



The Plough

please order your food &
drinks at the bar

don't forget to look at our specials boards

food allergies & intolerances

please speak to our staff about the ingredients
in your meal when making your order

wifi password: FulfordYO10

all the below available lunchtimes only - not available sundays

SANDWICHES

hand-cut chips & salad

chicken, chorizo & chilli jam 13.95

toasted ciabatta

pastrami, monterey jack cheese & wholegrain mustard 13.95

mayo

toasted sourdough

tuna mayo 11.95

white or malted bloomer

prawn marie rose 12.45

white or malted bloomer

cold roast beef or hot roast beef & gravy 13.45

crusty white baguette

hot chicken & bacon with mayo 13.45

white or malted bloomer

bacon & brie or bacon & mature cheddar 12.95

toasted sourdough

tuna & mature cheddar 12.95

toasted ciabatta

mature cheddar & caramelised red onion chutney (v) 12.95

crusty white baguette

mozzarella, sundried tomato, rocket & green pesto (v) 12.95

toasted ciabatta

vegan cheese, tomato, rocket & vegan mayo (v/ve) 12.95

toasted sourdough

JACKET POTATOES

side salad

just butter (v) 7.95

cheese (v) 8.95

homemade coleslaw (v/gf) 8.95

beans (v/ve/gf) 8.95

chilli-con-carne (gf) 10.95

tuna mayo (gf) 9.95

chicken, bacon & mayo (gf) 10.95

OMELETTES

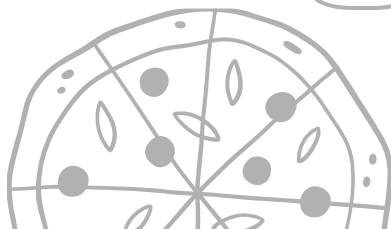
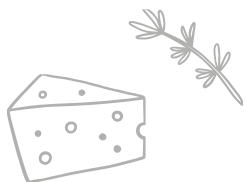
side salad & hand-cut chips

mushroom (v) 12.95

cheese (v) 12.95

mediterranean (v) 12.95

cheese & tomato (v) 12.95





STARTERS & LIGHT BITES

garlic ciabatta (v)	4.95
garlic ciabatta with mature cheddar (v)	5.95
soup of the day with warm crusty white baguette (v)	7.75
crispy coated halloumi fries with sweet chilli dip (v)	7.95
chilli & sweet mango breaded king prawns	9.95
chilli jam & rocket	
creamy garlic mushrooms with toasted sourdough (v)	8.95
crispy coated camembert with redcurrant jelly (v)	8.45
southern fried chicken goujons (gf)	8.95
sweet bbq dip	
prawn cocktail with marie rose sauce (gf)	9.95
tempura battered jalapeno & cheese bites (v)	8.45
chipotle sauce	
crispy whitebait with garlic aioli	8.45
tomato & basil flatbread * (v)	8.95
garlic, rosemary & sea salt flatbread * (v)	8.95

*available evenings only mon-fri. available all day sat & sun.

HOMEMADE STONEBAKED PIZZAS & CALZONE



the classic margherita (v)	12.95
the classic pepperoni	14.95
duck & hoisin - topped with spring onions & cucumber	15.95
meat feast - spicy beef, pepperoni & salami	14.95
chicken & pesto - topped with peppers & rocket	14.95
bbq - bbq base with chicken, bacon & onion	13.95
spicy nduja - pepperoni & hot honey	14.95
the veggie classic - peppers, onion, mushroom & sweetcorn (v)	13.95

available evenings only mon-fri. available all day sat & sun.



SALADS

feta cheese, olives & sundried tomato (v/gf)	12.95
salmon, prawn & asparagus (gf)	14.95
goats cheese & green pesto (v/gf)	13.95
crispy crumb chicken caesar salad	13.95
sweet chilli chicken (gf)	12.95





STEAKS

hand-cut chips, beer battered onion rings, grilled tomato, mushrooms & salad

ribeye 10oz 27.95

fillet 8oz 29.95

sirloin 10oz 27.95

mixed grill 28.95

rump steak, pork sausage, lamb cutlet & gammon

+ add sauce: peppercorn, blue cheese, diane 3.45

MEAT DISHES

beef & lamb kofta 15.95

moroccan spiced rice, mint yogurt dip & pitta bread

beef stroganoff 17.95

tender strips in a cream paprika & brandy sauce with rice

beef lasagne 14.95

garlic ciabatta & salad

gammon steak 16.95

free range egg & pineapple, hand-cut chips, mushrooms & grilled tomato

chilli beef & cheese nachos (gf) 13.95

salsa & soured cream

braised lamb shank 19.95

creamy mash, fresh vegetables & mint gravy

shortcrust pastry steak pie 15.95

hand-cut chips, mushy peas & gravy



BURGERS

beef burger 15.95

hand-cut chips, homemade coleslaw & salad

cajun chicken burger 15.95

hand-cut chips, homemade coleslaw & salad

spicy bean burger 14.95

hand-cut chips, corn on the cob, salad & vegan mayo (ve/v)

venison burger 17.95

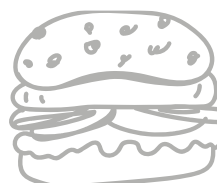
topped with cheese & bacon with sweet potato fries & wholegrain mustard mayo

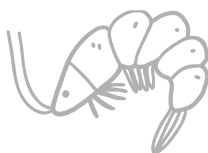
aromatic garden burger 14.95

hand-cut chips, corn on the cob, salad & vegan mayo (ve/v)

+ add: cheese, bacon or onion relish 1.50

gluten free burger buns available – please ask when ordering





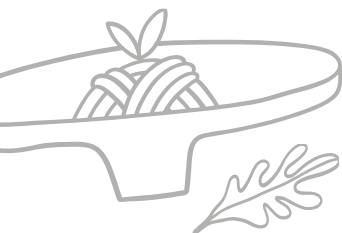
FISH DISHES

pan fried seabass fillet	17.95
roasted fennel in a creamy champagne sauce with fresh vegetables & seasoned new potatoes	
herb crusted salmon	16.95
on a bed of creamed leeks with garlic sautéed potatoes & fresh vegetables	
venezia linguine	16.95
king prawns, asparagus & sundried tomatoes in a tomato sauce with garlic ciabatta	
beer battered haddock	16.95
hand-cut chips, mushy peas & homemade tartar sauce	
crispy breaded wholetail scampi	14.95
hand-cut chips, peas & homemade tartar sauce	
fish stew	18.95
cockles, clams, mussels, prawns, salmon & haddock in a chilli, garlic & white wine sauce with warm ciabatta	



CHICKEN DISHES

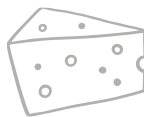
chicken pesto linguine	15.95
creamy red pesto sauce with sundried tomatoes & rocket with garlic ciabatta	
chicken stilton	16.95
chicken breast in a creamy stilton sauce with asparagus, hand-cut chips & salad	
chicken sizzler (gf)	15.95
marinated chicken strips with peppers & onion, tortilla wraps, salsa, soured cream & cheese	
hunter's chicken	14.95
chicken & bacon topped with BBQ sauce & cheddar cheese with hand-cut chips	
half roasted lemon, herb & honey chicken	15.95
hand-cut chips, beer battered onion rings, homemade coleslaw & salad	
pollo enzo	15.95
chicken breast fillet in a creamy mushroom sauce with hand-cut chips & salad	





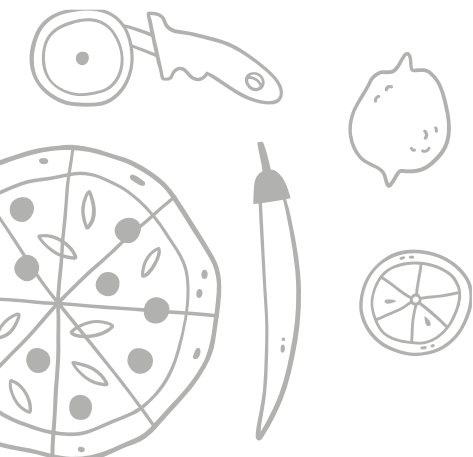
VEGETARIAN & VEGAN DISHES

mushroom & pepper stroganoff (v)	15.95
in a cream, paprika & brandy sauce with rice	
aubergine, courgette & tomato lasagne (v)	14.95
garlic ciabatta & salad	
mediterranean vegetable sizzler (v/ve/gf)	14.95
tortilla wraps, salsa, vegan soured cream & vegan cheese	
tofu thai green curry (v/ve)	14.95
mangetout, baby corn with rice & naan bread	
massaman curry (v/ve)	13.95
cherry tomato, sweet potato, rice, naan bread & mango chutney	
vegan meatballs (v/ve/gf)	14.75
tomato pasta sauce & penne pasta	
3 bean smoky chilli (v/ve/gf)	14.95
rice & nachos	
veggie bangers & mash (v)	14.95
vegetarian sausages & mashed potatoes served with vegetables	
ravidini ratatouille (v)	14.95
in a creamy garlic, basil & sundried tomato pesto sauce with parmesan shavings & garlic ciabatta	



CHILDRENS MENU

vegan meatballs in tomato sauce with penne pasta (v/ve)	
macaroni cheese bake (v)	
garlic ciabatta	
pork sausages & mash	
cheese & tomato pizza (v)	
breaded chicken breast goujons	
breaded fish fillet goujons	
choice of hand-cut chips or mash & garden peas or baked beans	8.95





SIDES

hand-cut chips (v/ve)	4.95
hand-cut chips with mature cheddar (v)	5.95
sweet potato fries (v/ve)	4.95
homemade beer battered onion rings (v)	4.95
salad bowl (v/ve/gf)	3.95
fresh vegetables (v/ve/gf)	4.45
homemade coleslaw (v/gf)	3.45
ciabatta & butter (v)	2.45
corn on the cob (v/ve/gf)	2.95
gravy	2.95

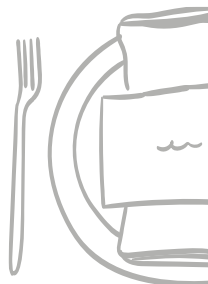


SUNDAY ROASTS

(served all day - subject to availability)

beef or pork	15.95
homemade yorkshire pudding & all the trimmings	
veggie sausages	14.95
homemade yorkshire pudding & all the trimmings	

please see the
blackboards for our
range of desserts



we do a range of hot
drinks & liqueur coffees



The Plough - 48 Main Street - Fulford - York - YO10 4PX
Tel. 01904 615431
www.theploughyork.co.uk

wifi code: FulfordYO10

Please note dishes may contain traces of nuts, sesame oil, milk
& various ingredients which contain gluten

Our fish dishes may contain bones

Please ask us about the allergens in our foods prior to ordering

All of our dishes are subject to availability

Our fresh produce is delivered to us daily from local suppliers

(v) vegetarian (ve) vegan (gf) gluten free