



PLOUGH AND HARROW

Litlington

LUNCH & DINNER

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

Saturday,
12pm-8:45pm

FOR THE TABLE

MISTOLIVA OLIVES **v/vg/gf/df** 5.5

GARLIC & ROSEMARY FOCACCIA 6
olive oil **v/vg/df**

CHARGRILLED PADRON PEPPERS 6
smoked sea salt **v/vg/gf/df**

HOT HONEY & THYME (for two) 18
BAKED CAMEMBERT **v/gfo**
toasted focaccia, red onion

STARTERS

SALT & PEPPER CALAMARI 9.5
crispy squid rings, aioli, lemon **df**

SAGE & ONION SCOTCH EGG 9.5
spiced plum chutney

SOUP OF THE DAY 8
toasted garlic focaccia **v/vg/df/gfo**

TOASTED PITTA BREAD & HUMMUS 7
wild garlic oil, pine nuts **v/vg**

MAINS

VENISON BOURGUIGNON, 21
rich red wine sauce, carrots, mushrooms, bacon
red cabbage, creamy mash **gfo**

FLAT IRON STEAK (100z), 26
confit cherry tomatoes, tenderstem broccoli, house chips,
peppercorn sauce **gfo/dfo**

CHICKEN, HAM HOCK & LEEK PIE, 20
seasonal greens, creamy mash, red wine gravy

LONG MAN BEER BATTERED COD, 18
house chips, peas, tartare sauce, lemon **gfo/dfo**

BANGERS & MASH, 17
cumberland sausages, creamy mash, seasonal greens, red onion gravy

FRANGO BURGER, 18
buttermilk fried chicken, cabbage slaw, baby gem lettuce, sriracha, toasted
brioche bun, house chips

SUSSEX BEEF BURGER, 18
8oz beef burger, toasted brioche bun, crisp lettuce, tomatoes, cheese,
gherkins, burger sauce, house chips, coleslaw **gfo/dfo**
Add bacon £1.25

SCAMPI, 18
house chips, peas, tartare sauce, lemon **df**

SUSSEX HAM, 16
fried hen's egg, house chips, peas **gf/df**

LENTIL & CHESTNUT MUSHROOM 17
SHEPHERD'S PIE, root vegetable mash,
broccoli **v/vg/gfo/df**

PLANT BASED THAI RED CURRY, 17
squash, corn, cauliflower, seasonal greens,
coconut rice **v/vg/gfo/df**

SANDWICHES 12pm-2:45pm

Served on white or granary bread 9.5
with crisps & salad

Honey Roasted Ham & Mustard **gfo**

Bacon & Brie **gfo**

Mature Cheddar & Pickle **v/gfo**

SIDES

HOUSE CHIPS **v/vg/gf/df** 5

CHEESY CHIPS **v/gf** 6

SIDE SALAD baby gem lettuce, 5
cucumber, cherry tomatoes, onion
v/vgo/gf

TENDERSTEM BROCCOLI 5
Sautéed chilli **v/vg/gf**

DESSERTS

SPICED APPLE & STEM GINGER 8
CRUMBLE custard **v/vg/vgo/gf**

CHOCOLATE & ORANGE 8
BROWNIE vanilla ice cream **v/mcn**

TRIO OF ICE CREAMS **v/vgo/mcn** 7.5

AMARETTO & MINCE PIE 8
AFFOGATO
vanilla ice cream, espresso
v/gfo/mcn

BAILEYS CRÈME BRÛLÉE 8
with shortbread biscuit **v/gfo**

STICKY TOFFEE 8
PUDDING
butterscotch sauce, caramel
ice cream **v/mcn**

RUM & RAISIN ICE 4.5
CREAM **v/mcn** per scoop

(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

PLEASE LET US KNOW OF ANY ALLERGIES OR DIETARY REQUIREMENTS