



Plough & Harrow

Plough Curry week

Starters

Spiced cauliflower and lentil pie, cauliflower purée, light curry sauce (vg, gf) *319 kcal*
7.95

Curried parsnip and apple soup, warm seeded roll (v, gfa) *568 kcal* 8.25

Mains

Spiced Loch Etive trout, tamarind cream, steamed choy, lime rice, curry oil *819 kcal*
22.95

Goan chicken breast curry, sticky coconut rice, Asian greens (gf) *653 kcal* 17.95

Vegetable Thai green curry, sweet potato, aubergine, coconut sticky rice (vg, gf) *436 kcal* 17.95

Slow cooked tandoori lamb, braised pilaf rice, flatbread, onion bhaji, poppadoms. *1640 kcal* 25.95

Sides

Warm garlic butter naan bread (v) *302 kcal* 2.95

Bombay potatoes (vg) *112 kcal* 5.45

Additional Menu Information



We always advise you to speak to a member of crew if you have any food allergies or intolerances. For calories and allergen information please scan this QR or ask a crew member for assistance.

Gluten Free - Where we offer gluten free dishes, controls are in place to ensure that dishes contain no more than 20 parts per million gluten; however, as we handle many allergens in our busy kitchens, we therefore cannot guarantee all traces of allergens are completely removed.

v - vegetarian, vg - vegan, gf - gluten free, gfa - gluten free adaptable, just ask.

Plough & Harrow - www.ploughandharrowpub.co.uk - 01684 218 410