
- LUNCHTIME MENU -

If you or any of your group have an allergy or intolerance, please notify a member of our team when ordering your food.
v-vegetarian//ve-vegan//gf-glutenfree//gfa-gluten free available//vea-vegan available

To Share

Mixed olives - £5 (v,ve,gf)
Crusty warm bread, butter, olive oil, balsamic, hummus - £6 (v,gfa)
Garlic ciabatta bread - £5.50 (v)

Starters & small plates

Soup of the day, crusty warm bread and butter - £8.50 (v, gfa)
Breaded whitebait, garlic aioli, dressed leaf salad - £9.50
Smoked salmon, spring onion and potato scone, watercress and radish salad,
lemon and dill creme fraiche - £10.50 (gfa)
Fattoush salad, cherry tomatoes, pomegranate seeds, cucumber, radish, avocado, sumac croutons - £10 (v,ve,gfa)
Buratta, Italian grilled vegetables, herb dressing, toasted pine nuts - £11 (gf,v)
Chicken, pork, apricot and hazelnut terrine wrapped in prosciutto, watercress aioli, toasted sourdough,
dressed frisee - £10.50 (gfa)

Main Dishes

Whole grilled South Coast Plaice, sauté samphire, new potatoes, dill, caper and lemon butter - £25 (gf)
Marinated slow cooked pork belly, spring onion mash,
lychee and ginger puree, sugar snap peas, 5 spice jus - £24 (gf)
Chickpea and tomato ragout filled peppers, parmesan, sweet potato,
balsamic dressed rocket, herb oil - £18 (vea, gfa)
Fish and chips, Haddock battered in our own beer batter, chunky chips, mushy peas and tartar sauce - £20
Beef burger, baby gem, house relish & burger sauce in a toasted sesame brioche bun, French fries - £17
Add cheddar, bacon or blue cheese £1 each
Chicken and mushroom pie, chunky chips, fresh seasonal vegetables, gravy - £20
Rigatoni pasta, roasted mediterranean vegetables, sun dried tomatoes, watercress, spinach and cashew pesto,
crumbled rosary goats cheese - £19 (v, vea)

Steaks

28 day dry aged 6oz Sirloin £25 (gfa) or
8oz Rib-eye steak £30 (gfa)
Both served with fries and a choice of either;
Mixed House salad or
Field mushroom, roasted plum tomatoes, watercress
Add a blue cheese or peppercorn sauce for £2

Sandwiches

Our sandwiches are served on granary bread with salad and coleslaw - £10.50
Cheddar, tomato & onion chutney (v)
Smoked salmon, piccalilli watercress
Bacon & Brie
Hunter's chicken: BBQ chicken, streaky bacon, mature cheddar
Sausage & red onion marmalade

Side Orders

- French Fries / Chunky Chips S £4 / L £6 - New Potatoes / Mixed Leaf Salad / Seasonal Vegetables £5 -

*A discretionary 12.5% service charge will be added to tables of 6 and above



THE PLOUGH
ITCHEN ABBAS