

# James Knight @ The Plough Shepreth

Lunch: 12:00pm-2:30pm Monday to Saturday - Supper: 6:00pm-9:00pm Monday to Saturday  
Seasonal Sunday Lunch Menu available 12:00pm-3:00pm every Sunday

## Starter (or light lunch)

**\*Please note on Fridays these starters are replaced by those on the Specials Menu**

Soup of the day white or granary crusty bloomer <i>(can be served with gluten free bread)</i>	£5.00
Smoked haddock Scotch egg curried mayonnaise	£7.50
Lamb breast dippers Tomato and mint fondue	£6.50
Salt baked beetroot carpaccio <i>(gluten free)</i> Creamed goat's cheese and herbs, toasted hazelnuts, balsamic vinegar	£6.50

### **Served Lunchtime Only**

#### **Toasties, Sarnies and Wraps** - all served with handmade root vegetable crisps

Leek Welsh rarebit – on white or granary bloomer	£7.00
Hot salt beef sandwiches, mustard mayo, gherkins – on white or granary bloomer	£7.00
Haddock goujon sandwich, tartare sauce – on white or granary bloomer <i>(can be served with gluten free bread)</i>	£7.00
Sausage sarnie, handmade brown sauce – on white or granary bloomer	£7.00
VLT (Vegan BLT sandwich) <i>(vegan)</i> - on white or granary bloomer smoked tofu, lettuce, tomato	£7.00

#### **Flammkuchen** - *(Can be made with gluten-free pizza base)*

**Classic** £10.00  
smoked bacon, caramelised onion, crème fraiche, gruyere cheese

**Field mushroom (v)** £10.00  
caramelised onion, crème fraiche, gruyere cheese

#### **Flatbreads** - *(Can be made with gluten-free pizza base)*

**Moroccan spiced** £11.00  
spiced slow-cooked shoulder of lamb, red onion, cherry tomatoes, feta, tzatziki, pomegranate

**Garlic and chilli tiger prawns** £11.00  
spinach, lime and coriander yoghurt dressing

**Aubergine (v)** £10.00  
chargrilled aubergine, roasted tomato, feta, baba ganoush, molasses, red onion

**Fish & chips *(Fridays only – lunch, supper & take-away)*** £12.50  
beer-battered haddock fillet, proper chips, mushy peas, tartare sauce

## Main (most mains may be adapted and half sized to suit children)

Harlton steak burger <small>(can be served with gluten free roll)</small> brioche bun, cheese, salad, pickles, French's mustard, ketchup, fries	£12.50
Buttermilk chicken burger brioche bun, pickled cabbage, baby gem lettuce, spiced mayonnaise, fries	£12.50
Sirloin steak <small>(gluten free)</small> peppercorn sauce, dressed watercress, fries	£15.50
Moules Marinières fries, crusty bread	£13.50
Sausage and mash Barkers Bros Butchers pork sausages, creamy mashed potatoes, seasonal greens, caramelised red onion gravy	£12.50
Veggie sausage & mash <small>(v – can be served vegan)</small> lentil, vegetable and sage sausages, creamy mashed potatoes, seasonal greens, caramelised red onion gravy	£12.50
Pie of the day creamy mashed potatoes, seasonal greens, caramelised red onion gravy	£13.50

## Specials

**Please ask to see our daily specials menu – (Fish Specials every Friday)**

## Sides

Fries <small>(vegan) (gluten free)</small>	£3.50
Flammkuchen garlic bread <small>(vegan) (can be made with gluten-free pizza base)</small>	£5.00
Gruyere Flammkuchen garlic bread <small>(v) (can be made with gluten-free pizza base)</small>	£6.00
Buttered sauté seasonal greens <small>(v - can be served vegan) (gluten free)</small>	£3.50
Rocket and parmesan salad <small>(v - can be served vegan) (gluten free)</small>	£3.50

## Dessert

Sticky toffee pudding <small>(v)</small> caramel sauce, vanilla ice cream	£6.00
Apple and mixed berry crumble <small>(v)</small> custard or vanilla ice cream	£6.00
Chocolate tart <small>(Vegan)</small> black cherry compote	£6.50
Selection of ice creams <small>(v)</small> vanilla, double chocolate, strawberry, salted caramel <small>(gluten free)</small>	(per scoop) £1.75