



*Mae ein holl brydau yn cael eu paratoi'n ffres gan ddefnyddio cynnyrch lleol ble fo hynny'n bosibl.*

### Prydau Ysgafn neu cwrs cyntaf

Olewydd wedi'u marinadu (Ll) 3.00

Cawl y dydd, gweler y bwrdd du

Parfait afu cyw iâr, siytni afal, surdoes wedi'i thostio 8.50

Wyau Albanaidd porc mangalitza lleol gyda pwddin gwaed, velouté bacwn mwg 7.00

Cranc Bae Ceredigion, jeli cranc, ciwcymbr carpaccio 9.50

Corgimychiaid mawr, mayonnaise chilli melys 7.50

Salad tomato heirloom, caws gafr Pantysgawn, olew olewydd, balsamig 8.00

Tuna tartare, wasabi mayo, sinsir wedi'i biclo, dressin soi & sinsir 8.50

### Ychwanegion

Sglodion cartref / tatws stwmp / tatws stwmp mŵg / salad bach / sbigoglys menyn / pys / moron chantenay 2.80

Rhôn o fara, neu bara menyn 1.00

### Prif Gyrsiau

Byrgyr cig eidion Cymreig Y Talbot, letys, tomato, mayonnaise, sglodion cartref 10.50  
gyda caws cheddar Snowdonia, Perl Las, Caws Cenarth wedi'i fygu, Bacwn, - am £1.50 ychwanegol

Gamwn o'r gridyll, wyau wedi'u ffrio, sglodion cartref 12.00

Lleden briwsionllyd wedi'i ffrio, sglodion cartref piwri pys a saws tartare 13.00

Cyri cnau coco, sbigoglys a moron chantenay, reis basmati (Ll) (Fegan) 10.50

Byrgyr ffacbys, moron a choriander, iogwrt mintys, sglodion cartref (Ll) 9.50  
gyda caws cheddar Snowdonia am £1.50 ychwanegol

Pei cyw iâr & ham hoc mŵg, persli, moron, chantennay, tatw stwmp 13.50

Coes hwyaden confit, salad frisse, tatw sarladaise, dressin port & gwin coch 16.50

Ffiled o merfog y môr wedi'i rhostio, piwri seleriac, sbigoglys, ffenigl, saws bois boudran 17.50

Hadog mŵg wedi'i bostio, tatws newydd, nionyn gwanwyn, wŷ crensiog, veloute cennin syfi 15.50

Rwmpen o gig oen Cymreig wedi'i rhostio, brest crychlyd, pys, ffa llydan, baby gem, piwri winwns, saws Madeira 18.50

Ysguthan llawn wedi'i rhostio, bresych gwyn brwysiedig, madarch wedi'i biclo, tatws stwmp mŵg, saws cassis 16.50

### Prif Gyrsiau

Stecen syrlwyn (8 owns), tomatos bach, madarch cae a sglodion cartref 21.00

gyda saws pupur am £1.00 ychwanegol  
gyda saws gwin coch am £1.50 ychwanegol

Pithivier o llysiau ratatouille, sbigoglys, tapenade veloute (Ll) 12.50

### Brechdanau - 6.00

Corgimwch môr mayonnaise

Tiwna mayonnaise

Cig eidion rhost pinc Tregaron, saws radish poeth

Caws cheddar Snowdonia, siytni afal

Ham wedi'i rostio mewn mêl, mwstard

### Brechdanau Crasu - 6.00

Ham wedi'i rostio mewn mêl â caws cheddar Snowdonia

Caws cheddar Snowdonia â winwns

Caws cheddar Snowdonia â tomato

*Os oes gennych unrhyw anghenion dietegol arbennig, siaradwch ag aelod o staff. Gall rhai eitemau ar ein bwydlen gynnwys cnau.*

*Archebwch wrth y bar os gwelwch yn dda. Mae bwydlen blant ar gael hefyd.*



*All our meals are freshly prepared in our kitchen  
using locally sourced produce wherever possible*

### Light Meals and Starters

Marinated olives (V)	3.00
Soup of the day, see blackboard	
Chicken liver parfait, apple chutney, toasted sourdough	8.50
Local mangelitza pork black pudding Scotch egg, smoked bacon velouté	7.00
Cardigan Bay crab, tomato jelly, carpaccio of cucumber	9.50
Panko crusted king prawns, sweet chilli mayo	7.50
Heirloom tomato salad, Pantysgawn goat's cheese, basil oil, aged balsamic	8.00
Tuna tartare, wasabi mayo, pickled ginger, ginger soy dressing	8.50

### Sides

Chips / mash / side salad / buttered spinach /  
peas / chantenay carrots / smoked mash £2.80  
Bread roll/ Bread and butter £1.00

### Mains

Y Talbot Welsh beef burger, lettuce, tomato, mayonnaise, homemade chips	10.50
- add Snowdonia cheddar, Perl Las, smoked Caws Cenarth, bacon (each)	1.50
Grilled gammon, fried free range eggs, homemade chips	12.00
Panko-breaded local plaice, homemade chips, pea puree, tartare sauce	13.00
Chantenay carrot, spinach & coconut curry, basmati rice (Vegan)	10.50
Chickpea, carrot & coriander burger, mint yogurt, homemade chips (V)	9.50
add Snowdonia cheddar	1.50
Chicken, smoked ham hock and parsley pie, chantenay carrots & mash	12.50
Confit duck leg, frisee salad, sarladaise potatoes, red wine & port dressing	16.50
Roast fillet of sea bream, celeriac puree, spinach fennel, sauce bois boudran	£17.50
Poached fillet of salmon, braised cucumber, new potatoes, herb mayonnaise	18.00
Roast lamb rump, crispy breast, peas, broad beans, baby gem, onion puree, Madeira Sauce	18.50
Roast wood pigeon, braised white cabbage, pickled mushrooms, smoked mash, cassis sauce	£16.50

### Mains

Chargrilled 8oz Welsh sirloin steak, vine tomatoes, field mushroom, homemade chips	21.00
Add pepper sauce 1.00 or red wine sauce 1.50	
Pithivier of ratatouille vegetables, spinach, tapenade veloute (V)	12.50

### Sandwiches - 6.00

King prawn mayonnaise  
Tuna mayonnaise  
Rare roast Tregaron beef, horseradish  
Snowdonia cheddar, apple chutney  
Honey roast ham, mustard

### Toasties - 6.00

Honey roast ham & Snowdonia cheddar  
Snowdonia cheddar & onion  
Snowdonia cheddar & tomato

*If you have any dietary requirements please make us  
aware and we will be happy to recommend suitable  
dishes for you. Some menu items may contain nuts.*

*Please order at the bar.  
Children's menu also available.*