



**ALLERGENS
MENU**





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								
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													
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 and Chimichurri Sauce	Muffin		egg				muffin							Chimichurri	
Breakfast Salad of Smoked Salmon, Cucumber, Shaved Fennel										salmon					
Potato and Okra Hash with Chickpea, Poached Egg and Chilli		potato and okra mix	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

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					

