

# Y TALBOT

TREGARON

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## Cwrs Cyntaf / Starters

Olifau wedi'u marinadu / *Marinated olives (L/V)* £3.00

Cawl y dydd / *Soup of the day*

Corgimychiaid mawr, mayonnaise chilli melys / *Panko crusted king prawns, sweet chilli mayonnaise*  
£7.50

Parfait afu cyw iâr, siytni afal, surdoes wedi ei tostio /  
*Chicken liver parfait, apple chutney, toasted sourdough*  
£8.50

Cregyn fylchog wedi'u ffrio, piwri moron speislyd, ham hoc crisb, caprys /  
*Pan fried scallops, spiced carrot puree, crispy ham hock, capers*  
£12.50

Wyau Albanaidd porc mangalitza lleol gyda pwdin gwaed a afal, veloutè seidir  
mwstard grawn/  
*Local mangalitza pork black pudding & apple scotch egg, cider grain mustard veloute  
veloutè*  
£7.00

Rafioli Cranc Bae Ceredigion, sinsir, cennin syfi, pys wedi'u malu, dressin pysgod  
cregyn /  
*Cardigan Bay crab ravioli, ginger, chives, crushed peas, shellfish vinaigrette*  
£10.00

Pupurau a corbwmpen wedi'u grilio, caws gafr Pantysgawn, olew basil & balsamig /  
*Chargrilled pepper and courgette, Pantysgawn goats cheese, basil oil, aged balsamic*  
£8.00

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## Prif Gyrsiau / Mains

Filed cig eidion rhost , cynffon bystach brwysiedig, moron chantenay, tatws stwmp mwg,  
saws gwin coch/

*Roast beef fillet, braised ox tail, chantenay carrots, smoked mash, red wine sauce*  
£30.00

Tuna wedi'u ffrio, ffenigl wedi'i frwysio, tapenade, saws vierge /

*Pan fried Tuna, braised fennel, tapenade, sauce vierge*  
£18.00

Rwmpen o gig oen Cymreig, brest crychlyd, bresych savoy, piwrî seleriac, saws Madeira /

*Roast lamb rump, crispy breast, savoy cabbage, celeriac puree, Madeira sauce*  
£18.50

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

£21.00

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*

Ffiled o penfras Viennoise, sbigolglys, cennin syfi veloute /

*Fillet of cod Viennoise, spinach, chive veloute*  
£16.50

Ysguthan llawn wedi'i rhostio, bresych coch brwysiedig, cennin, piwrî pwdin gwaed, tatw  
sarladaise, saws cassis / *Roast wood pigeon, braised red cabbage, leek, black pudding puree,*  
*sarladaise potatoes, cassis sauce*

£16.50

## Llysieuol / Vegetarian

Risotto barlys, perlysiâu a llysiâu, winwns crisb, saws gwin coch (Ll) /

*Pearl Barley, herb and vegetable risotto, crisp onions, red wine port reduction (Ll/V)* £12.50

Cyri cnau coco, sbigoglys a moron chantenay, reis basmati /

*Chantenay carrot, spinach & coconut curry, basmati rice*  
(Fegan / Vegan) £10.50

Byrgyr ffacbys, moron a choriander, iogwrt mintys, sglodion cartref /

*Chickpea, carrot & coriander burger, mint yogurt, homemade chips*  
(Ll / V) £9.50

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

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## Bwyd Y Tafarn / *Pub Classics*

Byrgyr cig eidion Cymreig Y Talbot, letys, tomato, mayonnaise, sglodion cartref /  
*Y Talbot Welsh beef burger, lettuce, tomato, mayonnaise, homemade chips*  
£10.50

Gyda caws cheddar Snowdonia / Perl Las / Caws Cenarth wedi'i fyggu / Bacwn /  
*Add Snowdonia cheddar / smoked Caws Cenarth / 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*  
£12.00

Lleden briwsionllyd wedi'i ffrio, sglodion cartref piwri pys a saws tartare /  
*Panko-breaded local plaice, homemade chips, pea puree, tartare sauce*  
£13.00

Pei cyw iâr & ham hoc mŵg, persli, moron chantenay, tatw stwmp /  
*Chicken, smoked ham hock and parsley pie, chantenay carrots, mash*  
£12.50

## Ychwanegion / *Side Dishes*

Sglodion cartref / tatws stwmp / tatws stwmp mŵg / salad bach / sbigoglys menyn /pys  
/moron chantenay

*Chips / mash / side salad / buttered spinach / peas / chantenay carrots / smoked mash*  
£3.00

Rhól o fara, neu bara 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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## Bwydlen Bwdin / *Dessert Menu*

Crème brûlée, pinafal wedi'u photsio, sorbet cnau coco, ceuled frwyth angerdd /

*Crème brulee, poached pineapple, passion fruit curd, coconut sorbet*

Tarten driog, cnau pecan hallt, hufen iâ llaeth /

*Treacle tart, salted pecans, milk ice cream*

Cacen gaws banana wedi'u caramleiddio /

*Caramlised banana cheesecake*

Mousse siocled cynnes, hufen iâ ceiriosen griottinee /

*Warm chocolate mousse, griottine cherry ice cream*

Afal a gellygen cobbler, hufen iâ fanila /

*Apple and pear cobbler, vanilla ice cream*

Posset lemwn, sorbet leim /

*Lemon posset, lime sorbet*

£7.00

Detholiad o gaws lleol /

*Local Teifi valley cheese selection*

£8.00