
- 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, beetroot, lemon and dill creme fraiche, Hampshire watercress, granary toast - £10.50 (gfa)
Honey roasted butternut squash, pomegranate, fig and feta salad, tarragon and dijon dressing - £10 (v,gf)
Slow cooked lamb birria tacos, Hampshire watercress, mint chimichurri, pickled shallots - £12
Hot smoked chalk stream trout nicoise salad, soft boiled egg, new potatoes, olives, green beans, tomatoes, lemon dressing - £12 (gf)

Main Dishes

Pan fried Sea Bream, saute potatoes, tenderstem broccoli, hollandaise sauce - £25 (gf)
Confit duck leg, thyme and garlic roasted potatoes, honey buttered parsnips, veal jus - £25 (gfa)
Fresh egg tagliatelle, pumpkin & gruyere cream sauce, spinach, new forest wild mushrooms, parmesan & truffle oil - £19 (v)
Fish and chips, Hake 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 - £18
Add cheddar, bacon or blue cheese £1.50 each
Chicken, ham & leek pie, creamy mashed potato, fresh seasonal vegetables, gravy - £20
Sri Lankan King Prawn, tomato & coconut milk curry, basmati rice, pappadum & mango chutney - £23 (gfa)
Also available as vegetarian/vegan with roasted sweet potato and vegetables - £19 (gfa,v,ve)

Steaks

28 day dry aged 6oz Sirloin £27 (gfa) or
8oz Rib-eye steak £32 (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 £2.50

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
Chipotle chilli Chicken, lime mayonnaise, baby gem lettuce
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