

Wine

All of our wines are better value by the bottle.
If you would like to sample a wine, please ask at the bar.

White

	175ml	250ml	Bottle
Sauvignon Blanc. Spy Valley (New Zealand) Award-winning NZ Sauvignon, deliciously quaffable	£4.35	£5.75	£16.75
Viognier de L'Hospitalet. Gerard Bertrand (France) Rich and ripe with subtle apricot notes	£4.15	£5.45	£16.15
Riesling. Wolf by Dr Loosen (Germany) Off-dry with honey, nectarine and green apple aroma	£3.95	£5.15	£15.25
Chardonnay. Valdivieso (Chile) Ripe peaches, orange and pineapple – fantastically refreshing	£4.15	£5.35	£15.75
Gargenega / Pinot Grigio. Operetto (Italy) Fresh and zesty Italian classic	£3.95	£5.15	£14.95
Côte á Côte Blanc (France) Bright, fresh and fruity	£3.50	£4.15	£12.15
Chenin / Colombard. Kudu Plains (South Africa) A zippy little number with fresh citrus & peach flavours	£3.45	£4.10	£11.50

Rosé & Blush

	175ml	250ml	Bottle
Rosé de L'Hospitalet, Gerard Bertrand (France) Gentle, dry with perfect balance. Elegance in a glass	£4.45	£5.90	£16.40
Pinot Grigio Blush. Lamberti (Italy) Raspberries and strawberries with a hint of juicy sweetness	£4.40	£5.75	£16.30
Malbec Rosé. Argentino (Argentina) Sophisticated rosé with a lively finish	£3.95	£5.15	£14.95

Red

	175ml	250ml	Bottle
Cabernet Sauvignon. Deakin Estate (Australia) Bags of ripe and juicy blackcurrant fruit with creamy, vanilla oak	£4.10	£5.45	£16.25
Merlot. Palena (Chile) Full bodied with rich, dark fruits	£3.95	£5.25	£15.45
Tempranillo. Castillo Clavijo Rioja (Spain) Aged in oak for 6 months. Classic, stylish Rioja	£3.95	£5.25	£14.95
Malbec Shiraz. Tarquino (Argentina) Hints of sweet spice from gentle oak ageing	£3.75	£4.95	£14.50
Carignan / Merlot. La Picoutine (France) Soft, full bodied and fruity	£3.60	£4.45	£12.25
Cinsaut / Cabernet / Merlot. Acacia Tree (South Africa) Ripe plum and blackcurrant fruit with soft tannings	£3.45	£4.10	£11.50

Fizz

			Bottle
Champagne Mumm Cordon Rouge NV (France) Formula 1 party starter	--	--	£35.50
Jeio Rosé, Bisol (Italy) Stylish pink bubbles	--	--	£16.75
Jeio Prosecco, Bisol (Italy) Classic Prosecco. Stylish and smooth	--	--	£15.75

All wines sold by the glass are also available in 125ml glasses.

Desserts

Hot Belgian Waffle with a rich caramel sauce and ice cream	£3.95
Eton Mess Broken meringue, whipped cream, fruits of the forest compote with dairy vanilla ice cream	£3.95
Bramley Apple Pie with ice cream or custard	£3.75
Bakewell Tart with custard	£3.95
Chocolate Fudge Brownie with ice cream	£3.95
Sticky Toffee Pudding with custard or ice cream	£3.95
(Everything but) The Kitchen Sink The ultimate chocolate sharing dessert – only for serious choc-a-holics!	£7.95
Beechdean Dairy Ice Cream Three scoops – you choose from vanilla, strawberry or chocolate	£3.95

Complete your dining experience with something sweet and a Cappuccino!

Hot Drinks

Espresso Single shot / double shot	£1.60 / £2.15
Cappuccino Medium / large	£1.95 / £2.25
Caffe Latte	£1.95
Freshly Ground Coffee with milk or cream	£1.70
Traditional English Tea	£1.55
A Selection of Fruit Tea Infusions	£1.65
Hot Chocolate	£1.95
A Selection of Liqueur Coffees including Jamesons and Tia Maria	£3.50
Baileys Latte Coffee, Baileys and steamed milk	£3.50
Hot Chocolate Orange Hot chocolate, Cointreau and steamed milk	£3.50

Our coffee is 100% triple certified, Fairtrade, Rain Forest Alliance and Soil Association Organic.



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FOOD & WINE

THE PLOUGH CHINGFORD

Please find a vacant table and note the table number, then place your order at the bar.

Starters

Prawn Cocktail with brown bread	£4.50
Freshly Made Soup of the Day with crusty baguette	£3.45
Crispy Breaded Flat Mushrooms (v) with garlic mayonnaise	£4.25
Fried Tempura Prawns with sweet chilli sauce and prawn crackers	£4.45
Chicken Liver Pâté with a spiced red wine glaze and toast	£4.45
Southern Fried Chicken Goujons with BBQ sauce	£4.45
Deep Fried Breaded Mozzarella (v) with salsa dip	£4.45

Sharers

Deli Board (v) Giant garlic & coriander flat bread with tzatziki, houmous, olives, peppers and an olive oil & balsamic dip	£6.45
Crispy Fried Chicken in a Basket Southern fried wings and goujons with garlic bread, peri peri and BBQ sauce dips	£7.95
Nachos with cheese, jalapeno peppers, tomato salsa, guacamole and sour cream (v) Or with beef chilli, cheese, jalapeno peppers and sour cream	£5.45
Seafood Basket Tempura prawns, seasoned squid, scampi, garlic bread, sweet chilli and tartare dips	£7.95

Sides

Chips (v)	£2.50
Curly Fries (v) with tomato salsa or melted mature Cheddar cheese	£3.75
Garlic Bread (v)	£2.70
Garlic Bread topped with Mature Cheddar Cheese (v)	£2.95
Coleslaw (v)	£1.95
Dressed House Salad (v)	£2.50
Onion Rings (v)	£2.50
Bread and Butter (v)	£1.10
Fried Free-Range Egg (v)	£1.10
Giant Garlic & Coriander Flat Bread (v)	£2.25

McMullen Ales

We are proud of our fine selection of McMullen Award Winning Cask Ales. If you would like to sample one, please ask.

Burgers

Beef Burger In an oatmeal roll with tomato, gherkin and mixed leaves	£7.25
Southern Fried Chicken Burger In an oatmeal roll with mixed leaves, onion rings and salsa	£7.25
Vegetable & Bean Burger (v) In an oatmeal roll with mixed leaves, onion rings and mayonnaise	£6.45
All served with chips	
Add mature Cheddar cheese or smoked streaky bacon for £1.00 or smokey beerhouse chilli £2.00	

Please see Chalkboards for our Daily Additions

Chargrill

Sirloin 8oz Add mushroom and melted Stilton topping for £2.00	£11.95
Rib-Eye Steak 6oz Add an extra 6oz rib-eye for just £5.00	£10.25
Chicken Breast	£8.25
Gammon Steaks with Eggs or Pineapple Add tomato and melted Cheddar cheese topping for £2.00	£9.25 smaller portion £6.45
All served with chips, grilled tomato, onion rings, mushrooms and peas	
<i>Great with a sauce, choose from creamy peppercorn, tomato & mushroom chasseur or creamy mushroom Diane sauce £1.50</i>	
Why not surf it up with scampi? £2.95	

Sunday Roast

Every Sunday we offer at least two Hand Carved traditional roasts. Please check chalkboards for the choice.
When they're gone, they're gone.

Mains

Freshly Battered Fish in McMullen Cask Ale Batter served with chips and mushy peas Bread and butter £1.10	£7.95 smaller portion £5.85
Wholetail Scampi with chips and peas	£7.95 smaller portion £5.85
Smoked Haddock Florentine served with new potatoes, carrots and peas	£8.95
Lasagne served with dressed leaves and garlic bread	£8.25
Cumberland Sausage and Mash with fried onions and gravy or Quorn sausage and mash with gravy (v)	£7.95 smaller portion £5.85
Ham, Egg and Chips	£7.10 smaller portion £5.05
British Steak & McMullen Ale Pie with mash, carrots, peas and gravy	£8.75
Chargrilled Chicken Caesar and Streaky Bacon Salad Mixed leaves, tomato, cucumber, croutons and Parmesan cheese	£8.25 smaller portion £5.95
Hunters Chicken with bacon, BBQ sauce, melted Cheddar cheese, chips and coleslaw	£8.75
Liver and Bacon with mash and hot pot sauce	£8.45
Butternut Squash & Bean Crumble (v) with garlic bread and mixed leaves	£7.95

Spice Box

Vegetable Balti (v)	£7.95
Thai Red Prawn Curry	£8.95
Chicken Tikka Masala	£8.95
All served with rice, poppadum and mango chutney	
Beer Smokehouse Chilli served with steamed rice, tortilla chips and sour cream Try adding grated Cheddar melted over your chilli for £1.00. Delicious	£8.95

(v) = suitable for vegetarians. Our breaded scampi is made with whole scampi tails.

Our onion rings are made from chopped onion.

All weights are approximate prior to cooking. All items are subject to availability.
All prices include V.A.T. We cannot guarantee that products on this menu are totally free from nuts or nut derivatives or that fish products are free from bones.