

# Y TALBOT

## TREGARON

### Cwrs Cyntaf / Starters

Olifau wedi'u marinadu a bara / *Marinated olives & bread (LI/V)*

£5.00

Cawl y dydd / *Soup of the day*

£7.00

Wŷ Albanaid â phwdin gwaed mangalitsa lleol, velouté mwstard grawn a seidr /  
*Local mangalitsa black pudding scotch egg, grain mustard & cider velouté*

£7.50

Cregyn bylchog a gorgimychiaid briwsionllyd, leim, soi, mayonnaise /  
*Panko scallops & prawns, lime, soy, mayonnaise*

£9.50

Parfait afu cyw iâr, siytnei afal, surdoes wedi ei dostio /  
*Chicken liver parfait, apple chutney, sourdough*

£8.50

Betys euraidd wedi'i phobi mewn halen, caws gafr Pantysgawn, cnau cyll, olew olewydd  
balsamig gwyn /

*Salt baked golden beetroot, Pantysgawn goatscheese, hazelnuts, white balsamic olive oil*

£7.50

### Prif Gyrsiau / Mains

Syrlwyn o gig eidion, sbigoglys, tatws mousseline, saws bordelaise /  
*Sirloin of beef, spinach, mousseline potatoes, bordelaise sauce*

£22.00

Bol porc, piwrî seleriac, sbigoglys, tatws dauphinoise, saws madeira /  
*Pork belly, celeriac puree, spinach, dauphinoise potatoes, madeira sauce*

£17.50

Ffiled o penfras wedi'i rhostio, piperade, cenin, parma ham, mayonnaise saffron a garlleg/  
*Roast fillet of cod, piperade, leeks, parma ham, saffron & garlic mayonnaise*

£17.50

Coes hwyaden confit, bacwn mwg, madarch, tatws cocotte, bresych hispi,  
saws gwîn coch

*Confit duck leg, smoked bacon, mushrooms, cocotte potatoes, hispi cabbage,  
red wine sauce*

£17.50

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## Llysieuol / *Vegetarian*

Byrgyr ffa frengig, tomato a cwmin, mayonnaise chilli melys,  
slaw bresych a moron, sglodion cartref /  
*Kidney bean, tomato & cumin burger, sweet chilli mayonnaise,  
cabbage & carrot slaw, homemade chips*

£11.00

Seleriac wedi'i rhostio, broccoli, madarch wystrys, cnau ffrengig, rhesins, dressin gwîn  
coch a port (Fegan) /  
*Roasted celeriac, broccoli, oyster mushrooms, walnuts, raisins, port & red wine dressing*  
*(Vegan)*

£12.50

## Bwyd Tafarn / *Pub Classics*

Byrgyr cyw iâr wedi'i grilio, caws cheddar Snowdonia, mayonnaise bacwn mwg, slaw  
bresych & moron, sglodion cartref /  
*Chargrilled chicken burger, snowdonia cheddar, smoked bacon mayonnaise, cabbage &  
carrot slaw, homemade chips*

£13.00

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

£13.50

## Ychwanegion / *Side Dishes*

Sglodion cartref / tatws stwmp / pys / bresych hispi / salad bach  
*Chips / mash / peas / hispi cabbage / side salad*

£3.00

Torth fach o fara, neu fara 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 nuts*