



**Y TALBOT**  
TREGARON

**Bwydlen Sul Y Mamau**  
**Mothering Sunday Menu**

**3 chwrs am £35 neu 2 chwrs am £28**  
**£15 i blant dan 12 oed am 2 gwrs**

**£35 for 3 courses or £28 for 2 courses**  
**£15 for children up to 12 years old for 2 courses**

### **Cwrs Cyntaf Starters**

**Eog mwg, sialot, capers, persli, olew dill**

Smoked salmon, shallot, capers, parsley, dill oil

**Ballotine crychlyd o hwyaden, piwrî moron, afal, dressin port**

Crispy duck ballontine, carrot puree, apple, port dressing

**Cawl madarch castan a teim**

Chestnut mushroom and thyme soup

### **Prif Gyrsiau Main Courses**

**Asen rhost o gig eidion, pwddin effrog, tatw dauphinoise, saws gwin coch**

Roast rib of beef, Yorkshire pudding, dauphinoise potatoes, red wine sauce

**Cyw îar wedi'i rhostio, moch mewn blancedi, tatw dauphinoise**

Roasted chicken, pigs in blankets, dauphinoise potatoes

**Lleden gyfan wedi'i rhostio, tatws mousseline, menyn cyri a leim**

Whole plaice, mousseline potatoes, curry & lime butter

**Blodfresych wedi'i rhostio, broccoli, rhesins euraidd, cnau ffrengig, mayonnaise harissa, olew brenhinllys (F)**

Roasted cauliflower & broccoli, golden raisins, walnuts, harrisa mayonnaise, basil oil (Ve)

***Bydd pob prif gwrs yn cynnwys llysiau'r tymor***

***All main courses served with seasonal vegetables***



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## Pwdinau Desserts

**Pwdin bara menyn, hufen iâ hufen tolch**  
Bread and butter pudding, clotted cream ice cream

**Mousse siocled cynnes, hufen iâ llaeth**  
Warm chocolate mousse, milk ice cream

**Cacen caws, sorbet mefys**  
Cheesecake, strawberry sorbet

**Perl las, Perl wen, Celtice Promise, siytni afal**  
Perl las, Perl wen, Celtice Promise, apple chutney

**Pot o te; brecwast, Earl Grey, Ffrwyth, Fintys, Camomile, Gwyrdd, ddadfeilio, lemwn a sinisr** **£2.60**  
Pot of tea; breakfast, Earl Grey, fruit, peppermint, camomile, green, decaffeinated, lemon and ginger

<b>Cafetiere o Goffi</b>	<b>£2.80</b>
Cafetiere of Coffee	
<b>Espresso/Espresso Dwbwl</b>	<b>£2.50/£3</b>
<b>Americano</b>	<b>£2.80</b>
<b>Latte / Cappuccino</b>	<b>£3.00</b>
<b>Mocha</b>	<b>£3.30</b>
<b>Gwyn Fflat</b>	<b>£2.90</b>
Flat White	
<b>Coffi Liqueuer</b>	<b>£6.50</b>
Liqueuer Coffee	
<b>Siocled Poeth (siocled llaeth neu gwyn)</b>	<b>£3.00</b>
Hot Chocolate (milk or white chocolate)	

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.*