THE PLOUGH

GLUTEN-FREE DEALS

MEAL DEAL MONDAY

Selected Main Meal and Half Draft Soft Drink for £15.95
Add 10 oz Steak for £7.95
Add Lamb or King Prawns Main for 3.95

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2 FOR 1 BURGER DEAL

Available Every Tuesday

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2 FOR 1 PIE DEAL

2 FOR 1 PIZZA DEAL

Available Every Wednesday

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2 FOR 1 FISH DEAL

Available Every Thursday

ENDS IN NOVEMBER 2026

**Terms and conditions apply. Subject to availability and not in conjunction with any other offers, events, or bank holidays.*

THE PLOUGH

AUTUMN/WINTER GLUTEN-FREE MENU

STARTERS

WINTER WARMER SOUP (VEG/V/GF) £7.95
A hearty homemade soup with carrots, parsnips, peppers, potatoes and celeriac, served with gf bread

MUSSELS IN PARSLEY AND WHITE WINE SAUCE £10.95
Served with gluten-free bread
Allergens: Crustaceans, Mollusks, Milk, sulfites

DUCK LIVER PARFAIT £9.95
Served with salad, onion marmalade and toasted gluten-free bread
Allergens: egg, milk, sulphites

GARLIC AND HERB KING PRAWN ON GLUTEN-FREE TOASTED BREAD £10.95
Pan-tossed with garlic and herb butter served on toasted gluten-free bread
Allergens: shellfish, milk

PRAWN COCKTAIL £9.95
North Atlantic cooked prawns served on a bed of salad, topped with Marie-rose sauce, served with buttered gluten-free bread
Allergens: Shellfish, milk, egg

SHARING PLATTER FOR 2

BAKED CAMEMBERT (G/F) £24.95
Gluten-free bread, carrots, celery, cucumber and cranberry sauce, red onion jam
Allergens: Milk, sulphites

PLOUGHMAN'S PLATTER (G/F) £22.95
ham, cheddar, blue and brie cheese, boiled egg, cherry tomatoes, cornichons, chutney, salad, gluten-free bread and crudities
Allergens: Milk, egg, sulphites

10% Service Charge will be added to the final bill.

MAINS

5 OZ RIB EYE STEAK (G/F) £16.95
Gluten-free Chunky chips and side salad.
Add sauce: peppercorn/garlic butter/mushroom sauce £3.50; add grilled tomato£1, add mushroom £1

10 OZ RIB EYE STEAK £26.95
Chunky chips and side salad
Add sauce peppercorn/garlic butter/mushroom sauce £3.50, add grilled tomato£1, add mushroom £1

SLOW-COOKED BEEF BRISKET (G/F) £22.95
With mashed potato, braised red cabbage, garlic sauté green beans, and gravy

LAMB RUMP (G/F) £24.95
Dauphinoise potato, Sauté spinach honey roast carrots, and red wine jus
Allergens: Milk

CRISPY PORK BELLY (G/F) £22.95
Creamy gratin potato, Sauté spinach honey roast carrots, and parsnips wild berry jus
Allergens: Milk, sulphites

CALVES' LIVER AND BACON (G/F) £21.95
Served with mash potatoes, broccoli, and crispy onions
Allergens: Milk, sulphites

CHICKEN TIKKA SKEWERS (G/F) £19.95
Gluten-free bread, rice, pickled Indian slaw, mint chutney, and mango chutney
Allergens: Milk, sulphites

KING PRAWN AND AVOCADO (G/F) £24.95
Pan-tossed king prawns with crushed chilies, lemon butter, and served on a bed of toasted gluten-free bread aced with avocado, along with rocket leaves and gluten-free skinny fries
Allergens: Milk, sulphites, shellfish

GRILLED SEA BASS WITH WHITE WINE SEAFOOD SAUCE (G/F) £21.95
With mashed potatoes, pepper, onion, tomato medley
Allergens: Milk, fish, shellfish, mollusks

SMOKED HADDOCK (G/F) £21.95
Served with mash potato, spinach, Poached egg, and hollandaise Sauce
Allergens: Milk, egg, fish, shellfish, mollusks

10% Service Charge will be added to the final bill.

BURGERS (GLUTEN-FREE)

PLOUGHS HOMEMADE CHEESEBURGER £17.95
Double 4 oz beef patties on g/f burger buns, cheddar cheese, smoked bacon, red onion, burger sauce, and skinny fries
Allergens: Dairy, egg, sulphites

PLOUGH DIRTY BURGER £19.95
Double 4 oz beef patties on g/f burger buns, shredded beef brisket, cheddar cheese, bacon, red onion, lettuce, cheese sauce, and skinny fries
Allergens: Dairy, egg, sulphites

DOUBLE STEAK BURGER £16.95
Double 4 oz beef patties on g/f burger buns, cheddar cheese, smoked bacon, red onion, burger sauce, and skinny fries
Allergens: Dairy, egg, sulphites

GRILLED SPICED CHICKEN BURGER £16.95
Grilled chicken breast on g/f burger buns, bacon rashers, lettuce, onion, sriracha mayo and skinny fries
Allergens: Dairy, egg, sulphites

PLOUGH'S ULTIMATE BURGER £20.95
G/F Buns, Beef patty, spiced chicken fillet, hash brown, onion rings, with pickle, lettuce, onion, tomato, and sriracha mayo
Allergens: Egg, dairy

10% Service Charge will be added to the final bill.

PIZZAS

(ON GLUTEN-FREE BASE; VEGAN AVAILABLE)

GARLIC FLAT BREAD WITH CHEESE £7.95
Pizza base with garlic butter and mozzarella cheese

MARGHERITA £15.95
Buffalo mozzarella, basil, mixed herbs on a tomato base

AMERICAN PEPPERONI HOT £15.95
Pepperoni, crushed red pepper flakes, jalapeno, and fresh chillies

FOUR SEASONS £16.95
Artichoke, ham, mushroom, and olives on a tomato base

MEAT FEAST £17.95
Bacon, chicken, sausage, pepperoni, ham, and onions on a tomato base

PLOUGH'S CHEF SPECIAL £18.95
Wild mushrooms, pepperoni, ham, chicken, sausage, spinach on a garlic cream base

~~ADD TOPPINGS £1 FOR ANY ONE OF THE FOLLOWING~~

ONION /BLUE CHEESE/JALAPENO/RED PEPPER/MUSHROOM

~~ADD TOPPINGS £2 FOR ANY ONE OF THE FOLLOWING~~

CHCIKEN/SAUSAGE/BACON/HAM/PEPPERRONI

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10% Service Charge will be added to the final bill.
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DESSERTS (GLUTEN-FREE)

WARM CHOCOLATE BROWNIE £8.45
Vanilla ice cream and chocolate sauce
Allergens: Milk, egg

ETON MESS £8.45
Whipped sweetened cream, meringue, berry compote, and ice cream
Allergens: Egg, milk

CHOICE OF SORBETS £7.45
3 scoops; kindly check with your server for the flavours available
Allergens: Milk

10% Service Charge will be added to the final bill.