

The Plough

WANGFORD

STARTERS

	Kcal	Price
(pb) Mixed olives	195	£4.00
(v/gfa) Soup of the day with crusty baguette and butter	220	£6.00
(pb/gf) Sweet potato falafel bites, plant-based yogurt and salad garnish	147	£8.00
(gf) Sticky barbecue chicken wings and salad garnish	273	£8.00
(gfa) Prawn cocktail with baby gem lettuce and granary toast	392	£8.00
Chicken liver pate, granary toast and salad garnish	479	£7.00
(gf/v) Halloumi fries, spicy tomato sweet chilli dip and salad	342	£8.00

MAINS

	Kcal	Price
Adnams beer battered fish and chips, peas, tartare sauce, fresh lemon wedge	1649	£16.00
(pb/v) Sambal baked aubergine, yellow split lentil dahl, plant based yogurt, coriander and chilli	792	£13.00
(v) Halloumi and mushroom burger, baby gem lettuce, tomato and burger relish, served in a toasted brioche bun with chips and onion rings	964	£14.00
(gfa) Chicken tikka massala, scented rice, naan bread and mango chutney	968	£16.00
Plough burger - 6oz beef burger topped with cheddar, served on a toasted brioche bun with baby gem lettuce, tomato, burger relish, chips and onion rings	834	£16.00
Gnocchi in a creamy chicken, bacon and leek sauce with garlic bread	854	£15.00
Wholetail scampi, chips, peas, tartare sauce and fresh lemon wedge	1342	£14.00
(gf) Gammon steak, chunky chips, scorched pineapple, fried egg and peas	971	£15.00
Seafood platter - salt and pepper squid, whitebait, filo prawns, chips, salad garnish, tartare sauce and garlic mayonnaise	1769	£16.00
Caesar salad - chicken, bacon, lettuce, Parmesan, toasted croutons and Caesar dressing	541	£15.50

SIDES

Chunky chips (add cheese for £1)	588	£3.50
Garden salad	25	£3.00
Seasonal vegetables	30	£3.00
Garlic bread (add cheese for £1)	181	£3.50
Onion rings	384	£3.00

Our menus are locally sourced, responsibly produced and sustainably delivered

Adults require around 2000 Kcal a day.
For dietary requirements, please speak to a member of our team.
(PB) = Plant Based (VG) = Vegan (V) = Vegetarian (GF) = Gluten Free



ADNAMS
SOUTHWOLD

The Plough

WANGFORD

SANDWICHES AND PLOUGHMAN'S

	Kcal	Price
All served with a salad garnish and a few tortilla chips - why not upgrade to a portion of chips for an extra £2? (Gluten free bread available on request)		
(v)		
(v)		

PIZZAS

(v)	Classic Margherita: tomato, fresh mozzarella, basil	1183	£15.00
	Pepperoni, tomato, fresh mozzarella, basil	1250	£13.00
	Ham and pineapple, fresh mozzarella, basil	1395	£13.00
(v)	Mediterranean vegetable, fresh mozzarella, basil	1102	£13.00

PUDDINGS

	Chocolate brownie, chocolate sauce, white chocolate ice cream	666	£8.00
	Pancake stack with toffee sauce and banana ice cream	712	£8.00
	Sticky toffee pudding, butterscotch sauce and vanilla ice cream	600	£8.00
(gf)	Eton mess, Chantilly cream, raspberry coulis and lemon curd	498	£8.00
	Cheesecake with your choice of ice cream or pouring cream	762	£8.00
	Trio of Suffolk Meadow ice creams (please ask for flavours)	200	£6.00

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