



*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

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

Cregyn bylchog wedi'u ffrio, piwrî seleriac wedi'i caramelleiddio, dressin pys & bacwn mŵg (Atodiad CGB £4) 12.50

Wyau Albanaid porc mangalitza lleol gyda pwddin gwaed, veloutè bacwn mwg 7.00

Cranc Bae Ceredigion, jeli cranc, ciwcymbr carpaccio 9.50

Corgimychiaid mawr, mayonnaise chilli melys 7.50

Bety organig, caws gafr Pantysgawn, cnau pîn, olew olewydd & balsamig 7.50

Rillette 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 crwst siwed crimog cig eidion, moron chantenay, tatw stwmp 13.50

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

Merfog y môr llawn wedi'i rhostio, tomato twym, olweydd, dressin brenhinllys, tatws confit 17.50

Hadog mŵg wedi'i bostio, tatws newydd, nionyn gwanwyn, wŷ crensiog, veloute cennin syfi 15.50

Rwmpen o gig oen Cymreig, gwddf brwysiedig, piwrî moron, sbigoglys, tatws dauphinoise 18.50

Ysguthan llawn wedi'i rhostio, bresych gwyn brwysiedig, madarch wedi'i biclo, tatws stwmp mŵg, saws cassis 16.50

### **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

Tarten fine o madarch duxelle, asparagws wedi'i grilio, wŷ wedi'i potsio, saws port & gwin coch (Ll) 12.50

### **Brechdanau - 6.00**

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	
Chicken liver parfait, apple chutney, toasted sourdough	8.50
Pan fried scallops, caramelised celeriac puree, pea & smoked bacon dressing (DBB supplement £4)	12.50
Local mangalitza pork black pudding scotch egg, smoked bacon velouté	7.00
Cardigan Bay crab, crab jelly, carpaccio cucumber	9.50
Panko crusted king prawns, sweet chilli mayo	7.50
Organic beetroot, Pantysgawn goat cheese, pine nuts, balsamic & olive oil	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 suet crust pie, chantenay carrots, mash	13.50
Slow cooked pork belly, braised red cabbage, sage and onion mash, grain mustard jus	16.50
Whole roast sea bream, warm tomato, olive, basil dressing, confit potatoes	17.50
Poached smoked haddock, new potatoes, spring onions, crispy egg, chive velouté	15.50
Roast lamb rump, braised neck, carrot puree, spinach, dauphinoise potatoes	18.50
Roast wood pigeon, braised white cabbage, pickled mushrooms, smoked mash, cassis sauce	16.50

### 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	
Fine tart of mushroom duxelle, chargrilled asparagus, poached egg, red wine port reduction (V)	12.50

### Sandwiches - 6.00

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.*