

THE PLOUGH SHEPRETH

KITCHEN

Our Kitchen

As with everything we do at The Plough, we aim to offer a slightly unconventional approach to the output of our kitchen. Together with our team of chefs, James, Darren and Minty, we have put together what we hope you will agree is an interesting combination of light nibbles and more substantial dishes. These are not necessarily offered as conventional starters, mains and puddings, but can be treated as such if you wish. Just dip in, in any order you fancy, and at any time. Why not try something from our "Build-A-Board" selection to accompany your first drink, and then add a "Made-To-Measure" or "Just-As-It-Comes" dish later? Or perhaps a "Plough Stone-Baked Pizza" to either enjoy with us, or take home? You can dine at any unreserved table that takes your fancy, and either let us know at the bar, or catch the eye of one of our overworked, but dedicated waiting team.

Younger Visitors

We strongly believe in offering our younger visitors simple, nutritious choices, and we have nurtured enough of our own children to understand that the occasional unadventurous younger diner could make an appearance at The Plough. Many of our dishes are available in a variety of sizes to suit all appetites and moods, for example those in our "Made-To-Measure" and "Plough Pizza" sections. We also offer vegetarian dishes, and plan to add to these in the future. Should you have any particular dietary requirements then please let us know and we'll see what we can do.

Service

We believe that exceptional service is as important as exceptional food and that one, without the other, offers an incomplete dining experience. We aim high in both areas, but also accept that getting it right 100% of the time can be a challenge. Our team are paid properly and we do not expect them to rely on tips to 'make up' their wages. We add no compulsory or "optional" service charges to your bill and our card machines are not programmed to oblige you to add a gratuity. However, should you feel that you have received service "above and beyond" and wish to tip, rest assured that this will go directly to the team member who looked after you.

Should you feel unhappy with any aspect of our food, drink or service, please let us know and we will put it right. After all, we're rather new at this stuff...

THE PLOUGH SHEPRETH

BUILD-A-BOARD

Boards are great fun, and you can build your very own at The Plough, either for yourself, or to share with friends. Any combination and size can be put together – including both hot and cold varieties – and all boards are served with a selection of our rustic breads. We like to think of it as “**International Tapas Meze**” but are open to suggestions...

HOT SELECTIONS

Hot Frittata (Spanish Omelette)	- £2.50
Vegetable Croquette	- £2.50
Minced Beef Croquette	- £2.75
Shepherd's Pie Croquette	- £2.75
Crispy Bocconcini (Deep-Fried Mozzarella)	- £2.75
Chilli Squid with Garlic Mayonnaise	- £3.25

COLD SELECTIONS & CURED MEATS

Nocellara Olives	- £1.50
Mozzarella Cheese	- £1.50
Feta Cheese	- £1.50
Anchovies	- £1.50
Caper Berries	- £1.50
Artichoke Hearts	- £1.50
Spicy Bell Peppers	- £1.50
Sun-Blushed Tomatoes	- £1.50
Roasted Marinated Vegetables	- £1.50
Garlic and Lemon Hummus	- £1.50
Parma Ham	- £2.00
Spicy Chorizo Sausage	- £2.00
Salt-Dried Lomo Ham	- £2.00
Spiced Coppa Pork	- £2.80
Salted Bresaola Beef	- £2.80

THE PLOUGH SHEPRETH

SANDWICHES

Sandwiches at The Plough are served on a slate, with your choice of white or granary bloomer. All selections can be enjoyed either separately, or combined as part of our "Made To Measure" section on the following page.

Roasted Vegetables	- with Hummus & Baby Leaf	- £5.50
Your choice of Cured Meat	- with Mozzarella, Tapenade and Rocket	- £6.50
Shelford Sausages	- with Whole Grain Mustard	- £6.50
Grilled Sardine	- Served Open, with Chunky Provençale Sauce	- £6.90
Char-Grilled Steak	- Served Open with Sautéed Mushrooms	- £7.90

PLOUGH SOUP

Freshly made in our kitchen, and served with your choice of either white or granary bloomer bread.

Please ask any member of our waiting team, or check our blackboards for details of today's soup.

Soup of the Day	- £4.50
-----------------	---------

THE PLOUGH SHEPRETH

MADE-TO-MEASURE

Our “Made-To-Measure” selection is designed to suit all ages and appetites. The choices below are available in three different sizes to match your mood.

Soup and a Sandwich

Your choice of Sandwich combined with our Soup of the Day

Half Sandwich plus Half Soup Bowl	– Priced at ½ Soup price + ½ Sandwich Price
Half Sandwich plus Full Soup Bowl	– Priced at Full Soup price + ½ Sandwich Price
Whole Sandwich plus Full Soup Bowl	– Priced at Full Soup price + Full Sandwich Price

Sausage & Mash

Shelford Pork Sausages served with our Creamy Mash and Red Onion Gravy

One Sausage	– £4.50
Two Sausages	– £6.50
Three Sausages	– £8.50

Fritto Misto

Cod, Pollock & Haddock Goujons in Real Ale Batter with French Fries and Tartar Sauce

Three Goujons	– £4.95
Six Goujons	– £6.95
Nine Goujons	– £8.95

Chameleon Burger

Our own ever-changing Burger, but always served in a Brioche Bun with French Fries & an appropriate sauce – please ask our waiting staff for details.

Add Mozzarella Cheese for £0.50

4 oz	– £6.50
6 oz	– £7.50
8 oz	– £8.50

Rib-Eye Steak

Locally sourced Rib-Eye served with Mixed Salad and French Fries

4 oz	– £9.25
6 oz	– £13.95
8 oz	– £18.50

Chef's Sauces – Rich Red Onion, Green Peppercorn or Mushroom & Cream – £1.95

THE PLOUGH SHEPRETH

JUST-AS-IT-COMES

As simple as it sounds: these dishes come in one size, exactly as described below. Choose a side dish from our selection below if you would like to add a little something...

Vegetable Tagine

Served with Coriander and Apricot Couscous - £7.25

Thai Yellow Chicken Curry

With Kaffir Lime and Steamed Rice - £7.50

Crispy Pork Belly

Served with Chili Salsa and Spiced Apples - £8.95

Plough Pie (with a proper bottom!)

- £8.95

Please check our blackboards for details of today's recipe

Served with gravy and your choice of Potatoes

Pressed Crispy Breast of Lamb

With a rich Red Wine Sauce, Garden Peas and Broad Beans - £8.95

Sirloin Steak

Seared on our Chargrill and served rare

with Shiso Cress, Wasabi Dressing, Soy Sauce and Sushi Ginger - £9.95

Plough Particulars

For something extra special, our chefs are given free rein to present to you a small selection of their own favourite dishes.

Please ask our staff or check the blackboards for details.

SIDE DISHES

Mixed Leaf Salad	- £2.75	New Potatoes with Parsley Butter	- £3.00
Creamy Mashed Potatoes	- £3.25	French Beans and Shallots	- £3.25
French Fries	- £3.50		

THE PLOUGH SHEPRETH

PLOUGH PIZZA

Freshly made, traditionally Stone-Baked and with a thin Italian Crust. All our Pizzas come in both 12-inch and 6-inch sizes and are also available to Take-Away. Details of our **"Pizza of the Week"** are available from our waiting staff and are also displayed on our blackboards.

Classic Margherita	- Tomato, Mozzarella and Basil		
6 - Inch	- £4.00	Take-Away	- £3.75
12 - Inch	- £7.95	Take-Away	- £7.45
Plough Hot	- Spicy Salami, Courgette Ribbons, Chilli and Oregano		
6 - Inch	- £4.95	Take-Away	- £4.70
12 - Inch	- £9.95	Take-Away	- £9.45
A Fishy Caper	- Sardines, Anchovies, Caper Berries, Lemon Zest and Parsley		
6 - Inch	- £4.95	Take-Away	- £4.70
12 - Inch	- £9.95	Take-Away	- £9.45
Full English	- Sausage, Bacon, Mushroom, Tomato and Fried Egg		
6 - Inch	- £4.95	Take-Away	- £4.70
12 - Inch	- £9.95	Take-Away	- £9.45
Portobello	- Portobello Mushroom, Roasted Garlic, Pine Nuts, Ricotta		
6 - Inch	- £5.75	Take-Away	- £5.50
12 - Inch	- £11.50	Take-Away	- £11.00

PLOUGH PUDS

Apple and Cinnamon Crumble with Vanilla Ice Cream	- £5.95
Lemon Posset with Pine Nut Shortbread and Chantilly Cream	- £5.95
Warm Treacle Tart with Vanilla Ice Cream	- £5.95
Crisp Chocolate-filled Brioche with Chocolate Sauce	- £6.95
Passionfruit Semifreddo with Ginger Bark and Caramelised Pineapple	- £6.95
A selection of Cheeses with Oatcakes and Plough Chutney	- £7.95
Ice Cream: (per scoop)	- £1.50
<i>Pear & Chocolate / Summer Fruits / Rhubarb & Stem Ginger / Vanilla</i>	