

ALLERGENS

AUGUST 2018

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.

If your require dishes with low gluten, dairy free, vegetarian or vegan please ask to see the specific menus.

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



BRUNCH	Gluten	Milk	Eggs	Nuts	Peanuts	Sesame	Soya	Mustard	Celery	Fish	Crustaceans	Molluse	Lupin	Sulphur Dioxide	Comments
Croissants	in mixture	in mixture	in mixture	in mixture	in mixture		in mixture								
Pain au Chocolat	in mixture	in mixture	in mixture	in mixture	in mixture		in mixture								
Pain au Raisin	in mixture	in mixture	in mixture	in mixture	in mixture		in mixture								
Granola with Tahini Yoghurt	granola	yoghurt		granola, almonds		tahini									
Short-Stack of Pancakes	pancake mix	pancake mix	pancake mix				pancake mix								
Bacon Butty	bread	butter													
Sausage Sarnie	sausage, bread	butter												sausage	
Veggie Sausage Sarnie	sausage, bread	butter													
Veggie Breakfast	sausage, bread	beans - butter	egg												
Eggs Florentine	muffin	sauce - butter	eggs, sauce				muffin								
Eggs Benedict		sauce - butter	eggs, sauce												
Eggs Royale	muffin	sauce - butter	eggs, sauce				muffin			salmon					
Slow Cooked Beef Brisket with Poached Egg, English Muffin, Fresh Chilli and Chimichurri Sauce															
Avocado on Toast with Cherry Tomato and Chilli	sourdough									salmon				pickled fennel	
Potato and Okra Hash with Chickpea, Poached Egg and Chilli			egg												
Smoked Salmon, Avocado, Poached Egg	bread		egg							salmon					
House Breakfast	sausage, bread, black pudding	beans - butter	egg						black pudding					sausage, black pudding	



..... ALLERGENS MENU

PIZZA: MEAT	Gluten	Milk	Eggs	Nuts	Peanuts	Sesame	Soya	Mustard	Celery	Fish	Crustaceans	Molluse	Lupin	Sulphur Dioxide
'Nduja, Mascarpone, Rocket, Sun Blushed Tomatoes and Chilli Flakes	base	cheese, mascarpone,												
Candied Bacon, Pine Nuts, Fig and Sun Blushed Tomatoes	base	cheese												
Prosciutto, Sun Blushed Tomatoes, Black Olives and Rocket	base	cheese												
Chorizo, Roasted Peppers, Cajun Chicken, Caramelised Red Onion and Black Olives	base	cheese					chorizo							
Beef Carpaccio, Stilton, Rocket and Parmesan	base	cheese, parmesan	parmesan											
Salami, Roast Ham, Chorizo and Pancetta	base	cheese, salami,					chorizo							
Wild Mushroom, Prosciutto, White Sauce, Parmesan, Rocket and Truffle Oil	base	cheese, sauce, mushrooms	parmesan											
PIZZA: FISH														
Smoked Salmon, Capers, Mascarpone, Spring Onion and Watercress	base	cheese, mascarpone								salmon				
Tuna, Anchovies, Black Olives, Fresh Red Onion, Chilli and Watercress	pizza dough	cheese								tuna, anchovies				
PIZZA: VEGETARIAN														
Tomato and Basil	base	cheese												
Mushroom	base	cheese												
Goats Cheese, Caramelised Onion , Black Olives and Pesto	base	cheese	pesto - parmesan											
Fig, Stilton, Caramelised Onion, Black Olives and Rocket	base	cheese												



SMALL PLATES	Gluten	Milk	Eggs	Nuts	Peanuts	Sesame	Soya	Mustard	Celery	Fish	Crustaceans	Molluse	Lupin	Sulphur Dioxide	Comments
Buttered Garlic Bread	pizza dough	garlic butter													
Spiced Garlic Bread with 'Nduja Pork and Mozzarella	pizza dough	cheese, garlic butter													
Wild Mushroom and Asparagus Pate with Sourdough, Fig and Port Relish (v)	sourdough	pate												pate	
Chilli Hummus with Carrot, Cucumber and Flat Bread	flat bread														
Slow Cooked Baby Chorizo	sourdough	chorizo, aioli sauce	aioli sauce											red wine	
LARGE PLATES															
Slow Cooked Beef Brisket and Sweet Potato Hash with Fried Egg, Rustic Bread and Sweet Tomato Chutney	rustic bread		fried egg					sweet tomato chutney							
Chipotle and Quinoa Chilli with Avocado Cream and Flat Bread	flat bread								chipotle stew					chimichurri, chipotle stew	
Battered Fillet of Haddock	batter mix, curry sauce	peas	tartar sauce				curry sauce	ccurry sauce		haddock					
Sharing Antipasti Board	sourdough	stilton, buffalo mozzarella, parmesan, salami,	parmesan							anchovies				balsamic vinegar, olives	
Roasted Cauliflower and Crispy Chickpea Salad		yoghurt		dukkah											
Smoked Chicken Caesar Salad with White Anchovies, Pancetta, Parmesan, Croutons, Paprika and Chives	croutons, pangrattato	parmesan	dressing, parmesan							anchovies, sauce					
Crispy Sea Bass	french bean, potato salad	ginger and lime sour cream		french bean, potato salad		french bean, potato salad	french bean, potato salad								



	ALLERUENS ME													140	
HAMBURGERS	Gluten	Milk	Eggs	Nuts	Peanuts	Sesame	Soya	Mustard	Celery	Fish	Crustaceans	Molluse	Lupin	Sulphur Dioxide	Comments
Low Carb		swiss cheese						pickle mix, plough sauce	plough sauce					green salad	
Split Pea and Roasted Veg Burger with Avocado, Swiss Cheese, Iceberg Lettuce.	bun, patty	cheese, swiss cheese, bun	slaw, bun			patty, chilli sauce	patty								low carb has exactly same allergens
Plough Burger		cheese, bun	slaw, bun, polugh sauce					pickle mix, plough sauce	plough sauce						low carb has exactly same allergens
Buffalo Chicken Burger with White Blue Cheese Sauce, Celery and Guindillas Pepper	bun	buffalo sauce, blue cheese sauce, bun	slaw, blue cheese sauce, bun						celery					buffalo sauce, guandilla pepper	low carb has exactly same allergens
Smoked Streaky Bacon Burger with Caramelized Red Onion, Cheddar and Bourbon BBQ Sauce	bun, BBQ Sauce	bun, cheese, BBQ Sauce	bun, slaw				BBQ sauce		BBQ sauce	BBQ sauce					low carb has exactly same allergens
SIDES															
Homemade 'Slaw			mayonaise												
Green Salad															
Rocket and Parmesan Salad with Sun Blushed Tomato and Balsamic Dressing		parmesan	parmesan											dressing	
Mixed Olives															
DESSERTS															
Chocolate Gelato		gelato	gelato	gelato											
Strawberry Gelato		gelato	gelato	gelato											
Hazelnut Gelato		gelato	gelato	gelato											
Vanilla Gelato		gelato	gelato	gelato											
Oreo and Salted Caramel Mess with Fresh Raspberry and Vanilla Gelato	oreo	whipped cream, oreo, caramel, gelato	meringue, gelato	gelato			oreo								
Waffle with Vanilla Gelato and Salted Caramle	waffle	waffle, gelato, caramle	waffle, gelato	waffle gelato			waffle								
Ginger and Lime Cheesecake		cheesecake		almonds											



...... ALLERGENS MENU

SUNDAY ROAST	Gluten	Milk	Eggs	Nuts	Peanuts	Sesame	Soya	Mustard	Celery	Fish	Crustaceans	Molluse	Lupin	Sulphur Dioxide	Comments
Beef Roast	yorkshire puddings, gravy	green veg salad, yorkshire puddings	yorkshire puddings				gravy		gravy					cabbage	
Chicken Roast	yorkshire puddings, gravy	green veg salad, yorkshire puddings	yorkshire puddings				gravy		gravy					cabbage	
Pork Roast	yorkshire puddings, gravy	carrot mash, cabbage, yorkshire puddings	yorkshire puddings				gravy		gravy						
Vegetarian Roast	yorkshire puddings, gravy, wellington	green veg salsd, yorkshire puddings	yorkshire puddings, wellington				gravy		gravy					cabbage	
Lamb Shank Roast	yorkshire puddings, gravy	green veg salad, yorkshire puddings	yorkshire puddings, gravy				gravy		lamb						
KIDS MENU															
Beans on Toast With a Side Salad		cheese													
Cheese and Tomato Pizza with Side Salad	base	cheese													
Fish and Chips	batter									haddock					
Sausage and Chips	sausage													sausage	
Chicken Goujons							butter								
KIDS DESS	ERTS														
Fromage Frais Pot		yoghurt													
Fresh Fruit Bowl															
Kids Chocolate Gelato	waffles	gelato, waffles	gelato, waffles	gelato			waffles								
Kids Vanilla Gelato	waffles	gelato, waffles	gelato, waffles	gelato			waffles								
Kids Strawberry Gelato	waffles	gelato, waffles	gelato, waffles	gelato			waffles								
Kids Hazelnut Gelato	waffles	gelato, waffles	gelato, waffles	gelato			waffles								



Slow Cooked Baby Chorizo

X

ALLERGENS MENU

X

CUBANS	Gluten	Milk	Eggs	Nuts	Peanuts	Sesame	Soya	Mustard	Celery	Fish	Crustaceans	Molluse	Lupin	Sulphur Dioxide	Comments
Slow Roasted Mojo Pork	bloomer	butter, swiss cheese, feta in salad						mustard, dressing for salad						mustard, dressing for salad	
Cajun Spiced Chicken	bloomer	butter, swiss cheese, feta in salad, gotcha ketchup	gotcha ketchup					dressing for salad, gotcha ketchup	gotcha ketchup	gotcha ketchup				dressing for salad	
Beef Brisket	bloomer	butter, swiss cheese, feta in salad,						dressing for salad						dressing for salad, guandilla peppers	
Roasted Mushroom	bloomer	butter, mushrooms swiss cheese, hal- loumi, feta in salad,						mustard, dressing for salad						mustard, dressing for salad	
DESSERTS (cont.)															
Chocolate Brownies (+ Choc Cake)	brownies, cake	burger, cheese	burger, slaw												
Chocolate Almond Cake		mixture	mixture	almond			mixture								gluten free
Chocolate Guiness Cake	mixture	mixture	mixture				mixture								contains alcohol
Chocolate Fudge Cupcakes		mixture	mixture				mixture								gluten free
Chocolate Custard Slices	mixture	mixture	mixture				mixture								
Courgette and Lemon Cake	mixture		mixture	mixture											dairy free
BAR SNACKS															
Vine Leaves Stuffed							x		х	х	x	х			
Traditional Pork Pies	x		х	х				x	х					х	
Beef Croguettes	x	x	x					x							



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Gin and Tonic Cupcakes	cake	mixture	mixture												contains alcohol
Hummingbird Cake	mixture	mixture	mixture	cake											
Lemon (Meringue/c Curd) c Cupcakes + Cake	cake	mixture	meringue, cake												
Mocha Cupcakes	cake	mixture	mixture				mixture								
Millionaire's Shortbread	mixture	mixture					mixture								
Nutty Oaty Raspberry Bars	mixture	mixture		cake bars											
Orange and Almond Cake															gluten free
Orange, Rasperry Polenta Cake		cake	cake	mixture											gluten free
Peanut Butter and White Chocolate Blondies	mixture	mixture	mixture	mixture	peanut butter										
Passion Cake	cake	mixture	mixture	cake											
Rye Chocolate Brownies															
Rich Chocolate Cakes	mixture	mixture	mixture				mixture								
Rhubarb Crumble Cake	cake	mixture	mixture												
Rhubarb Finger Bars	mixture	mixture	mixture												
Rocky Road Crunch															
Victoria Sponge Cake and Vanilla Cupcake	mixture	mixture	mixture												
White Chocolate and Cranberry Tiffin															
White Chocolate Pot with Lemon Shortbread Biscuit		chocolate pot, shortbread	chocolate mousse, shortbread												