

THE PLOUGH

AT SPARSHOLT

GLUTEN FREE MENU

While you wait

Sapori green olives - vg 4.95

Starters and Sharers

Mackerel, chive and horseradish pâté with toasted bread 7.50
Spiced avocado and roasted butternut squash on toasted bread with a chilli tomato salsa - v 6.50
Homemade soup of the day with toasted bread - v 6.25
Baked Camembert with honey and rosemary served with toasted bread and roast garlic jam - v 13.50
Smoked fish board of mackerel, trout and salmon with a grilled lemon, toasted bread and sour cream and chive dip 17.50

Mains

Homemade beef burger topped with Dorset Blue Vinney, crispy pancetta on a toasted bun, romaine lettuce, crispy onions with fries and spicy tomato chutney 13.75
Fish of the day in a Wadworth 6X Gold beer batter served with chips, mushy peas, lemon and tartare sauce 14.50 / 9.50
8oz Sirloin steak with mushroom, grilled tomato, fries and dressed leaves 22.95
Add peppercorn sauce, Stilton sauce or garlic butter for 2.00
Home-cooked honey glazed ham with free-range fried eggs, slow roasted tomato and chips 13.50 / 8.95
Pan-fried lambs liver with crispy bacon in an onion gravy with seasonal greens and creamy mashed potato 13.95 / 9.25
Grilled sea bass with chorizo butter served with sautéed leeks, peas and creamed potatoes 15.95
Sun blushed tomato chilli and goat's cheese hash with spinach, basil, red onion and peas - v 11.95
Pan-fried halloumi with a warm salad of chickpeas, flame roasted pepper, red onion, rocket and green beans with a lime and chilli dressing 12.25
Minted broad bean, pea, asparagus and black garlic risotto with vegan cheese - vg 11.50 / 8.25

(v) = vegetarian option. (vg) = vegan option. All weights are approximate before cooking. All food is prepared in our kitchen where nuts, gluten and other allergens are present. Processes and training are in place to ensure that gluten-free meals on our gluten free menu are gluten-free. Our menu descriptions do not include all ingredients.

IF YOU HAVE A FOOD ALLERGY PLEASE LET US KNOW BEFORE ORDERING.

Full allergen information is available upon request. Fish dishes may contain small bones. We aim to support local farmers and growers from the Assured Food Standards Association. 0617/1.



Sides

Beer battered onion rings - v	4.00	Chips - v	3.75
House salad - v	3.75	Fries - v	3.75
Seasonal vegetables - v	3.75		

Sandwiches

Please ask for today's bread selection and then choose from the fillings below

Chicken with crispy bacon, lettuce, tomato and Dijon mustard mayonnaise	7.95
Grilled halloumi, spinach, roasted peppers and chilli jam - v	8.50
Brie, bacon and cranberry	7.95
Fish goujons with lettuce and tartare sauce	7.95

Puddings

All puddings 6.75

Chocolate brownie with chocolate sauce and vanilla ice-cream - v
Sticky toffee pudding with a rich toffee sauce and vanilla ice-cream - v
Summer berry sundae - strawberry ice cream, gin and tonic sorbet with summer berry compote, whipped cream, fruit coulis and fresh berries - v
Choose 3 scoops from our ice-cream and sorbet selection, ask us for more details - v
Lemon and lime posset - v
Affogato - vanilla ice-cream topped with an espresso - v

A selection of British cheeses with apple, grapes, celery and chutney	9.25
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Hot Drinks

Americano	3.00	Flat white	3.25
Cappuccino	3.25	Hot chocolate	3.50
Latte	3.25	Pot of tea	3.00
Espresso	2.75	Specialty tea	3.10
Double espresso	3.25	Mocha	3.50

Seasonal daily specials are always available ask us for more details
