



CINIO HYDREF | AUTUMN LUNCH

Bara surdoes HM a menyn | **HM sourdough bread and butter 3.5**

½ dwsin o wystrys Carlingford ar rew, finegr sialot
½ dozen Carlingford oysters on ice, shallot vinegar 10.5

Ystifflog halen a phupur, jam tsili
Salt and pepper squid, chilli jam 8.5

Cacennau cranc Bae Ceredigion, letys gem, mayo taragwn
Cardigan Bay crab cakes, baby jem, tarragon mayo 9.5

Salad tomatos 'hiraeth' organig, tapenade, sialot wedi piclo
Organic heritage tomato salad, tapenade, pickled shallots 7

Betys organig rhost gyda chwmin, hummus, cnau barfog a choriandwr
Cumin roast organic beetroot, hummus, hazelnuts and coriander 7

Afocado mâl ar surdoes, wŷy wedi led-ferwi, tomatos ceirios confit, hadau cyrri
Crushed avocado on sourdough, soft boiled egg, confit cherry tomatoes, curried seeds 8

Risotto cranc Bae Ceredigion, garleg a tsili
Cardigan Bay crab risotto, garlic and chilli 16

'Macaroni a Chaws HM', saws cimwch, chorgimwch a sbinais
'HM Mac 'n' Cheese', lobster sauce, prawn and spinach 14

Corbenfras mewn cyteu cwrw Cymreig, sglodion, pys mâl, saws tartâr
Welsh beer battered haddock, chips, crushed peas, tartare sauce 13

Pysgodyn y dydd, artisiog jerwsalem rhost, bresych hispi, menyn lemwn a choccos
Fish of the day, roast jerusalem artichoke, hispi cabbage, lemon and cockle butter 19

Ysbinbysg cyfan rhost, brocoli blaguro, salsa tomato
Whole roast seabass, sprouting broccoli, tomato salsa 21

Cig eidion Cymreig wedi serio mewn steil Thai, slaw Asiaidd
Seared Welsh beef Thai style, Asian slaw 14

Suprême ffowlyn, moron rhost a piwri, ffritter coes ffowlyn, vinaigrette berwr dŵr
Chicken suprême, roast and purée carrots, leg fritter, watercress vinaigrette 15.5

Byrgyr Harbwrfeistr, sglodion 13 - *gyda Chaws Cymreig | Cig Moch | Chorizo | Perl Las +1.5*
Harbourmaster burger, chips 13 - with Welsh Cheddar | Bacon | Chorizo | Perl Las +1.5

Risotto cennin a chaws Hafod, pesto cennin
Leek and Hafod cheese risotto, leek pesto 12.5

Corbwmpen organig Blaencamel, quinoa, sbinais, romesco - *gyda Halwmi organig Teifi +3*
Blaencamel organic courgettes, quinoa, spinach, romesco 11.5 - with Teifi Organic halloumi +3

Brocoli blaguro wedi grillo, dresin caesar, briwsion
Grilled sprouting broccoli, caesar dressing, crumbs 4

Tato melys, iogwrt tahini, sesame, tsili wedi piclo, coriandwr
Sweet potato, tahini yoghurt, sesame, pickled chilli, coriander 4

Dail gwyrdd
Green leaves 4

*Rhowch wybod ini os oes gennych anghenion deiet arbennig. Gofynnwch i'n staff am unrhyw wybodaeth alergedd.
Please inform us of any dietary requirements. Allergen information available on request.*



PWDIN | DESSERT

Fondant siocled, caramel miso, hufen iâ caramel hallt
Chocolate fondant, miso caramel, salted caramel ice cream 7.5

Posset lemwn, granola mafon a chnau barfog
Lemon posset, raspberries and hazelnut granola 7

Mousse siocled tywyll, mwyar duon, crème fraîche
Dark chocolate mousse, blackberries, crème fraîche 7

Crème brûlée ffa tonka, teisen frau oren
Tonka bean crème brûlée, orange shortbread 7

Pei meringue mefus a basil, balsamic
Strawberry and basil meringue pie, balsamic 7

Bwrdd caws Ceredigion, seleri, gellyg a siytnei
Ceredigion cheese board, celery, pear and chutney 9

Hufen iâ Cymreig (am belen) | **Welsh ice cream (per scoop) 2.5**
Fanila | Siocled | Mefus | Caramel Hallt
Vanilla | Chocolate | Strawberry | Salted Caramel

Sorbet Cymreig (am belen) | **Welsh sorbet (per scoop) 2.5**
Mango | Granadila | Mafon
Mango | Passionfruit | Raspberry

PLANTOS | LITTLE ONES 6.5

Macaroni a chaws
Mac 'n' cheese

Goujons pysgod, pys mâl, sglodion
Fish goujons, crushed peas, chips

Ham, wŷy wedi ffrio, brocoli
Ham, fried egg, broccoli

WIFI: HM BAR arlanymor
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Prif Cogydd | **Head Chef** Ludo Dieumegard

