

Y TALBOT

TREGARON

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Cwrs Cyntaf / *Starters*

Olewydd wedi'u marinadu & bara / *Marinated olives & bread (Ll/V)*

£5.00

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

Rillettes crychlyd hwyaden, piccalilli /
Crispy duck rillettes, piccalilli

£8.00

Wŷ Albanaidd mangalitsa lleol pwddin gwaed, piwrŷ winwnsyn, saws brown /
Local mangalitsa black pudding scotch egg, onion purée, brown sauce

£7.50

Cranc Bae Ceredigion, sinsir wedi'i biclo, mayonnaise sinsir, salad ciwcymbr /
Cardigan Bay crab, pickled ginger, wasabi mayo, cucumber salad

£10.00

Fricasse o fadarch, brioche wedi'i thostio, wŷ wedi'i botsio, veloute sifys (Ll) /
Fricasse of mushrooms, toasted brioche, poached egg, chive velouté (V)

£8.00

Carpachio o tiwna, balsamig, olew olewydd /
Carpachio of tuna, aged balsamic, olive oil

£8.50

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Prif Gyrsiau / Mains

Bol porc, cenin, afal, tatw dauphinoise, jus mwstard / *Pork belly, leeks, apple, dauphinoise potatoes, mustard jus*

£17.50

Lleden lemwn, brocoli, piwri blodfresych, menyn brown persli a caper / *Whole lemon sole, broccoli, cauliflower puree, caper & parsley brown butter*

£22.00

Rwmpen o gig oen Cymreig, brest crychlyd, moron, pomme mousseline, saws gwin coch / *Roast lamb rump, crispy breast, carrot, pomme mousseline, red wine sauce*

£19.00

Stecen syrlwyn 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 môr gwyllt, piwrî moron sbeis, sbigoglys, madarch wystrys mawr, saws gwyn coch & port / *Roast fillet of wild seabass, spiced carrot puree, spinach, king oyster mushrooms, red wine & port reduction*

£19.00

Ysguthan llawn wedi'i rhostio, pwddin gwaed, piwri celeriac, saws gwyn coch a betys / *Roast wood pigeon, black pudding, celeriac puree, red wine and beetroot sauce*

£16.50

Llysieuol / Vegetarian

Tarten Betys perl las a winwns wedi'u caramelleiddio, salad sicori a chnau ffrengig, efo dresin porthladd a gwin coch / *Beetroot, per las, caramelised onion tart, chicory & walnut salad, port & red wine dressing*

£12.50

Brocoli wedi'i rhostio, bresych, cnau pinwydd, resins aur, mayo harissa, olew coriander (Fegan) /

Roasted broccoli & cauliflower, pine nuts, golden raisins, Harissa mayo, coriander oil (Vegan) 12.50

Byrgyr ffacbys, betys a caws gafr, iogwrt llysieuol, sglodion cartref (Ll) / *Chickpea, beetroot & goats cheese burger, herb yoghurt, homemade chips (V)*

£10.00

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

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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 caws 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 gwddf cig oen, bresych coch a tatw stwmp /
Braised lamb neck pie, red cabbage, mash

£13.50

Ychwanegion / *Side Dishes*

Sglodion cartref / tatws stwmp / salad bach / sbigoglys menyn / pys / bresych coch/
brocoli/ moron chantenay

*Chips / mash / side salad / buttered spinach / peas / red cabbage/ broccoli/
chantenay carrots*

£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, riwbob wedi'i photsio, gel sorbet riwbob /

Crème brûlée, poached rhubarb, rhubarb sorbet

Finacier siocled, hufen iâ llaeth /

Chocolate financier, milk ice cream

Cobler afal a gellygen, hufen iâ fanila /

Pear & apple cobbler, vanilla ice cream

Cacen gaws banana wedi'i carameleiddio, hufen iâ banana a pecan /

Caramelised banana cheesecake, banana & pecan ice cream

Posset ffrwyth angerdd, jêli mafon, sorbet cnau coco /

Passion fruit posset, raspberry jelly, coconut sorbet

Tarten lemwn a frangipane, hufen iâ mascarpone a lemwn /

Lemon and frangipane tart, mascarpone and lemon ice cream

£7.00

Detholiad o gaws lleol Teifi /

Local Teifi valley cheese selection

£8.50