



Lunch Menu

Sandwiches and Salads

served on warm ciabatta rolls or as a carb free salad

Bacon, Lettuce & Tomato £8.95

R & J's finest bacon, lettuce & tomato finished with garlic aioli

'Posh' Fish Fingers £9.95

Line caught haddock goujons, lettuce and tartare sauce

Ham & Cheese Melt £8.95

Honey glazed ham, Cheddar & Mozzarella cheese, lettuce, tomato & mustard mayonnaise

Prawn Marie Rose £8.95

Plump juicy prawns, Marie Rose, lettuce and tomato

Cajun Chicken Mayo £8.95

Pulled chicken breast smothered in lightly spiced Cajun mayonnaise with lettuce & tomato

Hummus and Roast Red Peppers   £8.95

A classic combination

All served with skinny fries and a shot of homemade soup

Hot Dishes

The Plough Cheese Burger £12.95


With cheese, two beef patties, classic garnish & skinny fries

Secret Recipe Fried Chicken Burger £12.50

with lettuce, red onion, garlic aioli & skinny fries

Crisp Battered Line Caught Haddock Fillet  £12.95

With proper chips, mushy peas, homemade tartare sauce & lemon

Plough Mac 'n' Cheese  £9.95

With a trio of local cheeses and salad garnish

Autumn Spiced Roasted Veg Soup   £5.50

With cream & toasted pumpkin seeds

Please inform your server at your earliest convenience if you have any allergies or intolerances, even if they do not appear in your chosen dish.