

# PLOUGH AND HARROW

Litlington

## **Lunch & Dinner Menu**

Monday-Friday, 12pm-2:45pm 6pm-8:45pm

Saturday 12pm-8:45pm

### **Nibbles**

Flat Bread, Hummus, Red Onion, Pine Nuts **5** (v)(vg)(nuts)

Ciabatta Bread, Balsamic Oil **4** (v)(vg)(gfo)(df)

Mixed Olives **4** (v)(vg)(gf)(df)

### **Starters**

Cauliflower & Leek Soup, Pine Nuts, Toasted Ciabatta **8** (v)(vg)(gfo)(df)(nuts)

Sussex Ham & Cheese Croquette, Dijon Mayo, Sage **9**

Salt & Pepper Fried Calamari, Lemon Aioli **9** (df)

Sussex Scotch Egg, Locally Sourced Sausage Meat, Parmesan, Hollandaise Sauce **9**

Honey & Walnut Baked Camembert (for two), Caramelised Onion Chutney, Toasted Brioche **17** (v)(nuts)(gfo)

Vegan Board - Misotolivia Olives, Guacamole, Harissa Hummus, Roasted Pepper & Carrot Dip,

Flat bread **13** (v)(vg)(gfo)(df)

### **Mains**

Chicken, Ham & Leek Pie, Parsley Mash, Seasonal Vegetables, Red Wine Gravy **18**

Long Man Beer Battered Fish & Chips, Garden Peas, Tartare Sauce, Lemon **17** (df)

Sussex 8oz Beef Burger, Sesame Brioche Bun, Cheese, Smoky Bacon, Baby Gem, Tomato, Red Onion, Gherkin, Tomato Relish, House Chips **17** (gfo)(dfo)

Deep Fried Scampi, House Chips, Peas, Tartare Sauce, Lemon **17** (df)

Chicken Caesar Salad, Cos Lettuce, Anchovies, Parmesan Shavings, Croutons, Homemade Caesar Dressing **17**

Seared Salmon, Jersey Royal New Potatoes, Sauteed Bok Choi, Cherry Tomato, Shallot & Chive Dressing **19** (gf)

Sussex Ham, House Chips, Fried Hen's Eggs, Land Cress **14** (gf)(df)

The Frango Burger, Buttermilk Fried Chicken, Sesame Brioche Bun, Cabbage Slaw, Baby gem Lettuce, Sriracha, House Chips **17** (gfo)

Grilled Halloumi Salad, Avocado, Soft Hen's Egg, Summer Tomatoes, Rocket, Pickled Red Onion **15** (v)(gf)

Vegan Bowl - Roasted Butternut Squash, Kale, Chickpeas, Broccoli, Harissa Tomato Sauce, Pine Nuts, Roasted New Potatoes **17** (v)(vg)(gf)(df)(nuts)

Black Bean & Sweet Potato Burger, Brioche Bun, Baby Gem Lettuce, Red Onion, Avocado, House Chips **18** (v)(vg)(gfo)(df)

### **Sandwiches** (served 12pm-4pm)

*All served with Crisps & Garnish. Available in White, Brown or Gluten Free Bread*

Bacon, Brie **9.5** (gfo) / Honey Roasted Ham, English Mustard **9.5** (gfo) / Mature Cheddar, Pickle **9.5** (v)(gf)

Cheese Ploughman's – Cheddar & Brie, Pickled Onion, Vine Tomatoes, Gherkin, Chutneys, Fresh Bread **14** (v)(gfo)

Pork Pie Ploughman's – Pork Pie, Stilton, Pickled Onion, Vine Tomatoes, Gherkin, Chutneys, Fresh Bread **16**

### **Sides**

House Chips **4.5** (v)(vg)(gf) / Cheesy Chips **5.5** (v)(gf) / Salad **4.5** (v)(vg)(gf)

### **Desserts**

Passion Fruit Cheesecake, Vanilla Ice Cream **8** (v)

White Chocolate Panna Cotta, Plum Compote, Vanilla Shortbread **8** (gf)

Sticky Toffee Pudding, Salted Caramel Ice Cream, Butterscotch Sauce **8** (v)

English Strawberry Pavlova, Chantilly & Strawberry Ice Cream **8** (v)(gf)

Vegan Brownie, Vanilla Ice Cream **8** (v)(vg)

Trio of Ice Creams, Brandy Snap **7** (vgo)

(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