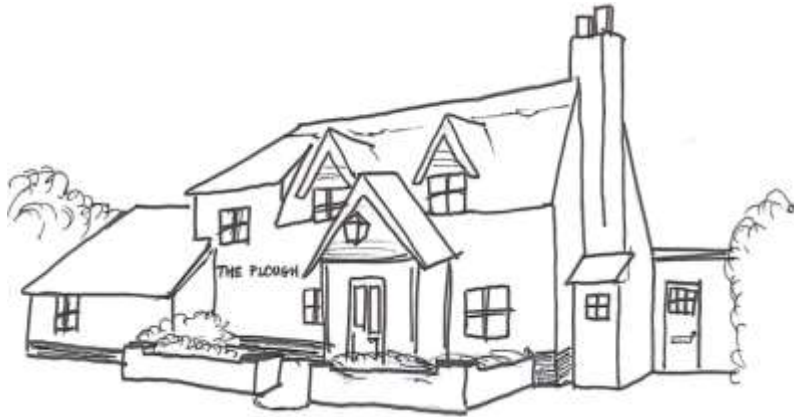


THE PLOUGH



Sleapshyde

LUNCH MENU

*Available Monday to Friday 12.00 – 14.00
& Saturday 12.00 – 15.00*

*Tel: 01727 823720
www.theploughstalbans.com*

“Out of the way but well worth finding”

STARTERS/LITE BITES

*Homemade Soup of the Day
served with crusty bread £4.95*

*Garlic Breaded Mushrooms (V)
with a garlic dip & mixed leaves £5.50*

*Breaded Chicken Goujons
with a BBQ dip & mixed leaves £5.95*

*Battered Whitebait
with tartar sauce, lemon & mixed leaves
Small £5.95 - Large £7.95
Add some bread & butter £1.00*

*Avocado & Prawns
with Marie rose sauce £6.75*

BAKED POTATOES

with Salad Garnish

Tuna, Red Onion & Mayo £6.95

Baked Beans & Melted Cheese (V) £5.75

Spicy Beef Chilli topped with melted cheese £6.95

Prawns & Marie Rose Sauce £6.95

SNACKS

*White Baguette,
Granary Baguette
OR Toasted Panini*

Chicken, Lettuce & Mayo	£6.55
Pork Sausages and Fried Onions	£5.95
Bacon, Melted Brie & Cranberry	£6.55
Tuna, Red Onion & Mayo	£6.95
Mushroom & Melted Brie (V)	£6.25
Prawns & Marie Rose Sauce	£6.75
Bacon, Lettuce & Tomato	£5.95
Fish Fingers with Tartar Sauce	£6.25

MAINS

*PLEASE SEE OUR
BLACKBOARD FOR
TODAYS FANTASTIC
CHEF SPECIALS*

Homemade Steak & Ale Pie
with chips & vegetables £10.35

MAINS

Macaroni Cheese

Served with crusty bread £8.75
Add Bacon/mushrooms/onions...each £0.95

Wholetail Deep Fried Scampi

with chips, peas & salad garnish £9.95

Beef Lasagne

Served with chips & side salad £9.95

Spinach & Ricotta Cannelloni (V)

with tomato sauce & side salad £9.25

Beef Burger in a Bun

served with chips & side salad £9.50
Add Cheese/Bacon/Egg/Onions.....each £0.95

Baked Ham, Egg & Chips & Peas £9.25

Ale Battered Cod

with chips, peas & salad garnish £10.50

Chicken Curry

with rice, Naan bread
& mango chutney £9.55

Warm Chicken & Bacon & Mozzarella Salad

with Sauté Potatoes £9.95

Salmon & Dill Fishcakes

with garlic & tomato sauce, green beans
& Sauté Potatoes £9.95

Traditional Ham OR Cheddar Ploughman's

with crusty bread £8.95

CHILDRENS MENU

Fish Fingers, chips & peas £5.35

Sausages, mash or chips, peas & gravy £5.95

Breaded Chicken Goujons, chips & baked beans £5.95

Pasta with Meatballs in Tomato Sauce

OR

Pasta with Ham & Peas in a Creamy sauce
£5.95

SIDES

Onion Rings £2.50

Chips £2.65

Garlic Bread £3.95

Side Salad £2.60

Cheesy Chips £2.95

Garlic Bread
with cheese £4.95

COFFEES

FRESHLY GROUND COFFEE!

CAPPUCCINO £2.30

EXPRESSO SHORT £1.80

CAFE LATTE £2.30

WHITE COFFEE £2.20

BLACK COFFEE £2.20

HOT CHOCOLATE £2.40

MOCHACCINO £2.30

DESSERTS

Traditional Apple Pie

with cream, ice cream or custard £4.65

Warm Chocolate Fudge Cake

with cream or ice cream £4.65

Spotted Dick

with custard £4.55

Sticky Toffee Pudding

with custard £4.65

Warm Sweet Waffle

with ice cream & toffee sauce £4.60

Vanilla Ice Cream

with a choice of sauce £3.95

WHITE WINES

Pinot Grigio ABV 12%
A straw yellow fading to green colour, intense and delicate on the nose with a dry taste.
175ml - £3.60; 250ml - £4.75; **Bottle - £13.95.**

Chardonnay ABV 12%
Delicate, fragrant and aromatic; dry and harmonious with a slightly bitter taste.
175ml - £3.50; 250ml - £4.60; **Bottle - £13.50.**

Sauvignon Blanc ABV 12.5%
Fruity aromas followed by a refreshing un-oaked flavour
175ml - £3.60; 250ml - £4.75; **Bottle - £14.50.**

Chenin Blanc ABV 13%
Tropical fruit aromas, light bodied and crisp finish
175ml - £3.75; 250ml - £4.95; **Bottle - £14.75.**

ROSE WINES

Pinot Grigio Blush ABV 12%
Fresh and fruity with a dry finish and a colour obtained from the skins of the grapes
175ml - £3.60; 250ml - £4.75; **Bottle - £13.95.**

Sweet Rose (British Wine) ABV 8%
A medium Rose with hints of ripe red summer fruits and an attractive pink hue.
175ml - £3.95; 250ml - £4.95; **Bottle - £14.75.**

RED WINES

Merlot ABV 12%
Medium bodied ruby red colour, fruity bouquet and slightly herbaceous
175ml - £3.60; 250ml - £4.75; **Bottle - £13.95.**

Rioja ABV 13%
A modern style red wine full of vibrant fruit.
175ml - £3.75; 250ml - £4.80; **Bottle - £14.75.**

Shiraz ABV 12%
Made from a blend of grapes creating a well flavoured wine with a soft bouquet and a hint of cherry and spice.
175ml - £3.60; 250ml - £4.60; **Bottle - £13.95.**

All of the above wines are available by the glass or by the bottle and as a 125ml measurement by law.

SPARKLING WINE/CHAMPAGNE

Cava/Prosecco **Bottle £17.95**
Champagne **Bottle £29.95**

Premiere Bubbly - A Personal Bottle (0.2l) of Prosecco
Only £5.95