



**ALLERGENS
MENU**



JANUARY 2019



ALLERGENS MENU

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 you 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.



ALLERGENS MENU

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								
Cinnamon Fig Porridge with Natural Yoghurt, Berry Compote and Roasted Mixed Nuts	porridge	porridge, yoghurt		mixed nuts											
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	muffin	sauce - butter	eggs, sauce				muffin								
Eggs Royale	muffin	sauce - butter	eggs, sauce				muffin			salmon					
Slow Cooked Beef Brisket with Poached Egg, English Muffin, Fresh Chilli and Chimichurri Sauce	muffin		egg				muffin							chimichurri	
Avocado on Toast with Cherry Tomato and Chilli	sourdough									salmon				pickled fennel	
Sweet Potato Waffle with Avocado, Poached Egg and Spiced Maple Syrup (v)	waffle mix	waffle mix	waffle mix, egg	waffle mix			waffle mix								
Smoked Salmon, Avocado, Poached Egg	bread		egg							salmon					
House Breakfast	sausage, bread, black pudding	beans - butter	egg						black pudding					sausage, black pudding	



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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													
Smoked Mackerel Pate with Toasted Sourdough, Cucumber and Dill Salsa	mackerel pate mix, sourdough	mackerel pate mix, butter								mackerel pate mix				mackerel pate mix, cucumber salsa	
Tomato and Red Pepper Hummus with Carrot, Courgette and Flat Bread (v)	hummus, flat bread	hummus				hummus	hummus	hummus	hummus	hummus				hummus, chimichurri	
Slow Cooked Baby Chorizo	sourdough	chorizo, aioli sauce	aioli sauce												red wine
Harissa Roasted Squash and Buffalo Mozzarella Brushetta with Basil Pesto, Roasted Almonds, Watercress and Balsamic (v)	sourdough	buffalo mozzarella, pesto		almonds											balsamic
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	batter mix, peas	batter mix, tartar sauce				batter mix, curry sauce	curry sauce, tartar sauce			haddock				
Sharing Antipasti Board	fruit bread	fruit bread, stilton, buffalo mozzarella, parmesan		fruit bread	fruit bread	fruit bread								guandilla pepper	
Smoked Chicken Caesar Salad with White Anchovies, Pancetta, Parmesan, Croutons, Paprika and Chives	croutons, pangrattato	parmesan, pancetta	dressing pancetta								anchovies, sauce			anchovies	



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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						
Chicken Roast	yorkshire puddings, gravy	green veg salad, yorkshire puddings	yorkshire puddings				gravy		gravy						
Pork Roast	yorkshire puddings, gravy	carrot mash, cabbage, yorkshire puddings	yorkshire puddings				gravy		gravy						
Vegetarian Roast	yorkshire puddings, gravy, wellington	green veg salad, yorkshire puddings	yorkshire puddings, wellington				gravy		gravy						
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	toast	cheese													
Cheese and Tomato Pizza with Side Salad	base	cheese													
Fish and Chips	batter									haddock					
Sausage and Chips	sausage													sausage	
Chicken Goujons	butter	butter					butter								
KIDS DESSERTS															
Fromage Frais Pot		yoghurt													
Fresh Fruit Bowl															
Kids Chocolate Ice Cream	waffles	ice cream, waffles	waffles				ice cream, waffles								
Kids Vanilla Ice Cream	waffles	ice cream, waffles	waffles				waffles								
Kids Raspberry Ice Cream	waffles	ice cream, waffles	waffles				waffles								
Kids Jaffa Cake Ice Cream	waffles	ice cream, waffles	ice cream, waffles	ice cream			ice cream, waffles								
Kids Toffee and Fudge Ice Cream	waffles	ice cream, waffles	waffles				ice cream, waffles								
Kids Passion Fruit Sorbet	waffles	waffles	waffles				waffles							passion fruit sorbet	

