



# ALLERGENS MENU

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7 February 2024

## Allergens Statement

Allergies and specific dietary requirements are taken very seriously at The Plough. We work hard to ensure our menu information is correct and up to date at all times.

**PLEASE ALWAYS CHECK OUR ALLERGENS MENU BEFORE YOU PLACE AN ORDER.**

The dish descriptions on our menus may not mention every ingredient in a dish. Even if you have had a dish before and deemed it safe, our suppliers, ingredients and, therefore, the allergen information may also change between visits.

Whilst we have strict controls in place to reduce the risk of cross contamination, please be aware that our kitchens handle numerous ingredients containing allergens. For this reason we cannot guarantee that our dishes will be 100% allergen-free. Please be aware of the risks before you order.

Gluten = Glu • Milk = Milk • Eggs = Egg • Nuts = Nut • Peanuts = PNut • Sesame = Ses • Soya = Soy • Mustard = Mus •

Celery = Cel • Fish = Fish • Crustaceans = Crus • Molluscs = Mol • Lupin = Lup • Sulphur Dioxide = SD

BURGERS	Glu	Milk	Egg	Nut	PNut	Ses	Soy	Mus	Cel	Fish	Crus	Mol	Lup	SD
bar burger	bun	bun, cheddar	bun, slaw, burger sauce				bun	gherkins, burger sauce	burger sauce					burger sauce, gherkins
buffalo chicken burger	bun	bun, blue cheese sauce, chicken thighs, buffalo sauce	bun, blue cheese sauce, slaw				bun	blue cheese sauce						blue cheese sauce, buffalo sauce
sloppy joe burger	bun	bun, cheddar	bun, slaw, burger sauce				bun	gherkins, burger sauce	sloppy joe, burger sauce					plough sauce, gherkins, sloppy joe
pip's 'la boca del diablo' spicy	bun, patty			patty	patty	patty	bun, patty	vegan plough sauce, gherkins	vegan plough sauce, patty				patty	vegan plough sauce, gherkins, patty, pips sauce
CUBAN TOASTED SANDWICHES	Glu	Milk	Egg	Nut	PNut	Ses	Soy	Mus	Cel	Fish	Crus	Mol	Lup	SD
roasted vegetable	bread	butter, emmental cheese					bread						bread	caramelised onion, sauce
paprika spiced chicken	bread	butter, emmental cheese					bread, chicken	chicken					bread	chicken, sauce
slow roasted mojo pork	bread	butter, emmental cheese					bread, pork	gherkins					bread	gherkins, sauce
WINGS	Glu	Milk	Egg	Nut	PNut	Ses	Soy	Mus	Cel	Fish	Crus	Mol	Lup	SD
bbq chicken wings								bbq						bbq
spicy buffalo wings		blue cheese sauce, buffalo sauce	blue cheese sauce					blue cheese sauce	celery sticks					blue cheese sauce, buffalo sauce
spicy buffalo cauliflower wings		buffalo sauce						batter, vegan blue cheese sauce						buffalo sauce, vegan blue cheese sauce
SIDES	Glu	Milk	Egg	Nut	PNut	Ses	Soy	Mus	Cel	Fish	Crus	Mol	Lup	SD
caesar salad	pangrattato	parmesan, dressing	parmesan, dressing				anchovies, pangrattato			anchovies, dressing			pangrattato	anchovies
homemade purple 'slaw			mayonnaise											
crunchy vegan slaw														
fries														
cajun fries														chimichurri
green salad														chimichurri
macaroni cheese hash browns	hash browns	hash browns	hash browns, chipotle mayo				hash browns	hash browns					hash browns	hash browns, chipotle mayo
loaded fries	crispy onion						sriracha mayo	sriracha mayo, blue cheese sauce						jalapenos, blue cheese sauce
sloppy joe dirty fries	crispy onion	cheese sauce							sloppy joe					jalapenos
CHILDREN'S MENU	Glu	Milk	Egg	Nut	PNut	Ses	Soy	Mus	Cel	Fish	Crus	Mol	Lup	SD
cheese burger	bun	bun, cheddar	bun				bun							
chicken goujons & fries	chicken goujons													
fish fingers & fries	fish fingers									fish finger				

