

Plough & Harrow

Curry Week

Starters and Nibbles

Curried parsnip and apple soup, warm seeded roll (v, gfa) *564 kcal* 8.25

Carrot and red onion bhaji, coconut yoghurt, mango chutney (vg) *461 kcal* 7.95

Beer battered hake, curry sauce (gf) *335 kcal* Balti prawns, toasted naan *442 kcal* 8.95
6.75

Mains

Slow cooked tandoori lamb shoulder, braised pilaf rice, flatbread, onion bhaji, poppadoms.
1634 kcal 26.95

Goan chicken breast curry, sticky coconut rice, Asian greens (gf) *647 kcal* 19.95

Malaysian salmon and prawn laksa curry, noodles, pak choi, edamame, coriander *988 kcal*
22.95

Thai green 'crispy duck leg' curry, coconut rice, steamed pak choi (gf) *994 kcal* 21.95

Paneer, aubergine and butternut squash dhansak, pilau rice, mango chutney, naan bread (v)
) *874 kcal* 17.25

Sweet potato, aubergine and spinach Malaysian curry, coconut rice, pak choi (vg, gf) *630 kcal* 16.95

Sides

Curry sauce (vg, gf) *190 kcal* 2.95

Mini poppadoms, dips (v) *219 kcal* 4.95

Warm garlic butter naan bread (v) *300 kcal* 2.95

Additional Menu Information

Please speak to a member of crew if you have any food allergies or intolerances before ordering. 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.

