

*The*  
**PLOUGH HARBORNE**



.....

**GLUTEN FREE  
MENU**

.....

**RESERVATIONS**

0121 427 3678

OFFICE@THEPLOUGHHARBORNE.CO.UK

**PLEASE BE AWARE THAT:**

**OUR KITCHEN CLOSSES AT 9.30PM**

**OUR BAR CLOSSES AT 10PM**

**YOUR TABLE MAY BE RE BOOKED AFTER 2 HOURS**

**An optional service charge of 5% is added to all bills  
100% of which goes directly to the staff**

**PLEASE REMEMBER TO WEAR YOUR  
FACEMASK WHEN YOU ARE NOT SITTING  
AT YOUR TABLE**

**OUR GARDEN IS NOW SMOKE AND VAPE FREE**

**PLEASE LET OUR STAFF KNOW IF YOU HAVE ANY ALLERGIES**

**CHECK IN**



**TO THE PLOUGH**  
[www.rebrand.ly/plough](http://www.rebrand.ly/plough)

**NHS**



**TRACK AND TRACE**

**It is now required that all guests sign in to track and trace**

# BRUNCH

AVAILABLE BETWEEN  
MON - FRI 8.30AM - 12.30PM  
SAT 10AM - 12.30PM  
SUN 10AM - 12.30PM

## Gluten Free Toast and Preserves (v) • 2.5

## Vegan Breakfast Bruschetta • 10

Gluten Free Bread, Spiced Cauliflower, Homemade Hummus, Pomegranate Seeds, Fresh Herbs and Dukkah

## Smashed Avocado (v) • 12

Gluten Free Bread, Feta, Poached Egg, Mint, Coriander, Lemon and Dukkah  
(Add Bacon • 1.5)

## Smoked Salmon, Avocado, Poached Egg • 12.5

Gluten Free Bread Bread and Chilli

## Bacon and Eggs • 12.5

Gluten Free Bread, Crispy 'Nduja and Chimichurri

## House Breakfast • 15

Bacon, Fried Eggs, Hash Browns, Mushrooms, Tomatoes, Baked Beans and Gluten Free Bread  
(Please note, to keep service moving quickly on Saturday and Sunday mornings we are unable to make changes to the House Breakfast)

## Veggie Breakfast (v) • 14.75

Grilled Halloumi, Avocado, Fried Eggs, Hash Browns, Mushrooms, Tomatoes, Baked Beans and Gluten Free Bread  
(Please note, to keep service moving quickly on Saturday and Sunday mornings we are unable to make changes to the Veggie Breakfast)

## BRUNCH EXTRAS

Four Rashers of Streaky Bacon • 2 | Gluten Free Bread • 2

## SMOOTHIES (ve)

Mango, Apple and Pear • 4.75

Blackberry, Blackcurrant, Blueberry and Banana Apple • 4.75

Spinach, Avocado, Apple, Lime, Basil and Spirulina • 4.75

## BLOODY MARYS

Choose from Haku Japanese Vodka, Chase Smoked Vodka or Ketel Citron Vodka • 8

# SUNDAY ROAST

**Sunday Roast Available Sundays 1PM - 5PM (or until they're gone)**

## Roast Sirloin of Beef Served Pink or Well Done • 18.5

with Roast Potatoes, Cauliflower Cheese, Vegetables and Homemade Gluten Free Gravy

## Mushroom and Courgette Wellington • 16

with Roast Potatoes, Cauliflower Cheese, Vegetables and Homemade Gluten Free Gravy

**PLEASE LET OUR STAFF KNOW  
IF YOU HAVE ANY ALLERGIES**

## SMALL AND SIDES

**Mixed Olives (ve) • 4**

**Today's Soup • 7.5**

with Gluten Free Bread

**Green Salad (ve) • 4.5**

with Courgette, Cucumber, Peas,  
Chimichurri and Sea Salt

**Rocket and Parmesan Salad • 6.5**

with Sun Blushed Tomato and Balsamic Dressing

**Deep Fried, Crispy Cauliflower Bites (ve) • 8**

Buffalo Sauce, Vegan Blue Cheese Sauce,  
Celery and Spring Onion

**Loaded Fries (ve) • 8**

with Pickled Jalapeños,  
Cashew Nut Parmesan and Crispy Onions

**Homemade Hummus (ve) • 8**

with Fresh Herbs, Pomegranate and Gluten Free Bread

**Homemade 'Slaw (v) • 3.25**

**Fries (ve) • 3.75**

## SAUCES AND DIPS

**Blue Cheese • 1.5**

**Garlic Mayo • 1.5**

**Caesar Dressing • 1.5**

**Chimichurri • 1.5**

**Smoked Chilli • 1**

## LARGE PLATES

**Smoked Chicken Caesar Salad • 13.5**

with White Anchovies, Pancetta, Parmesan,  
Paprika and Chives

**Sweet Potato and Quinoa Chilli (ve) • 14.75**

with Avocado and Gluten Free Bread

**Bar Burger • 16**

Homemade Beef Patty, Plough Burger Sauce,  
Iceberg Lettuce, White Onion, Cheddar, Crispy Bacon  
and Sliced Pickles.

Served on a Gluten Free Bun with Purple 'Slaw and Fries

**Battered Cod • 16.5**

with Chunky Chips, Mushy Peas, Tartare and Curry Sauce

**Kilo of Spicy Wings • 16**

with Buffalo Hot Sauce, Celery and Blue Cheese Dip  
- Wings are available on Sundays only, from 5pm -

## DESSERTS

**Lemon Posset, Candied Orange • 5.5**

## ODI AND MOO ICE CREAM

• Vanilla

• Dark Chocolate Sorbet (ve)

1 Scoop • 2 | 2 Scoops • 3.75 | 3 Scoops • 5.5



AVAILABLE BETWEEN

EVERYDAY 12PM - 9.30PM

**PLEASE LET OUR STAFF KNOW  
IF YOU HAVE ANY ALLERGIES**

# PIZZA WITH GLUTEN FREE BASE

## VEGETARIAN PIZZA

**#1 Tomato and Mozzarella • 12**

**#2 Roasted Mushroom • 13**

**#3 Goats Cheese, Caramelised Onion • 15**

Black Olives and Pesto

**#4 Cherry Tomato, Buffalo Mozzarella • 15**

Balsamic and Fresh Basil

## FISH PIZZA

**#5 Tuna, Anchovies • 15.5**

Black Olives, Fresh Red Onion, Chilli and Watercress

## MEAT PIZZA

**#6 Chilli, 'Nduja Pork • 15**

and Caramelised Red Onion

**#7 Prosciutto, Sun Blushed Tomatoes • 16**

Black Olives and Rocket

**#8 Chorizo, Roasted Peppers • 16**

Cajun Chicken, Caramelised Red Onion and Black Olives

**#9 Salami, Roast Ham • 16**

Chorizo and Pancetta

## VEGAN PIZZA

**#10 White Mushroom Pizza • 15**

Cashew Nut Parmesan, Rocket and Truffle Oil

**#11 BBQ Base, Roasted Squash, Vegan Pepperoni • 15**

Roasted Pine Nuts, Sun Blushed Tomatoes, Crispy Sage, Fresh Basil and Homemade Vegan Mozzarella

**#12 Sun Blushed Tomato, Mushrooms • 15**

Fresh Thyme, Rocket, Homemade Vegan Mozzarella, Balsamic and Chilli Oil

**#13 Roasted Pepper, Caramelised Onions • 15**

with Cashew Nut Parmesan

**PLEASE LET OUR STAFF KNOW IF YOU HAVE ANY ALLERGIES**