The PLOUGH HARBORNE

ALLERGENS MENU

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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.

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								
Bircher muesli with Mixed Nuts and Pasion Fruit	oats	milk		mix nuts	mix 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													
Homemade Baked Beans	sour dough	beans - butter													
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					
Eggs any Style	bread	butter	egg												
Smoked Salmon, Avocado, Poached Egg	bread		egg							salmon					
Veggie Breakfast	sausage, bread	beans - butter	egg												
House Breakfast	sausage, bread, black pudding	beans - butter	egg						black pudding					sausage, black pudding	

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PIZZA: MEAT	Gluten	Milk	Eggs	Nuts	Peanuts	Sesame	Soya	Mustard	Celery	Fish	Crustaceans	Molluse	Lupin	Sulphur Dioxide
'Nduja, Fresh Chilli and Caramelised Onion	base	cheese												
Spicy Beef, Jalapeno Peppers, Green Olive and Caper Salsa	base, spicy beef	cheese												olives
'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				
Smoked Trout, Avocado, Prawn and Baby Cress	base	cheese								trout	prawn			
Tuna, White Anchovies, Watercress, Green Olives and Caper Salsa	base	cheese								tuna, anchovies				olives
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												
Buffalo Mozzarella, Cherry Tomato, Garden Pea and Fresh Red Onion	base	buffalo mozzarella												

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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 Pâté with Tomato salsa and Sourdough	sourdough	pâté, butter								pâté					
Avocado and Feta with Harissa Yoghurt and Flat Bread	flat bread	feta, yoghurt													
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							
Sweet Potato and Broccoli Lasagne with Rocket and Cherry Tomato Salad	pasta, bechamel sauce	bechamel sauce	pasta											chimichurri	
Honeyed Beer Battered Fillet of Haddock	batter mix, curry sauce	peas	tartar sauce				curry sauce	curry sauce	pickled onion	haddock, pickled onion	pickled onion	pickled onion		pickled onion	
Baked Fillet of Cod with Capers, Tomato, Olives, Anchovies and Chat Potato		tomato sauce								cod, sauce				sauce, caperberry	
Sharing Antipasti Board	sour dough, olives	stilton, buffalo mozzarella, parmesan, olives	parmesan, olives			olives	olives	olives	olives	olives				quandijas peppers, balsamic vinegar	
Heirloom Tomato and Ricotta Salad with Olives, Pomegranate, Pine Nuts and Baby Basil		ricotta												chimichurri	
Smoked Chicken Caesar Salad with White Anchovies, Pancetta, Parmesan, Croutons, Paprika and Chives	croutons, pangrattato	parmesan	dressing, parmesan							anchovies, sauce					

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HAMBURGERS	Gluten	Milk	Eggs	Nuts	Peanuts	Sesame	Soya	Mustard	Celery	Fish	Crustaceans	Molluse	Lupin	Sulphur Dioxide	Comments
Low Carb		swiss cheese	slaw					pickle mix, plough sauce	plough sauce					green salad	
Mushroom Courgette and Herb Patty	bun patty	cheese, swiss cheese, bun patty	slaw, bun patty												low carb has exactly same allergens
Plough Burger	bun,	cheese, bun	slaw, bun, polugh sauce					pickle mix, plough sauce	plough sauce						low carb has exactly same allergens
Chicken Burger with White BBQ Sauce, Chipotle Mayo and Tomato and Chilli Salsa	bun	bbq sauce, bun	slaw, bun, bbq sauce, chipotle mayo					bbq sauce						bbq sauce, chipotle mayo	low carb has exactly same allergens
Streaky Bacon and Avocado Burger with Red Leicester, Tomato and Chilli Salsa	bun,	bun, cheese	bun, slaw, plough sauce					plough sauce	plough sauce					tomato + chilli salsa	
SIDES															
Homemade 'Slaw			mayonaise												
Green Salad														cimichurri	
Rocket and Parmesan Salad with Sun Blushed Tomato and Balsamic Dressing		parmesan	parmesan											dressing	
Puttanesca Olives	olives	olives	olives			olives	olives	olives	olives	olives					
Butternut Squash with Harissa, Buffalo Mozzarella, Almonds and Crispy Sage		buffalo mozzarella		almonds										balsamic of modena	
DESSERTS															
Chocolate Gelato		gelato	gelato	gelato											
Strawberry Gelato		gelato	gelato	gelato											
Hazelnut Gelato		gelato	gelato	gelato, toppings											
Vanilla Gelato		gelato	gelato	gelato toppings											
Oreo and Salted Caramel Mess with Fresh Raspberry and Vanilla Gelato	oreo	whipped cream, oreo, caramel, gelato	meringue, gelato	gelato			oreo								
Tiramisu with "Mr Black" Syrup	ladyfingers	mascarpone, baileys, dark chocolate	ladyfingers, mascarpone												
Orange Chocolate Pot		chocoalte, shortbread	shortbread	almonds			choc-oalte								

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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					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	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 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								

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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, feta in salad,						mustard, dressing for salad						mustard, dressing for salad	
DESSERTS (cont.)															
Bakewell Bars	bakewell	bakewell	bakewell	bakewell											
Chocolate Brownies (+ Choc Cake)	brownies, cake	burger, cheese	burger, slaw												
Banana Coconut Bars	mixture		mixture				mixture								dairy free
Carrot and Walnut Cake	mixture	mixture	mixture	walnut											
Chocolate Cake (Vegan / Dairy Free)	mixture			mixture			mixture								
Choc Chip Cookie Dough Meringue Bars	mixture	mixture	meringue, mixture				mixture								
Chocolate Guiness Cake	mixture	mixture	mixture				mixture								contains alcohol
Chocolate Almond Cake		mixture	mixture	almond			mixture								gluten free
Chocolate Custard Slices	mixture	mixture	mixture				mixture								
Chocolate Fudge Cupcakes		mixture	mixture				mixture								gluten free
Courgette and Lemon Cake	mixture		mixture	mixture											dairy free
Fruity Spelt Cake	cake		cake	cake											

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	Gluten	Milk	Eggs	Nuts	Peanuts	Sesame	Soya	Mustard	Celery	Fish	Crustaceans	Molluse	Lupin	Sulphur Dioxide	Comments
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			cake	almond											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	mixture	mixture	mixture				mixture								
Rich Chocolate Cakes	mixture	mixture	mixture				mixture								
Rhubarb Crumble Cake	cake	mixture	mixture												
Rhubarb Finger Bars	mixture	mixture	mixture												
Rocky Road Crunch	mixture	mixture					mixture								
Victoria Sponge Cake and Vanilla Cupcake	mixture	mixture	mixture												
White Chocolate and Cranberry Tiffin	mixture	mixture													
White Chocolate Pot with Lemon Shortbread Biscuit		chocolate pot, shortbread	chocolate mousse, shortbread												