

# THE PLOUGH - SUNDAY MENU

## STARTERS

**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

## MAIN MEALS

**Sunday Roasts**  
with Roast potatoes, Yorkshire  
pudding and vegetables  
Please see specials board

**Nut Roast**  
with Roast potatoes, vegetables  
& vegetarian gravy(V)  
£8.95

**Homemade Steak & Ale Pie**  
with chips & vegetables £10.35

**Wholetail Deep Fried Scampi**  
with chips, peas & salad garnish £9.95

**Cannelloni (V)**  
Spinach & Ricotta Cannelloni with tomato  
sauce, & side salad £9.25

**Butterfly Chicken Breast**  
Served with a creamy mushroom sauce  
Sauté potatoes & vegetables  
£10.95

**Ale Battered Cod**  
with chips, peas & salad garnish £10.50

**Warm Chicken, Bacon & Mozzarella Salad**  
with Sauté potatoes £9.95

## MAIN MEALS

**Beef Lasagne**  
with chips & side salad £9.95

**Traditional Ploughman's  
Cheddar OR Ham**  
with crusty bread £8.95

**Salmon & Dill Fishcakes**  
with garlic & tomato sauce  
green beans & sauté potatoes £9.95

**Roast Meat Baguette**  
with side salad £7.50

## CHILDRENS MEALS

**Fish Fingers, chips & peas** £5.35

**Sausages, mash/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

**Mini Sunday Roast** £7.95

## 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

[www.theploughstalbans.com](http://www.theploughstalbans.com)