

PLOUGH AND HARROW

Litlington

Lunch Menu

Monday-Friday 12pm-3pm & Saturday 12pm-5pm

Starters

Soup of the Day, Crusty Bread **6.5** (vg) (gfo)

Chicken Liver Parfait, Toast, Chutney **7** (gfo)

Whitebait, Roasted Garlic Mayo, Lemon **7** (df)

Roast Duck, Orange, Fennel Salad, Toasted Cashew, Honey Soy Dressing **7** (gfo) (df)

Whole Oven Baked Camembert (Rosemary & Garlic), Caramelized Onion Chutney, Crusty Bread **13** (v) (gfo)

Vegan Board - Misotolivia Olives, Beetroot Hummus, Spiced Bean Dip, Veg Sticks, Toasted Pitta **12** (v) (vg) (gfo)

Mains

Long Man Beer Battered Fish & Chips, Garden Peas, Tartare Sauce, Lemon **13** (gfo) (df)

Crispy Salmon, Sweet & Sour Cabbage, Spicy Sauce, Sautéed Bok Choi **14.5** (gf) (dfo)

Sussex 8oz Beef Burger, Cheese, Smokey Bacon, Baby Gem, Tomato, Red Onion, House Chips **12** (gfo) (dfo)

Scampi, House Chips, Salad, Lemon, Tartare Sauce **11.5** (df)

Goats Cheese, Squash, Walnut Tart, Crisp Salad & Onion Chutney **11.5** (v)

Roasted Pork Belly, Apple Cabbage, Mashed Potato, Red Wine Gravy **14** (gf)

Free Range Chicken, Ham & Leek Pie, Parsley Mashed Potato, Greens **14.5**

Fish Pie, Cod, Salmon, Haddock, Creamy Mash, Cheddar Crust, Peas **13.5** (gf)

Vegan Tomato, Roasted Courgette & Aubergine Risotto, Sun Blushed Tomatoes, Basil **11.5** (vg) (gf)

Sandwiches

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

Bacon, Brie and Cranberry **7.5**

Honey Roasted Ham, English Mustard **7.5**

Mature Cheddar, Pickle **7.5** (v)

Roasted Vegetables, Hummus **7.5** (v)

Sides

House Chips **3.5** (gf) | Cheesy Chips **4** (gf) | Olives **3.5** | Salad **3.5** | Breads w/ Oil **3.5** (gfo)

Desserts

Crème Brulee, Rhubarb Compote **6.5**

Vanilla & Nutmeg Baked Rice Pudding, Strawberry Jam **6.5**

Apple Crumble, Toffee Sauce, Vanilla Ice Cream **6.5** (gfo)

Vegan Brownie, Salted Caramel Ice Cream **6.5** (vg)

Trio of Ice Creams & Brandy Snap **5.5**

(v) vegetarian (vg) vegan (vgo) vg option (gf) gluten free (gfo) gf option (df) dairy free (dfo) dairy free option