

Y TALBOT

TREGARON

Cwrs Cyntaf / *Starters*

Olifau wedi'u marinadu / *Marinated olives* (Ll/V) £3.00

Cawl y dydd / *Soup of the day*

Cacennau pysgod, mayonnaise chilli melys / *Fish cakes, sweet chilli mayonnaise*
£7.00

Parfait afu cyw iâr, siytnei afal, surdoes wedi ei tostio /
Chicken liver parfait, apple chutney, toasted sourdough
£8.50

Cregyn bylchog wedi'u ffrio, pen moch wedi'i pwyso,
piwrî afal, caramel finegr sieri /
Pan fried scallops, pressed pigs head, apple purée, sherry vinegar caramel
£12.50

Golosci mecryll hallt, ciwcymbr, crème fraiche, olew dil/
Charred cured mackerel, cucumber, crème fraiche, dill oil
£8.50

Cranc Bae Cardigan, jeli tomato, melon cywasgedig/
Cardigan Bay crab, tomato jelly, compressed melon
£9.50

Salad frisee, wy wedi'i bostio, croutons, pancetta, vinagrete mwstard /
Frissee salad, poached egg, croutons, pancetta, mustard vinagrete
(Ll/V) £7.50

Ham hoc crensiog, picalili / *Crispy ham hock, piccalilli*
£8.00

Y TALBOT

TREGARON

Prif Gyrsiau / Mains

Filed o eôg, spigoglys, blodfresych wedi'u rhostio, piwrî blodfresych, saws gwin coch /
Fillet of salmon, spinach, roasted cauliflower, cauliflower puree, red wine reduction
£17.50

Rhost ffiled o benfras, crwst cennin syfi meddal, salad tomato heirloom, olew perlysiâu /
Roast fillet of cod, soft chive crust, heirloom tomato salad, herb oil
£16.50

Rwmpen o gig oen Cymreig, brest crychlyd, ffa, tomatos confit, tatws boulangere, jus port /
Welsh lamb rump, crispy breast, onion puree, broad beans, confit tomatoes, boulangere potatoes,
port jus
£18.50

Stecen syrllwyn Cymreig (8 owns), tomatos bach, madarch cae a sglodion cartref /
Chargrilled 8oz Welsh sirloin steak, vine tomatoes, field mushroom, homemade chips
£21.00

Gyda saws pupur am £1.00 ychwanegol, gyda saws gwin coch am £1.50 ychwanegol /
Add pepper sauce £1.00 or red wine sauce £1.50

Bol porc wedi'i goginio'n araf, sbigoglys, tatw stwmp saets & winwns, jus grawn mwstard /
Slow cooked pork belly, spinach, sage and onion mash, grain mustard jus
£16.50

Filed o gig eidion Tregaron, sialot confit, moron, tatws stwmp mâtg, saws cloron du/
Fillet of Tregaron beef, confit shallot, carrots, smoked mash, black truffle sauce
£27.50

Llysieuol / Vegetarian

Caws gafr Pantysgawn, tarten winwns wedi'u carameleiddio a betys, salad roced, olew olewydd &
balsamig, cnau pîn /
Pantysgawn goat cheese, caramelised onion and beetroot tart, rocket, balsamic & olive oil, pine nuts
(Ll/V) £12.50

Cyri cnau coco, sbigoglys, blodfresych, reis basmati /
Spinach, cauliflower, coconut curry, basmati rice
(Fegan / Vegan) £10.50

Byrgyr ffacbys, moron a choriander, iogwrt mintys, sglodion cartref /
Chickpea, carrot & coriander burger, mint yogurt, homemade chips
(Ll / V) £9.50

Gyda caws cheddar Snowdonia / *Add Snowdonia cheddar*
£1.50

Y TALBOT

TREGARON

Bwyd Y Tafarn / *Pub Classics*

Byrgyr cig eidion Cymreig Y Talbot, letys, tomato, mayonnaise, sglodion cartref /
Y Talbot Welsh beef burger, lettuce, tomato, mayonnaise, homemade chips

£10.50

Gyda caws cheddar Snowdonia / Perl Las / Caws Cenarth wedi'i fygu / Bacwn /
Add Snowdonia cheddar / smoked Caws Cenarth / Perl Las / Bacon
yr un am £1.50 ychwanegol / £1.50 each

Gamwn o'r gridyll, wyau Birchgrove wedi'u ffrio, sglodion cartref /
Grilled gammon, Birchgrove fried eggs, homemade chips

£12.00

Lleden briwsionllyd wedi'i ffrio, sglodion cartref piwri pys a saws tartare /
Panko-breaded local plaice, homemade chips, pea puree, tartare sauce

£13.00

Pei gwddf cig oen, moron chantenay, pys a mintys /
Braised Welsh lamb neck shepherd's pie, chantenay carrots, peas & mint

£13.50

Ychwanegion / *Side Dishes*

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

Chips / mash / side salad / buttered spinach / peas / chantenay carrots / smoked mash
£2.75

Rhôt o fara, neu bara menyn / *Bread roll, bread and butter*

£1.00

Mae ein holl brydau yn cael eu paratoi'n ffres gan ddefnyddio cynnyrch lleol ble fo hynny'n bosibl.
All our meals are freshly prepared in our kitchen using locally sourced produce wherever possible.

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

Y TALBOT

TREGARON

Bwydlen Bwdin / *Dessert Menu*

Crème brulée, sorbet mafon, mafon /
Crème brulee, raspberry sorbet, raspberries

Jeli Ysgawen, ffrwythau'r haf, sorbet mefus /
Elderflower jelly, summer fruits, strawberry sorbet

Cacen gaws mefys /
Strawberry cheesecake

Mousse siocled cynnes, hufen iâ caramel /
Warm chocolate mousse, caramel ice cream

Parfait ffrwythau angerdd, mango, surop leim /
Passionfruit parfait, mango, lime syrup

Tarten Armagnac a eirinen, hufan iâ fanila /
Prune & Armagnac tart, vanilla ice cream

Pîn-afal wedi'l rhostio mewn caramel a rym, sorbet cnau coco, pîn-afal crensiog /
Roasted caramel & rum pineapple, coconut sorbet, pineapple crisp

£6.50

Detholiad o gaws lleol /
Local Teifi valley cheese selection

£8.00

Gwinoedd Pwdin / *Dessert Wines*

Late Harvest Sauvignon Blanc
Maule Valley, Chile

£5.50 i'r gwynau / *per glass* £13.50, potel 37.5cl / *37.5cl bottle*

Gwin pwdin cyfoethog ond eto ysgafn gyda bricyll a ffrwyth papaya aeddfed
gyda gorffeniad dymunol ac amheuthun /
*A rich yet delicate dessert wine with ripe apricot and papaya fruit
and a lovely, refreshing finish.*