

PLOUGH AND HARROW

Litlington

V Vegetarian **Vv** Vegan **VvO** Vegan Option **GF** Gluten Free **GFO** Gluten Free Option **DF** Dairy Free **DFO** Dairy Free Option

STARTERS

- Soup of the Day, with Crusty Bread **£4.95** **V** **Vv** **GFO**
- Moules Mariniere, Onion, Garlic, Cream and White Wine – with Crusty Bread **£7.50** **GFO**
- Whole Breaded Whitebait with Side Salad and Tartar Sauce **£6.50**
- Chicken Liver and Brandy Parfait, Rustic Toast, Chutney **£6.50** **GFO**
- Classic Prawn Cocktail, Marie Rose Sauce and Brown Bread **£5.95** **DF** **GFO**
- Beetroot, Goats Cheese and Pine Nut Salad with Balsamic Dressing **£6.50** **V**
- Chicken Ceaser Salad with Parmesan, Croutons and Streaky Bacon **S: £6.50 | M: £10.95** **GFO** **DFO**
- Garlic and Rosemary Baked Camembert for two with Rustic Toast and Chutney **£12.95** **V**
- Meze board for two – Red Pepper Humous, Caponata, Sundried Tomatoes, Olives, Pita Bread **£9.50** **V** **Vv** **GFO**

MAINS

- 8oz Sirloin Steak – Chips, Tomato, Parmesan and Rocket Salad with Chimichurri Sauce **£16.95** **GFO** **DFO**
- Beachy Head Fisherman's Pie, topped with Creamy Mash and Cheddar Cheese,
served with Side Salad or Garden Peas **£12.95**
- Breaded Scampi served with Chips, Salad, Lemon Wedge and Tartar Sauce **£11.50**
- Classic 8oz Beef Burger with Cheese and Bacon – Baby Gem Lettuce, Tomato and Red Onion
served with Chips and Salad **£11.95** **GFO**
- Gnocchi in a Tomato and Basil Sauce, topped with Baby Mozzarella **£10.50** **V**
- Moules Mariniere in Onion, Garlic, Cream and White Wine with Fries and Rustic Bread **£12.95** **GFO**
- Vegan Pulled Mushroom and Cashew Burger in Spelt and Honey Bap with Rich Barbeque Sauce, Baby Gem
Lettuce, Tomato, Gherkin and Red Onion served with Chips and Salad **£11.50** **V** **VvO** **GFO**
- Sussex Sausages and Creamy Mash, with Onion Gravy and Seasonal Greens **£11.50**
- Sear Tuna Nicoise Salad, with New Potatoes, Green Beans, Tomatoes, Olives and Leaves **£13.50** **DF** **GF**
- Cooked Sussex Ham, two Free Range Eggs and Chips, with Side Salad or Peas **£11.50** **GF**

LUNCH MENU

Served from 12pm - 3pm

Sandwiches **£7.50** **GFO**

Available in white, brown or GF bread.
All served with Crisps and
Side Salad

BLT

Sussex Ham and English Mustard

Cheddar and Pickle **V**

Ploughmans **£9.50**

A choice of Cheddar, Brie, Stilton,
Goats Cheese or Home Cooked
Ham with Salad, Pickles, Chutney
and Crusty Bread

Sides

Chips **£3.50**

Cheesy chips **£3.95**

Bowl of olives **£3.50**

Salad bowl **£3.25**

Crusty Bread with

Olive Oil and Balsamic **£3.50**

If you have any allergies, please inform a member of staff before placing an order.

Please ask your server for details of today's desserts