

THE PLOUGH

Tearoom

Smoothies

THE GREEN ONE 5.50
Spinach - Kale - Flax - Ginger - Apple

THE RED ONE 5.50
Raspberry - Cranberry - Flax seed -
Beetroot - Strawberry

I NEED PLOUGH LOVE 5.50
Chocolate milk - Ice -cream - Chocolate
sauce - Cream - Choccy bar of the day -
Marshmallow

Traditional

THE FULL PLOUGH 12.95
Plough butchers' sausages - Bacon - Toast -
Beans - Cherry vine tomatoes - Field
mushroom - Hash brown - Free range fried
local egg

FULL PLOUGH VEGGIE EDITION 12.95
Plant sausages - Toast - Beans - Cherry
vine tomatoes - Field mushroom - Hash
brown - Fried local egg

FULL PLOUGH PLANT EDITION 12.95
Plant sausages- Toast - Beans -
Cherry vine tomatoes - Field
mushroom - Hash brown - Avocado
smash - Dukkha.

Muffins and Toast

EGGS BENEDICT 10.95
Plough signature sliced ham - Creamy
hollandaise - Toasted English muffin - Soft
poached local eggs. Bacon optional

EGGS ROYALE 10.95
Seasoned smoked salmon - Creamy
hollandaise Toasted English muffin - Soft
poached local eggs.

PLANT POWER TOAST 10.95
Toasted local sourdough - Smashed
avocado - Dukkha - spinach - Cherry vine
tomatoes - Sunflower and pumpkin seeds.

SCRAMBLED EGG ON TOAST 5.50
Local free ranged eggs scrambled -
Toasted sourdough

Sandwiches or Wraps

BACON 4.95

SAUSAGE 5.50

LOCAL EGG 4.50

VEGAN SAUSAGE 4.95

Your choice of filly and sauce.

Allergen Note

We treat allergens with respect. We are happy to
customise dishes for you and this is better done
without labels everywhere. Please ask for our
menu with you options explained. We are also
happy to just chat with you and discuss at the
table.



PHONE

01604 863193



ADDRESS

5 MAIN ROAD - NN12 7RU

THE PLOUGH

Tearoom

Bakery

KELSEYS CHOCOLATE BROWNIE	5.50
Served with your choice of Ice cream or Whipped cream ask for this weeks flavour	
STUFFED JAM DOUGHNUT	3.50
Warm doughnut - Strawberry Ice -cream - Coulis - Chantilly - Fresh starwberry.	
KELSEYS COOKIE PIE	4.50
A melting centre - Soft cookie dough - Chocolate chips	

Please ask about our other selections of weekly bakes

Hot drinks

CALLEBAUT HOT CHOCOLATE 60%	3.00
With cream and marshmallows	0.80
BRODIES ENGLISH BREAKFAST	1.95
BRODIES EARL GREY AND CORNFLOWER PETALS	2.20
BRODIES PEPPERMINT	2.20
BRODIES GREEN TEA WITH JAPANESE CHERRY	2.20
BRODIES RED BERRY CRUSH	2.20
BRODIES CAMOMILE	2.20

Soft drinks

APPLE JUICE	2.50
ORANGE JUICE	2.50
MANGO JUICE	2.50
CRANBERRY JUICE	2.50
TOMATO JUICE	2.50
STILL WATER	2.50
SPARKLING WATER	2.50

Toast & Pastry

CROISSANT OR TOAST	2.00
with your choice of either topping Vegan Blueberry Butter & Jam Butter & Marmalade	
MAPLE SYPRUP PANCAKES	8.95
Strawberries - Maple syrup - butter Nutella - Bueno Sauce -Pistachio Ice cream - Crushed nuts.	

Extras

Pouched Egg (l)	2.25
Scrambled Egg	3.00
Fried Egg (l)	1.50
Bacon (l)	1.50
Butchers Sausage (l)	2.35
Toasted Sour dough	1.00
Hash brown	1.00
Black pudding	1.50
Mushroom	2.00
Cherry vine tomato	1.00

Coffee

BLACK AMERICANO	3.10
WHITE AMERICANO	3.30
ESPRESSO SINGLE	1.50
ESPRESSO DOUBLE	3.00
LATTE	3.65
CHAI LATTE	3.55
FLAT WHITE	3.65
CAPPUCINO	3.80
MOCHA	3.00
SINGLE MACCHIATO	2.25
DOUBLE MACCHIATO	3.50
FLOATER	3.80
LIQUEUR	7.50

Soya milk or oat available with all coffees and hot drinks.



PHONE

01604 863193



ADDRESS

5 MAIN ROAD - NN12 7RU