

Y TALBOT

TREGARON

Cwrs Cyntaf / Starters

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

£5.00

Cawl madarch a rhosmari / *Mushroom and Rosemary Soup*

£6.50

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

£8.50

Cranc Bae Ceredigion, jeli tomato, melon, ciwcymbr /
Cardigan Bay crab, tomato jelly, melon, cucumber

£10.00

Heirloom tomatoes, Pantysgawn goat cheese, capers, basil /
Tomato heirloom, caws gafr Pantysgawn, capers, basil

£8.00

Prif Gyrsiau / Mains

Syrlwyn cig eidion, piwrî seleriac, sbigoglys, saws bordelaise
Sirloin of beef, celeriac puree, spinach, bordelaise sauce

£21.00

Bol porc, cenin, tatw wedi'i stwmpio, jus mwstard /
Pork belly, leeks, mashed potatoes, mustard jus

£17.00

Rwmpen o gig oen Cymreig, brest crychlyd, piwrî winwns, tatws dauphinoise, saws
madeira, sbigoglys /
Lamb rump, crispy breast, onion puree, dauphinoise potatoes, madeira sauce, spinach

£19.00

Penfras, piwrî moron, pys, ffa llydan, saws gwyn coch /
Cod, carrot puree, peas, broad beans, red wine reduction

£17.00

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Llysieuol / *Vegetarian*

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

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*

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 / sbigoglys / pys /
Chips / mash / spinach / peas

£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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Pwdin / Desserts

Crème brûlée, mafon, eirin gwlanog gwyn /
Crème brûlée, raspberries, white peach sorbet

£7.00

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

£7.00

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

£7.00

Detholiad o gaws lleol Teifi/
Local Teifi valley cheese selection

£8.50

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Sandwiches / Brechdanau

Smoked salmon and cream cheese / *Eog wedi'i fygu, caws hufen*

Ham and Mustard / Ham a mwstard

Rare Sirloin Beef with horseradish / Cig eidion sirloin pinc, saws
radish poeth

Snowdonia cheddar and apple chutney / Caws cheddar
Snowdonia, sityni afal

Toasties / Brechdanau Crasu

Ham and Snowdonia cheddar / Ham efo caws cheddar Snowdonia
Cheese and Onion / Caws cheddar Snowdonia â winwns (Ll)
Cheese and Tomato / Caws cheddar Snowdonia â tomato (Ll)