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**ALLERGENS  
MENU**

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**22 APRIL 2021**



Allergies and special dietary requirements are taken very seriously at The Plough. We work closely as a team and with our suppliers to ensure that our information is correct and customers with allergies feel that we are looking after them.

Our dish descriptions don't always mention every single ingredient, so we ask that you inform a member of the team before ordering if you have any specific dietary requirements. Our recipe information is frequently updated please always let us know of your requirements even if you have eaten the dish previously.

Our suppliers and kitchens handle numerous ingredients and allergens. Whilst we have strict controls in place to reduce the risk of contamination, unfortunately it is not possible for us to guarantee that our dishes will be 100% allergen or contamination free.

Please note that allergens contained within our condiments & extra toppings are not included in this information.





# 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

LARGE PLATES	Glu	Milk	Egg	Nut	PNut	Ses	Soy	Mus	Cel	Fish	Crus	Mol	Lup	SD
Tagliatelle with slow cooked beef Ragù	rigatoni	parmesan	rigatoni					micro cress	micro cress, beef					beef, salsa verde
Smoked Chicken Caesar Salad	croutons, pangrattato	parmesan, pancetta, dressing	dressing pancetta				anchovies			anchovies, dressing			pangrattato	
Sweet Potato and Quinoa Chilli	flatbread								stew				flatbread	chimichurri, stew
Bar Burger	bun	bun, cheddar	bun, slaw, Plough sauce					gherkins plough sauce	plough sauce					plough sauce, gherkins
Battered Cod	curry sauce	peas	tartar sauce				curry sauce	tartar sauce		cod			butter mix	tartare sauce
Kilo of Spicy Buffalo Wings		blue cheese sauce	blue cheese sauce					blue cheese sauce	celery sticks					blue cheese sauce
VEGAN	Glu	Milk	Egg	Nut	PNut	Ses	Soy	Mus	Cel	Fish	Crus	Mol	Lup	SD
Vegan Cheese Burger	burger			burger	burger		burger	gherkins, plough sauce	plough sauce					gherkins, burger, plough sauce
Spiced Lentil, Black Bean and Tomato Dhal	naan bread, lentil mix							lentil mix						lentil mix
Creamy Vegan Mac and Cheese	macaroni, pangrattato			cashew nut parmesan	cashew nut parmesan		creamy sauce							
Spicy Fried Cauliflower Bites	sriracha mayo					sriracha mayo, sesame seeds	sriracha mayo	sriracha mayo, batter						pickled red onion
Cauliflower Bites								blue cheese sauce	celery					buffalo sauce, blue cheese sauce
Loaded Fries	sriracha mayo			cashew nut parmesan	cashew nut parmesan	sriracha mayo	sriracha mayo	sriracha mayo, blue cheese sauce						jalapenos, blue cheese sauce
PIZZA - VEGAN	Glu	Milk	Egg	Nut	PNut	Ses	Soy	Mus	Cel	Fish	Crus	Mol	Lup	SD
10. White mushroom	pizza dough			cashew nut parmesan	cashew nut parmesan									
11. BBQ base, roasted squash	pizza dough, BBQ, vegan pepperoni			cashew nut parmesan, cashew nut mozzarella	cashew nut parmesan, cashew nut mozzarella		BBQ, vegan pepperoni, mozzarella vegan		BBQ					BBQ, Vegan pepperoni
12. Sun blushed tomato	pizza dough, vegan pepperoni			cashew nut parmesan, cashew nut mozzarella	cashew nut parmesan, cashew nut mozzarella		vegan pepperoni, mozzarella vegan	vegan, pepperoni						balsamic, vegan pepperoni
13. Roasted pepper	pizza dough			cashew nut parmesan	cashew nut parmesan									
PIZZA - VEGETARIAN	Glu	Milk	Egg	Nut	PNut	Ses	Soy	Mus	Cel	Fish	Crus	Mol	Lup	SD
1. Tomato and mozzarella	pizza dough	cheese												pizza dough
2. Mushroom	pizza dough	cheese												pizza dough
3. Goats cheese, caramelised onion	pizza dough	cheese, goats cheese		pesto										pizza dough, caramelised onion
4. Cherry tomato, basil	pizza dough	mozzarella, buffalo mozzarella						micro cress	micro cress					pizza dough, balsamic vinegar
PIZZA - FISH	Glu	Milk	Egg	Nut	PNut	Ses	Soy	Mus	Cel	Fish	Crus	Mol	Lup	SD
5. Tuna, Anchovies	pizza dough	cheese						micro cress	micro cress	tuna, anchovies				pizza dough





