

SIGN UP TO OUR  
MAILING LIST

# PLOUGH AND HARROW

Litlington

## LUNCH & DINNER

Monday-Friday,

12pm-2:45pm

6:00pm-8:45pm

Saturday,

12pm-8:45pm

### FOR THE TABLE

**MISTOLIVA OLIVES** v/vg/gf/df 4.5**GARLIC & ROSEMARY FOCACCIA** 5  
olive oil v/vg/df**CHARGRILLED PADRON PEPPERS** 5  
smoked sea salt v/vg/gf/df**GARLIC & ROSEMARY** (for two) 17**BAKED CAMEMBERT** v/gfo  
caramelised onion chutney, toasted sourdough

### STARTERS

**SALT & PEPPER CALAMARI** 9  
crispy squid rings, aioli, lemon df**SUSSEX SCOTCH EGG** 9  
locally sourced sausage meat, date & fig chutney**SOUP OF THE DAY** 8  
toasted garlic focaccia v/vg/df/gfo**POTATO & MUSHROOM CROQUETTES** 8  
miso truffle mayo v/vg

### MAINS

**'FLAVOURS OF INDIA' SHEPHERD'S PIE,** 19  
medium spiced with cumin, turmeric, garam  
masala, & chilli, topped with creamy mash.  
Tenderstem broccoli gf**FLAT IRON STEAK (100z),** confit cherry 26  
tomatoes, tenderstem broccoli, house chips,  
peppercorn sauce gfo**FISH PIE** smoked haddock, salmon & cod topped 20  
with cheesy mash, seasonal greens**SOUTH DOWNS LAMB, PEA & MINT PIE,** 19  
seasonal greens, creamy mash, red wine gravy**ROASTED GOLDEN BEETROOT & GOATS** 16  
**CHEESE SALAD,** couscous, orange & mixed leaf  
salad, toasted hazelnuts v/vgo/nuts**LONG MAN BEER BATTERED COD,** house 18  
chips, peas, tartare sauce, lemon gfo**HARISSA CHICKEN SKEWERS,** coriander, mint 18  
& cucumber couscous, greek yoghurt & toasted pitta**FRANGO BURGER,** buttermilk fried chicken, 18  
cabbage slaw, baby gem lettuce, sriracha, toasted  
brioche bun, house chips**SUSSEX BEEF BURGER,** 8oz beef burger, 17  
toasted brioche bun, crisp lettuce, tomatoes,  
gherkins, burger sauce, house chips, coleslaw gfo  
Add bacon £1.25 / Add cheese £1.25**CAULIFLOWER & CHICKPEA** 17  
**BHUNA MASALA,** lemon rice, mango  
chutney, poppadom v/vg/gfo/df**SUSSEX HAM,** fried hen's egg, house chips, 16  
peas gf/df**SCAMPI,** house chips, peas, tartare sauce, 18  
lemon df

### SIDES

**HOUSE CHIPS** v/vg/gf/df 4.5**CHEESY CHIPS** v/gf 5.5**GARDEN SALAD** 4.5  
lettuce, lemon dressing, parmesan v/vgo/gf**TENDERSTEM BROCCOLI** 5  
Sautéed chilli v/vg/gf

### SANDWICHES 12pm-2:45pm

*Served on white  
or granary bread,  
with crisps & salad***HONEY ROASTED** 9.5  
**HAM & MUSTARD** gfo**BACON &** 9.5  
**BRIE** gfo**MATURE CHEDDAR** 9.5  
& **PICKLE** v/gfo

### DESSERTS

**BLACKBERRY & APPLE** 8  
**CRUMBLE** vanilla ice cream v/vg/gf**HONEY & SEA SALT BROWNIE** 8  
caramel sauce, vanilla ice cream v**TRIO OF ICE CREAMS** v/vgo 7.5**BAILEYS AFFOGATO** 8  
vanilla ice cream, honeycomb v/gf**CLASSIC CREME BRULEE** 8  
raspberry curd v**PETE'S HOMEMADE RUM & RAISIN ICE CREAM** v**STICKY TOFFEE** 8  
**PUDDING**  
butterscotch sauce, caramel  
ice cream v4.5  
per  
scoop

PLEASE LET US KNOW OF ANY ALLERGIES OR DIETARY REQUIREMENTS

(v) vegetarian (vg) vegan (vgo) vg option (gf) gluten free (gfo) gf option (df) dairy free (dfo) df option (nuts) contains nuts  
'Option' = this dish can be adapted. Please ask for details