dough	garlic butter, cheese					pizza dough	pizza dough					pizza dough	jalapeno
<b>STARTERS</b>	<b>Glu</b>	<b>Milk</b>	<b>Egg</b>	<b>Nut</b>	<b>PNut</b>	<b>Ses</b>	<b>Soy</b>	<b>Mus</b>	<b>Cel</b>	<b>Fish</b>	<b>Crus</b>	<b>Mol</b>	<b>Lup</b>	<b>SD</b>
today's soup	bread	butter					bread	micro cress	micro cress				bread	
chicken liver pate	bread	pate, butter					bread	pickled mix					bread	pickled mix, caramelised red onion
winter beetroot & goats cheese salad		goats cheese						mustard dressing, micro cress,	micro cress,					mustard dressing, beetroot
hummus	flatbread, aleppo chilli	aleppo chilli	aleppo chilli	aleppo chilli	aleppo chilli	hummus, aleppo chilli	flatbread, aleppo chilli	flatbread, aleppo chilli	aleppo chilli				flatbread, aleppo chilli	hummus, aleppo chilli
roasted butternut squash	pumpkin seeds	miso dressing, blue cheese, pumpkin seeds		pumpkin seeds	pumpkin seeds		miso dressing, pumpkin seeds	micro cress	micro cress					pumpkin seeds
smoked salmon		horseradish cream	horseradish cream					horseradish cream		salmon				capers, pickled onion
<b>MAINS</b>	<b>Glu</b>	<b>Milk</b>	<b>Egg</b>	<b>Nut</b>	<b>PNut</b>	<b>Ses</b>	<b>Soy</b>	<b>Mus</b>	<b>Cel</b>	<b>Fish</b>	<b>Crus</b>	<b>Mol</b>	<b>Lup</b>	<b>SD</b>
turkey, brie & cranberry toasted cuban sandwich	bread	butter, cheese mix, brie	cheese mix				bread	cheese mix					bread	cheese mix, spiced cranberry sauce
wild mushroom tagliatelle	pasta, pangrattato	butter, double cream, parmesan	pasta, parmesan				pasta, pangrattato	pasta					pangrattato	
caesar salad	pangrattato	parmesan, dressing	parmesan, dressing				anchovies, pangrattato			anchovies, dressing			pangrattato	anchovies
winter vegetable & stilton pie	pie	pie, mashed potato, buttered greens	pie							pie, gravy				
beef & venison pie	pie	mashed potato, buttered greens	pie				pie			pie, gravy				pie, gravy
spicy black bean and beef sirloin chille	harrisa flatbread	sour cream					harrisa flatbread	harrisa flatbread					harrisa flatbread	
veggie chilli	crispy onion, harrisa flatbread	sour cream					harrisa flatbread	harrisa flatbread	veggie chilli				harrisa flatbread	veggie chilli
salmon poke	dressing, seaweed		japanese mayo			dressing, sesame seeds	edamame, dressing	salmon		salmon, japanese mayo	salmon			japanese mayo, sushi rice
chicken poke	dressing, teriyaki, chicken, seaweed		japanese mayo, chicken			dressing, sesame seeds	edamame, teriyaki sauce, dressing			japanese mayo			chicken	japanese mayo,, sushi rice
tofu poke	tofu, dressing, marynate for tofu, seaweed					dressing, marynate for tofu, sesame seeds	edamame, sriracha mayo, dressing, tofu, marynate for tofu	sriracha mayo						marynate for tofu, sushi rice
battered cod	curry sauce	peas	tartar sauce				curry sauce	tartar sauce, curry sauce	curry sauce	cod			butter mix	tartar sauce



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BURGERS	Glu	Milk	Egg	Nut	PNut	Ses	Soy	Mus	Cel	Fish	Crus	Mol	Lup	SD
bar burger	bun	bun, cheddar	bun, slaw, plough sauce				bun	gherkins, plough sauce	plough sauce					plough sauce, gherkin
sloppy joe burger	bun	bun, cheddar	bun, slaw, plough sauce				bun	gherkins, plough sauce	plough sauce, sloppy joe					plough sauce, gherkins, sloppy joe
bacon jam burger	bun, bloody marry mayo	bun, cheddar	bun, slaw, bloody marry mayo				bun		bloody marry mayo	bloody marry mayo				bloody marry mayo, pickled red onion, bacon jam
cheeseburger	bun	bun, cheddar	bun, slaw, plough sauce				bun	gherkins, plough sauce	plough sauce					plough sauce, gherkins
slow cooked sticky pork belly	bun	bun	bun, slaw, plough sauce				bun	plough sauce, pork belly	plough sauce					plough sauce
buffalo chicken burger	bun	bun, blue cheese sauce, chicken thighs, buffalo sauce	bun, blue cheese sauce, slaw				bun	blue cheese sauce						blue cheese sauce, buffalo sauce
soy and honey glazed chicken burger	bun, soy and honey glazed	bun, chicken thigh	bun, slaw, harrisa mayo			asian slaw	bun, soy and honey glazed		soy and honey glazed					soy and honey glazed, asian slaw
pip's 'la boca del diablo' black bean & mushroom	bun, patty			patty	patty	patty	bun, patty	vegan plough sauce, gherkins	vegan plough sauce, patty				patty	vegan plough sauce, gherkins, patty, pips sauce
onion bhaji burger	bun	bun, halloumi	bun				bun	vegan plough sauce, patty	vegan plough sauce					vegan plough sauce, chilli sauce
WINGS	Glu	Milk	Egg	Nut	PNut	Ses	Soy	Mus	Cel	Fish	Crus	Mol	Lup	SD
basket of wings bbq and spring onion								bbq						bbq
basket of spicy buffalo wings		blue cheese sauce, buffalo sauce	blue cheese sauce					blue cheese sauce	celery sticks					blue cheese sauce, buffalo sauce
SIDES	Glu	Milk	Egg	Nut	PNut	Ses	Soy	Mus	Cel	Fish	Crus	Mol	Lup	SD
homemade purple 'slaw			mayonnaise											
crunchy vegan slaw														
fries														
cajun fries														
mashed potato		mashed potato												
buttered savoy cabbage & peas		butter												
mix salad	pangrattato						pangrattato	mustard dressing					pangrattato	mustard dressing
macaroni cheese hash browns	hash browns	hash browns, cheese sauce	hash browns, chipotle mayo				hash browns	hash browns					hash browns	hash browns, chipotle mayo
loaded fries	crispy onion						sriracha mayo	sriracha mayo, blue cheese sauce						jalapenos, blue cheese sauce
spicy buffalo chicken wings		blue cheese sauce, buffalo sauce	blue cheese sauce					blue cheese sauce						blue cheese sauce, buffalo sauce
bbq chicken wings								bbq						bbq





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ketchup									✓					
hp sauce	✓													
mayonnaise			✓											
pips sauce			✓											✓
<b>DESSERT</b>	<b>Glu</b>	<b>Milk</b>	<b>Egg</b>	<b>Nut</b>	<b>PNut</b>	<b>Ses</b>	<b>Soy</b>	<b>Mus</b>	<b>Cel</b>	<b>Fish</b>	<b>Crus</b>	<b>Mol</b>	<b>Lup</b>	<b>SD</b>
panetone bread and butter pudding	pudding	pudding, custard	pudding, custard	pudding	pudding		pudding						pudding	
affogato		ice cream												
christmas pudding	pudding, ice cream			pudding, ice cream	pudding, ice cream		ice cream							pudding, ice cream
apple & cranberry crumble	crumble	crumble, ice cream					crumble							
chocolate orange cheesecake	cheesecake	cheesecake	cheesecake, meringue				cheesecake							
sticky toffee pudding		pudding, toffee sauce	pudding	ice cream			ice cream							pudding
hot cookie dough	cookie dough, cookie crunch	cookie dough, vanilla cream, caramel sauce, cookie crunch	cookie dough	cookie crunch	cookie crunch		cookie dough, cookie crunch							
homemade waffle	waffle, lotus biscoff	waffle, whipped cream, caramel sauce, vanilla icecream	waffle				waffle, lotus biscoff							
<b>MILKSHAKES</b>	<b>Glu</b>	<b>Milk</b>	<b>Egg</b>	<b>Nut</b>	<b>PNut</b>	<b>Ses</b>	<b>Soy</b>	<b>Mus</b>	<b>Cel</b>	<b>Fish</b>	<b>Crus</b>	<b>Mol</b>	<b>Lup</b>	<b>SD</b>
biscoff	✓	✓					✓							
chocolate chip cookie	✓	✓	✓	✓	✓		✓							
jammie dodger	✓	✓												✓
<b>ICE CREAM</b>	<b>Glu</b>	<b>Milk</b>	<b>Egg</b>	<b>Nut</b>	<b>PNut</b>	<b>Ses</b>	<b>Soy</b>	<b>Mus</b>	<b>Cel</b>	<b>Fish</b>	<b>Crus</b>	<b>Mol</b>	<b>Lup</b>	<b>SD</b>
natural vanilla		✓												
golden syrop														
dark chocolate				✓			✓							
jammie dodger	✓	✓												
chocolate chip	✓	✓	✓				✓							
brandy butter	✓			✓	✓		✓							✓
mince pie	✓			✓	✓		✓							
<b>CHILDREN'S MENU</b>	<b>Glu</b>	<b>Milk</b>	<b>Egg</b>	<b>Nut</b>	<b>PNut</b>	<b>Ses</b>	<b>Soy</b>	<b>Mus</b>	<b>Cel</b>	<b>Fish</b>	<b>Crus</b>	<b>Mol</b>	<b>Lup</b>	<b>SD</b>
kids breakfast	sausage, toast	beans					toast							sausage, beans
veggie kids breakfast	veg sausage, toast	beans, veg sausage					toast	veg sausage						beans
passion fruit granola	granola	yoghurt		granola										
homemade pancakes		pancakes	pancakes											
cheese & tomato pizza	pizza dough	cheese					pizza dough	pizza dough					pizza dough	
chicken goujons & fries	chicken goujons	beans												
fish fingers & fries	fish fingers	beans								fish finger				
sausages & fries	sausage	beans												sausage, beans
pasta with tomato sauce	✓						✓	✓						
<b>KIDS DESSERTS</b>	<b>Glu</b>	<b>Milk</b>	<b>Egg</b>	<b>Nut</b>	<b>PNut</b>	<b>Ses</b>	<b>Soy</b>	<b>Mus</b>	<b>Cel</b>	<b>Fish</b>	<b>Crus</b>	<b>Mol</b>	<b>Lup</b>	<b>SD</b>
fresh fruit bowl														
ice cream chocolate chip	✓	✓	✓				✓							

