

# PLOUGH AND HARROW

Litlington

## LUNCH & DINNER

*All of our dishes are homemade at The Plough & Harrow, using fresh, seasonal ingredients.*

### FOR THE TABLE

- Mistoliva olives** 5.5 v/vg/gf/df  
**Rosemary & sea salt focaccia**, balsamic & herb olive oil 6 v/vg/df  
**Chargrilled padron peppers**, smoked sea salt 6 v/vg/gf/df  
**Rosemary & garlic baked camembert**, pecans, maple syrup, toasted focaccia, fig chutney (for two) 18 v/gfo/nuts

### STARTERS

- Salt & pepper calamari**, crispy squid rings, aioli, lemon 9.5 df  
**Hot honey chicken wings**, spring onions, celery, hot sauce 9 gf/df  
**Soup of the day**, toasted focaccia 8 v/vg/df/gfo  
**Toasted pitta bread & hummus**, pine nuts 7 v/vg/df/nuts

### MAINS

- 12-hour braised Sussex lamb shoulder & mint puff pastry pie**, creamy mash, seasonal greens 20  
**Flat iron steak (10oz)**, confit cherry tomatoes, tenderstem broccoli, house chips, peppercorn sauce 26 gfo/dfo  
**Butter chicken curry**, wild basmati rice, mini garlic & coriander naan bread, mango chutney 18 gfo  
**Long Man beer battered cod**, house chips, peas, tartare sauce, lemon 18 gfo/dfo  
**Bangers & mash**, Cumberland sausages, creamy mash, seasonal greens, red onion gravy 17  
**Frango burger**, buttermilk fried chicken, cabbage slaw, baby gem lettuce, sriracha, toasted brioche bun, house chips 18  
**Sussex beef burger**, 8oz beef burger, toasted brioche bun, crisp lettuce, onion, tomatoes, cheese, gherkins, burger sauce, house chips, coleslaw 18 gfo/dfo **Add bacon 1.25**  
**Scampi**, house chips, peas, tartare sauce, lemon 18 df  
**Sussex ham**, fried hen's egg, house chips, dressed watercress 16 df/gfo  
**Mediterranean chickpea burger**, sun-dried tomatoes, toasted brioche bun, lettuce, sliced tomato, mature cheddar, coleslaw, house chips, aioli 18 v/vgo/dfo  
**Spicy BBQ jackfruit tacos**, sriracha, shredded lettuce, tomato salsa, house chips 17 v/vg/gfo/df  
**Southern fried chicken & bacon Caesar salad**, cos lettuce, parmesan, bacon, anchovies, croutons, Caesar dressing 18  
**British cheese ploughmans**, cheddar, stilton, brie, pickled cornichons & onions, apple, celery, mixed heirloom tomatoes, fig chutney, toasted ciabatta 16.5 gfo  
**Picnic ploughmans**, ham hock, honey roast ham, gala pie, mature cheddar, pickled cornichons & onions, apple, celery, mixed heirloom tomatoes, fig chutney, toasted ciabatta 18

### SANDWICHES 12pm - 2:45pm

- All served on white or granary bread with crisps & salad* 9.5 gfo  
Roast beef, horseradish mayo, watercress gfo  
Smoked streaky bacon & brie gfo  
Mature cheddar & chilli jam v/vgo/gfo/dfo

### SIDES

- House chips** 5 v/vg/gfo/df  
**Cheesy chips** 6 v/gfo  
**Side salad**, baby gem lettuce, cherry tomatoes, onion, cucumber 5 v/vgo/gf  
**Tenderstem broccoli**, Sautéed chilli 5 v/vg/gf

### DESSERTS

- Apple & forest fruits crumble**, custard 8 v/vgo/gfo/dfo/mcn  
**Banoffee pie**, digestive biscuit base, toffee, banana, Chantilly cream, chocolate & toffee sauce 8 v  
**Blueberry clafoutis**, pouring cream 8 v/gf/nuts  
**Dark chocolate ganache, cherry & Disaronno tart**, Chantilly cream, chocolate sauce 8 v  
**Sticky toffee pudding**, butterscotch sauce, salted caramel ice cream 8 v/mcn  
**Rum & raisin ice cream** 4.5 per scoop v/mcn  
**Trio of ice creams**, wafer curl 8 v/vgo/dfo/mcn

**Please make your server aware of any allergens prior to ordering**

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

*Tables of 10+ will be subject to a 12% service charge*