

PLOUGH AND HARROW

Litlington

Lunch & Dinner Menu

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

Saturday 12pm-8:45pm

Nibbles

Flat Bread, Hummus, Red Onion, Pine Nuts **5** (v)(vg)(nuts)

Ciabatta Bread, Balsamic Oil **4** (v)(vg)(gfo)(df)

Mixed Olives **4** (v)(vg)(gf)(df)

Starters

Spiced Butternut Squash Soup, Toasted Ciabatta **8** (v)(vg)(gfo)(df)

Sussex Ham & Cheese Croquette, Dijon Mayo, Sage **9**

Salt & Pepper Fried Calamari, Lemon Aioli **9** (df)

Sussex Scotch Egg, Locally Sourced Sausage Meat, Parmesan, Hollandaise Sauce **9**

Honey & Walnut Baked Camembert (for two), Caramelised Onion Chutney, Toasted Brioche **16** (v)(nuts)(gfo)

Vegan Board - Misotolivia Olives, Guacamole, Harissa Hummus, Roasted Pepper & Carrot Dip,

Flat bread **12** (v)(vg)(gfo)(df)

Mains

Chicken, Broccoli & Stilton Pie, Parsley Mash, Seasonal Vegetables, Red Wine Gravy **17**

Long Man Beer Battered Fish & Chips, Garden Peas, Tartare Sauce, Lemon **17** (gfo)(df)

Sussex 8oz Beef Burger, Sesame Brioche Bun, Cheese, Smoky Bacon, Baby Gem, Tomato, Red Onion, Gherkin, Burger Relish, House Chips **16** (gfo)(dfo)

Deep Fried Scampi, House Chips, Peas, Tartare Sauce, Lemon **16** (df)

Wild Boar & Apple Sausages, Creamy Mash, Garden Greens, Red Wine Gravy **17**

Beef Bourguignon, Slow Braised In Red Wine, Carrots, Baby Onions, Bacon, Mushrooms, Mustard Mash **18** (gf)

Sussex Ham, House Chips, Fried Hen's Eggs, Land Cress **14** (gf)(df)

The Frango Burger, Buttermilk Fried Chicken, Sesame Brioche Bun, Cabbage Slaw, Baby gem Lettuce, Sriracha, House Chips **16** (gfo)

Vegan Bowl - Roasted Butternut Squash, Kale, Chickpeas, Broccoli, Harissa Tomato Sauce, Pine Nuts, Roasted New Potatoes **17** (v)(vg)(gf)(df)(nuts)

Vegetable Cottage Pie, Creamy Mash, Seasonal Vegetables (v)(gf) **17**

Sandwiches (served 12pm-4pm)

All served with Crisps & Garnish. Available in White, Brown or Gluten Free Bread

Bacon, Brie **9** (gfo) / Honey Roasted Ham, English Mustard **9** (gfo) / Mature Cheddar, Pickle **9** (v)(gfo)

Cheese Ploughman's – Cheddar & Brie, Pickled Onion, Vine Tomatoes, Gherkin, Chutneys, Fresh Bread **13** (v)(gfo)

Sides

House Chips **4.5** (gf) / Cheesy Chips **5.5** (gf) / Salad **4.5**

Desserts

Lotus Biscoff Cheesecake, Toffee Sauce, Vanilla Ice Cream **7.5**

White Chocolate Panna Cotta, Plum Compote, Vanilla Shortbread **7.5** (gf)

Fig & Date Toffee Pudding, Salted Caramel Ice Cream, Butterscotch Sauce **7.5** (v)

Apple & Blackberry Crumble, Custard **7.5** (v)(gf)

Vegan Brownie, Vanilla Ice Cream **7.5** (v)(vg)

Trio of Ice Creams, Brandy Snap **6.5** (vgo)

(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