

# Y TALBOT

TREGARON

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## Cwrs Cyntaf / Starters

Olifau wedi'u marinadu / *Marinated olives (Ll/V)*

£3.00

Cawl y dydd / *Soup of the day*

Corgimychiaid mawr Panko, mayonnaise chilli melys /  
*Panko breaded king prawns, sweet chilli mayonnaise*

£7.50

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

£8.50

Macrell wedi'u grilio, ciwcymbr, crème fraîche, olew dill /  
*Charred cured mackerel, cucumber, crème fraîche, dill oil*

£7.50

Wy Albanaidd porc mangalitza lleol gyda pwddin gwaed a afal, veloutè seidir a grawn  
mwstard /

*Local mangalitza pork black pudding & apple scotch egg, cider grain mustard veloutè*

£7.00

Cranc Bae Ceredigion, sinsir wedi'i biclo,, ffenigl, grawnfrwyth pinc /  
*Cardigan Bay crab, pickled ginger, fennel, pink grapefruit*

£10.00

Rafioli caws gafr Pantysgawn, pupur wedi'u rhostio, olew basil /  
*Pantysgawn goats cheese ravioli, roasted peppers, basil oil*

£8.00

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## Prif Gyrsiau / Mains

Cyw iâr spatchcock, sbigoglys, tatw stwmp, saws Bois Boudran /  
*Spatchcock baby chicken, spinach, mash, sauce Bois Boudran*

£16.00

*Ffiled o Ferfog y môr wedi rhostio, piwri moron, cennin, wystrys y coed, velouté  
bacwn wedi ei fygi / Roast fillet Sea Bream, carrot purée, baby leeks, oyster  
mushrooms, smoked bacon velouté*

£17.50

Rwmpen o gig oen Cymreig, brest crychlyd, spigoglys, piwrî wynwn 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*

Lledem lemwn, berdysen brown, tatw confit, ciwcymbr, menynd persli /  
*Whole lemon sole, brown shrimp, confit potatoes, cucumber, parsley butter*

£20.00

Coes hwyaden confit, ffacby puy, saws cig moch wedi fygi & gwin coch  
/ *Confit Duck leg, puy lentils, smoked bacon & red wine sauce*

£16.50

## Llysieuol / Vegetarian

Betys Wellington , piwrî seleriac, saws gwin & port  
Beetroot Wellington, celeriac puree, red wine & port reduction

£12.50

Cyri cnau coco, sbigoglys a moron chantenay, reis basmati /  
*Chantenay carrot, spinach & coconut curry, basmati rice*

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(Fegan / Vegan) £11.00

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 piwri pys a saws tartare /

*Panko-breaded local plaice, homemade chips, pea puree, tartare sauce*

£13.50

Pei boch cig eidion bacwn mŵg & madarch, moron chantennay, tatw stwmp /

*Braised beef cheek, smoked bacon & mushroom pie, chantenay carrots, mash*

£14.50

### 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*

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## Pwdins / Desserts

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

*Crème brulee, poached rhubarb*

Tarten siocled, hufen iâ llaeth /

*Chocolate tart, milk ice cream*

Cacen gaws banana wedi'i garamleiddio /

*Caramlised banana cheesecake*

Teisen Gellygen & almwnd, hufen iâ fanila /

*Pear & almond financier, vanilla ice cream*

Parfait mango, ceuled frwyth angerdd, pin afal wedi'u photsio /

*Mango parfait, passion fruit curd, poached pineapple*

Posset lemwn, sorbet leim /

*Lemon posset, lime sorbet*

£7.00

Detholiad o gaws lleol Teifi /

*Local Teifi valley cheese selection*

£8.00