



Mae ein holl brydau yn cael eu paratoi'n ffres gan ddefnyddio cynnyrch lleol ble fo hynny'n bosibl.

Prydau Ysgafn neu cwrs cyntaf

Olewydd wedi'u marinadu (Ll) 3.00

Cawl y dydd, gweler y bwrdd du

Cacennau pysgod, mayonnaise chilli melys 7.00

Parfait afu cyw iâr, siytni afal, surdoes wedi'i thostio 8.50

Cregyn bylchog wedi'u ffrio, pen moch wedi'i pwyso, piwrî afal, caramel finegr sieri (Atodiad CGB £4) 12.50

Wyau Albanaidd porc mangalitza lleol gyda pwddin gwaed, velouté bacwn mwg 7.00

Cranc Bae Ceredigion, grawnffrwyth pinc, ciwcymbr cywasgedig 9.50

Pupurau wedi'i marineiddio, caws gafr Pantysgawn, cnau pîn, dresin brenhinllys 7.50

Rilette hwyaden, picalili, brioche wedi'i tostio 8.50

Ychwanegion

Sglodion cartref / tatws stwmp / tatws stwmp mŵg / salad bach / sbigoglys menyn /pys /moron chantenay / bresych coch brais 2.80

Rhôt o fara, neu bara menyn 1.00

Prif Gyrsiau

Byrgyr cig eidion Cymreig Y Talbot, letys, tomato, mayonnaise, sglodion cartref 10.50
gyda caws cheddar Snowdonia, Perl Las, Caws Cenarth wedi'i fygu, Bacwn, - am £1.50 ychwanegol

Gamwn o'r gridyll, wyau wedi'u ffrio, sglodion cartref 12.00

Lleden briwsionllyd wedi'i ffrio, sglodion cartref piwri pys a saws tartare 13.00

Cyri cnau coco, sbigoglys a moron chantenay, reis basmati (Ll) (Fegan) 10.50

Byrgyr ffacbys, moron a choriander, iogwrt mintys, sglodion cartref (Ll) 9.50
gyda caws cheddar Snowdonia am £1.50 ychwanegol

Pei cig eidion, moron chantenay & pys 13.50

Bol porc wedi'i goginio'n araf, bresych coch brais, tatw stwmp saets & winwns, jus grawn mwstard 16.50

Filed o gig eidion Tregaron, sialot confit, moron, tatws stwmp mŵg, saws cloron du (Atodiad CGB £6) 27.50

Filed rhost o merfog y mor, risotto fregola & perlysieuy, spigoglys, saws gwin coch & port 17.50

Hadog mwg wedi'i bostio, tatws newydd, nionyn gwanwyn, wy crensiog, veloute cennin syfi 15.50

Prif Gyrsiau

Stecen syrlwyn (8 owns), tomatos bach, madarch cae a sglodion cartref 21.00
gyda saws pupur am £1.00 ychwanegol
gyda saws gwin coch am £1.50 ychwanegol

Rwmpen o gig oen Cymreig, brest crychlyd, ratatouille, piwri seleriac, tatws dauphinoise, saws Madeira 18.50

Blodfresych wedi'i grilio, piwri pwmpen cnau menyn, madarch wyllt, cnau castan, olew persli (Ll) 12.50

Brechdanau - 6.00

Ham hoc, picalili
Corgimwch môr mayonnaise
Tiwna mayonnaise
Cig eidion rhost pinc Tregaron, saws radish poeth
Caws cheddar Snowdonia, siytni afal
Ham wedi'i rostio mewn mêl, mwstard

Brechdanau Crasu - 6.00

Ham wedi'i rostio mewn mêl â caws cheddar Snowdonia
Caws cheddar Snowdonia â winwns
Caws cheddar Snowdonia â tomato

Os oes gennych unrhyw anghenion dietegol arbennig, siaradwch ag aelod o staff. Gall rhai eitemau ar ein bwydlen gynnwys cnau.

*Archebwch wrth y bar os gwelwch yn dda.
Mae bwydlen blant ar gael hefyd.*



All our meals are freshly prepared in our kitchen using locally sourced produce wherever possible

Light Meals and Starters

Marinated olives (V)	3.00
Soup of the day, see blackboard	
Fish cakes, sweet chilli mayonnaise	7.00
Chicken liver parfait, apple chutney, toasted sourdough	8.50
Pan fried scallops, pressed pigs head, apple purée, sherry vinegar caramel (DBB supplement £4)	12.50
Local mangalitzka pork black pudding scotch egg, smoked bacon velouté	7.00
Cardigan Bay crab, pink grapefruit, compressed cucumber	9.50
Marinated peppers, Pantysgawn goat cheese, pine nuts, basil dressing	7.50
Duck rilette, piccalilli, toasted brioche	8.50
Sides	
Chips / mash / side salad / buttered spinach / peas / chantenay carrots / smoked mash / braised red cabbage	2.80
Bread roll, bread and butter	1.00

Mains

Y Talbot Welsh beef burger, lettuce, tomato, mayonnaise, homemade chips	10.50
- add Snowdonia cheddar, Perl Las, smoked Caws Cenarth, bacon (each)	1.50
Grilled gammon, fried free range eggs, homemade chips	12.00
Panko-breaded local plaice, homemade chips, pea puree, tartare sauce	13.00
Chantenay carrot, spinach & coconut curry, basmati rice (Vegan)	10.50
Chickpea, carrot & coriander burger, mint yogurt, homemade chips (V)	9.50
add Snowdonia cheddar	1.50
Braised shin of beef cottage pie, chantenay carrots & peas	13.50
Slow cooked pork belly, braised red cabbage, sage and onion mash, grain mustard jus	16.50
Fillet of Tregaron beef, confit shallot, carrots, smoked mash, black truffle sauce (DBB supplement £6)	27.50
Roast fillet of sea bream, fregola and herb risotto, spinach, red wine and port reduction	17.50
Poached smoked haddock, new potatoes, spring onions, crispy egg, chive velouté	15.50

Mains

Chargrilled 8oz Welsh sirloin steak, vine tomatoes, field mushroom, homemade chips	21.00
Add pepper sauce 1.00 or red wine sauce 1.50	
Welsh lamb rump, crispy breast, ratatouille, celeriac puree, dauphinoise potatoes, Madeira sauce	18.50
Chargrilled cauliflower, butternut squash puree, wild mushrooms, chestnuts, parsley oil (V)	12.50

Sandwiches - 6.00

Ham hock, piccalilli
King prawn mayonnaise
Tuna mayonnaise
Rare roast Tregaron beef, horseradish
Snowdonia cheddar, apple chutney
Honey roast ham, mustard

Toasties - 6.00

Honey roast ham & Snowdonia cheddar
Snowdonia cheddar & onion
Snowdonia cheddar & tomato

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.

*Please order at the bar.
Children's menu also available.*