

# Y TALBOT

TREGARON

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## Cwrs Cyntaf / *Starters*

Olewydd wedi'u marinadu / *Marinated olives* (LI/V)

£3.00

Cawl y dydd / *Soup of the day*

Corgimychiaid mawr Panko, mayonnaise chilli melys /  
*Panko breaded king prawns, sweet chilli mayonnaise*

£7.50

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

£8.50

Pen mochyn crychlyd, saws brown, piwrî winwysyn /  
*Crispy pigs head, brown sauce, onion puree*

£7.00

Wÿ Albanaidd mangalitsa lleol gyda pwdin gwaed a wÿ, veloutè bacwn mÿwg/  
*Local mangalitsa black pudding scotch egg, smoked bacon veloutè*

£7.50

Cranc Bae Ceredigion, melon, tomato, cucumber, basil /  
*Cardigan Bay crab, melon, tomato, cucumber, basil*

£10.00

Ravioli agored o fadarch, cnau castan a phersli, velouté seleriac (LI) /  
*Open ravioli of mushrooms, chestnuts & parsley, celeriac velouté* (V)

£8.00

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### Prif Gyrsiau / Mains

Petrisen wedi'i rhostio, bresych gwyn brwysiedig, pancetta, tatw stwmp mŵg,  
jus gras /

*Roast partridge, braised white cabbage, pancetta, smoked mash, jus gras*

£17.50

Hadog mŵg wedi'i botsio, tatws wedi'u malu, wŷ hwyaden crychlyd,  
veloutè cennin syfi a mwstard grawn / *Poached smoked haddock, crushed potatoes,*  
*crispy duck egg, chive and grain mustard velouté*

£16.50

Rwmpen o gig oen Cymreig, brest confit, sbigoglys, piwrŷ seleriac, tatw dauphinoise,  
saws port / *Roast lamb rump, confit breast, spinach, celeriac puree,*  
*dauphinoise potatoes, port sauce*

£19.00

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

£21.50

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*

Filed rhost o ysbinbysgod y mor gwyllt, piwrŷ blodfresych, sbigoglys, cennin,  
saws bois boudran /

*Roast fillet of wild seabass, cauliflower puree, spinach, leeks,*  
*sauce bois boudran*

£19.00

Coes hwyaden confit, bresych savoy a bacwn, tatw stwmp, saws madeira /  
*Confit Duck leg, savoy cabbage and bacon, mash, madeira sauce*

£17.00

### Llysieuol / Vegetarian

Tarten Bety's perl las a winwns wedi'u caramelleiddio, salad sicori a chnau ffrengig,  
efo dresin porthladd a gwin coch /

*Beetroot, perl las, caramelised onion tart, chicory & walnut salad,*  
*port & red wine dressing*

£12.50

Corbwmpen wedi'i grilio, wyllys, ffa gwyn, tomato fondue, pesto (Fegan) /  
*Chargrilled courgette, aubergine, white beans, tomato fondue, pesto (Vegan)*

£12.50

Byrgyr ffacbys, moron a choriander, iogwrt mintys, sglodion cartref / *Chickpea, carrot*  
*& coriander burger, mint yogurt, homemade chips*

£10.00

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**Bwyd Tafarn / Pub Classics**

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

£11.00

Gyda chaws cheddar Snowdonia / Perl Las / Bacwn / *Add Snowdonia cheddar / 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*

£12.50

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

£13.50

Pei cyw iâr wedi'u rhostio, gyda llysiau gwraidd, madarch a tatw stwmp /  
*Roast chicken, root vegetable and mushroom pie, mash*

£13.50

## **Ychwanegion / Side Dishes**

Sglodion cartref / tatws stwmp / salad bach / sbigoglys menyn / pys / bresych savoy a  
bacwn

*Chips / mash / side salad / buttered spinach / peas / savoy cabbage & bacon*

£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.*

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## Pwddin / Desserts

Crème brûlée, sorbet bricyll, gel mafon /  
*Crème brûlée, apricot sorbet, raspberry gel*

Mousse siocled cynnes, sorbet mandarin /  
*Warm chocolate mousse, mandarin sorbet*

Cacen gaws banana wedi'i caramleiddio, hufen iâ banana a pecan /  
*Caramelised banana cheesecake, banana & pecan ice cream*

Pwddin bara menyn, hufen iâ marmaled /  
*Bread & butter pudding, marmalade ice cream*

Sorbet cnau coco, sorbet ffrwydd angerdd, pinafal wedi'i photsio /  
*Coconut sorbet, passion fruit sorbet, poached pineapple*

Jeli seidr a mwyar duon, sorbet afal /  
*Cider & blackberry jelly, apple sorbet*

Tarten ceirios ac almon, hufen iâ fanila /  
*Cherry & almond tart, vanilla ice cream*

**£7.00**

Detholiad o gaws lleol Teifi /  
*Local Teifi valley cheese selection*

**£8.50**