

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
Sapphire paella, mixed peppers, asparagus, artichoke, peas, charred lemon & lime 18 v/vg/gf/df
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