



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

Cacennau pysgod, mayonnaise chilli melys 6.50

Parfait afu cyw iâr, siytni afal, surdoes wedi'i thostio 8.00

Cregyn bylchog wedi'u ffrio, bol porc wedi'u coginio'n araf, piwrî winwns wedi'u carameleiddio, caprys 12.00

Eôg wedi'i bostio gyda meny brown, salad ffenigl & caprys 8.00

Cranc Bae Ceredigion, spaghetti, chili, persli 9.00

Seleriach twym wedi'u pobi mewn halen, cneuen gyll, caws glas Boksburg, olew olewydd (Ll) 7.50

Ham hoc crensiog, picalili 8.00

Ychwanegion

Sglodion cartref, tatws stwmp, tatws stwmp mŵg, salad bach, sbigoglys meny, pys, moron chantenay, bresych coch brywsiedig 2.50

Rhôt o fara, neu bara meny 1.00

Prif Gyrsiau

Byrgyr cig eidion Cymreig Y Talbot, letys, tomato, mayonnaise, sglodion cartref 9.50
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 11.00

Lleden briwsionllyd wedi'i ffrio, sglodion cartref piwri pys a saws tartare 12.50

Tagine gwigbys, sbigoglys a bricyll, cous cous mawr, lemwn wedi'i chadw (Ll) (Fegan) 9.50

Byrgyr ffa gwyn, gorpwmpem a cumin, iogwrt leim & mintys, sglodion cartref (Ll) 9.00
gyda caws cheddar Snowdonia am £1.50 ychwanegol

Pei gwddf cig oen, moron chantenay, pys & mintys 12.50

Coes hwyaden confit, bresych coch, tatw stwmp, jus gwin coch a bacwn wedi'u fygu 15.00

Boch ychen wedi'u coginio'n araf, moron chantenay, cennin, tatw stwmp mŵg, saws gwin coch 17.00

Rhost ffyled o benfras, pupur wedi'u rhostio, cafiar planhigyn wy, tatw ffondant, jus gras brenhinllys 15.50

Lleden lemwn cyfan, baby gem brwysiedig, tatw confit, meny berdys brown & lemwn 19.00

Prif Gyrsiau

Stecen syrlwyn (8 owns), tomatos bach, madarch cae a sglodion cartref 19.00
gyda saws pupur am £1.00 ychwanegol
gyda saws gwin coch am £1.50 ychwanegol

Rwmpen o gig oen Cymreig, brest crychlyd, piwri seleriach, sbigoglys, tatw dauphinoise, saws Madeira 17.50

Caws gafr Pantysgawn, tarten winwns wedi'u carameleiddio a betys, salad roced, olew olewydd & balsamig, cnau pîn 12.50

Brechdanau - 5.00

Ham hoc, picalili
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 - 5.00

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	
Fish cakes, sweet chilli mayonnaise	6.50
Chicken liver parfait, apple chutney, toasted sourdough	8.00
Pan fried scallops, slow cooked pork belly, caramelised onion purée, capers	12.00
Brown butter poached salmon, fennel & caper salad	8.00
Cardigan Bay crab, spaghetti, chilli, parsley	9.00
Warm salt baked celeriac, hazelnuts, blue Boksburg cheese, olive oil (V)	7.50
Crispy ham hock, piccalilli	8.00

Sides

Chips, mash, side salad, buttered spinach, peas, chantenay carrots, smoked mash, braised red cabbage	2.50
Bread roll, bread and butter	1.00

Mains

Y Talbot Welsh beef burger, lettuce, tomato, mayonnaise, homemade chips	9.50
- add Snowdonia cheddar, Perl Las, smoked Caws Cenarth, bacon (each)	1.50
Grilled gammon, fried free range eggs, homemade chips	11.00
Panko-breaded local plaice, homemade chips, pea puree, tartare sauce	12.50
Chickpea, spinach, apricot tagine, giant cous cous, preserved lemon (Vegan)	9.50
White bean, courgette, cumin burger, lime & mint yoghurt (V)	9.00
add Snowdonia cheddar	1.50
Braised Welsh lamb neck shepherd's pie, chantenay carrots, peas & mint	12.50
Confit duck leg, braised red cabbage, mash, red wine and smoked bacon jus	15.00
Slow cooked ox cheek, chantenay carrots, leeks, smoked mash, red wine sauce	17.00
Roast fillet of cod, roasted peppers, aubergine caviar, fondant potato, basil jus gras	15.50
Whole lemon sole, braised baby gem, confit potato, brown shrimp & lemon butter	19.00

Mains

Chargrilled 8oz Welsh sirloin steak, vine tomatoes, field mushroom, homemade chips	19.00
Add pepper sauce 1.00 or red wine sauce 1.50	
Welsh lamb rump, crispy breast, caramelised celeriac puree, spinach, dauphinoise potato, Madeira sauce	17.50
Pantysgawn goat cheese, caramelised onion and beetroot tart, rocket, balsamic & olive oil, pine nuts	12.50

Sandwiches - 5.00

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

Toasties - 5.00

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.*