

Y TALBOT

TREGARON

Prif Gyrsiau / Mains

Quail spatchcock, sbigoglys, piwrî seleriac, pancetta a menyn saets a phersli /
Spatchcock quail, spinach, celeriac puree, pancetta and sage & parsley butter

£17.50

Hadog mŵg wedi'i botsio, cramen cawb pob Cymreig, salad tomatos etifeddol ac olew
persli / *Poached smoked haddock, Welsh rarebit crust, heirloom tomato salad, parsley
oil*

£16.50

Rwmpen o gig oen Cymreig, brest crychlyd, spigoglys, piwrî winwnsyn wedi'u
caramleiddio, tatw dauphinoise, saws Madeira / *Roast lamb rump, crispy breast,
spinach, caramelised onion purée, dauphinoise potatoes, Madeira sauce*

£18.50

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

Lledod ffrengig, piwrî pys, ffa llydan, baby gem, confit shallot, saws menyn sifys /
Halibut, pea puree, broad beans, baby gem, confit shallot, chive butter sauce

£20.00

Coes hwyaden confit, cennin hufennog, tatw stwmp a saws gwin coch /
Confit Duck leg, creamed leeks, mash & red wine sauce

£16.50

Llysieuol / Vegetarian

Tarten Betys perl las a winwns wedi'u caramleiddio, 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

Wyls wedi' grilio, ffacbys a tomato fondue, madarch llymarch a dresin
choriander /

*Chargrilled aubergine, chickpea & tomato fondue, oyster mushrooms and
coriander dressing*

£12.50

Y TALBOT

TREGARON

Byrgyr ffacbys, moron a choriander, iogwrt mintys, sglodion cartref /
Chickpea, carrot & coriander burger, mint yogurt, homemade chips

£10.00

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

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 chaws 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 puree, tartare sauce

£13.50

Pei cyw îâr, ham a chennin efo moron chantenay, tatw stwmp /
Chicken, Ham & Leek pie, chantenay carrots, mash

£13.00

Ychwanegion / *Side Dishes*

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

Chips / mash / side salad / buttered spinach / peas / chantenay carrots

£3.00

Rhòl 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.*

Y TALBOT

TREGARON

Pwdin / Desserts

Crème brûlée, mafon, sorbet casis /
Crème brulee, raspberries, cassis sorbet

Tarten siocled, hufen iâ llaeth /
Chocolate tart, milk ice cream

Cacen gaws mefus /
Strawberry cheesecake

Teisen llus, hufen iâ fanila /
Blueberry financier, vanilla ice cream

Sorbet cnau coco a leim efo mango wedi'i botsio /
Coconut and lime sorbet, poached mango

Jeli pimms, sorbet grawnffrwyth pinc /
Pimms Jelly, Pink grapefruit sorbet

£7.00

Detholiad o gaws lleol Teifi /
Local Teifi valley cheese selection

£8.50