



**ALLERGENS
MENU**



JANUARY 2018



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.



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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								
Granola	granola	yoghurt		mixed nuts, granola	mixed nuts, granola										
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										
Coconut Porridge with Hazelnut and Pomegranate	oats	milk		hazelnut											
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	
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	



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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					
Chilli Hummus with Carrot, Cucumber and Flat Bread	flat bread														
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	c Curry sauce			haddock				
Fish Pie with Mash Potato, Cheddar and Green Salad		fish pie sauce, mash potato, cheddar							fish pie sauce	fish pie sauce, fish					
Sharing Antipasti Board	sour dough	stilton, buffalo mozzarella, parmesan, salami,	parmesan								anchovies			balsamic vinegar, olives	
Roasted Root Vegetable and Spinach Salad	croutons	stilton		hazelnuts				dressing	mixed vegetable					mixed vegetable	
Smoked Chicken Caesar Salad with White Anchovies, Pancetta, Parmesan, Croutons, Paprika and Chives	croutons, pangrattato	parmesan	dressing, parmesan								anchovies, sauce				
Cottage Pie with Mash Potato, Onion Gravy and Garden Pea	cottage pie, gravy	mash potato, garden pea					gravy		cottage pie, gravy	cottage pie				cottage pie	

