

# THE PLOUGH INN

## Starters

**Homemade Soup of the Day** Freshly baked ciabatta **£5 V**

**Baked Field Mushroom** Red onion jam, caramelised goats cheese **£6 V**

**Smoked Salmon & prosecco pate** Toasted ciabatta **£6.50**

**Breaded Panko Calamari rings** garlic mayo **£6.50**

**Real Ale & gruyere croquettes** Peppercorn sauce **£6**

## Salads

**Ploughman's £12**

Suffolk cheddar, pork pie, smoked ham, pickles, Scotch egg, salad & freshly baked bread

**Halloumi Salad £12 V**

Giant cous Cous, mistoliva olives, plum tomatoes, gem lettuce, halloumi, balsamic dressing

**Steak & Long Clawson Blue Stilton Salad £14**

5oz Rump steak, crumbled stilton, mixed leaves, cherry tomatoes, peppers, onions, cucumber, herb vinaigrette

**Cajun Chicken Salad, creamy Cajun dressing £14**

Chargrilled chicken breast, sliced avocado, crisp mixed leaves, cherry tomatoes, peppers, cucumber, onions

## Mains

**Grilled Seabass, lemon & caper butter** Fries & parmesan mixed leaves **£14**

**Rump of Lamb** Herb Crushed new potatoes, seasonal vegetables, Mint gravy **£16**

**6oz Fillet Steak** Mushroom & pancetta sauce, dauphinoise potatoes, Seasonal vegetables **£22**

**Chicken Supreme** Mushroom, pancetta sauce, dauphinoise potatoes **£14**

**Classic Burger** Brioche bun, Monterey Jack, red onion jam, lettuce, tomato, slaw, chunky chips **£14**

**Ricotta & Spinach Cannelloni** mozzarella, tomato sauce, dressed salad, garlic bread **£13 V**

**Nethergate Ale Battered Cod Fillet** Chunky chips, pea puree, tartare sauce **£13**

**Roasted Red Onion, Squash, Pumpkin Tagine** Coriander, Citrus cous cous **£13 V**

**Steak & Nethergate Ale Pie** homemade shortcrust pastry, Chunky chips, seasonal vegetables, gravy **£13**

## Grills – Supplied from Coleman's of Colchester

All served with chunky chips, beer battered onion rings & dressed salad garnish

Choose from the following...

**8oz Sirloin £19**

**10oz Rump £15**

**8oz Ribeye £19**

**6oz Fillet £20**

Add a steak sauce £2  
Creamy Green Peppercorn  
or Red wine

## Sides £3 each

Chunky Chips - Fries - Sweet Potato Fries - Beer Battered Onion Rings - Garlic Ciabatta

House Salad - seasonal vegetables - Roasted plum tomatoes & button mushrooms – Red cabbage coleslaw

**A gluten free version of this menu is available (please ask) V = Vegetarian Fish dishes may contain bones**

Key Allergens that our Menu contains are: Eggs, Milk, Shellfish, Molluscs, Fish, Peanuts, Sesame, Soya, Sulphur dioxide, Nuts, Glutens, Celery, Mustard, Lupin