



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 12

Ystifflog crimp, chorizo, tato, piwri afal, gremolata
Crispy squid, chorizo, potato, apple purée, gremolata 9

Cregyn bylchog wedi ffrio, piwri pys, Serrano crimp
Pan fried scallops, pea purée, crispy Serrano 12

Cacennau cranc Bae Ceredigion, afal, roced, mayo taragwn
Cardigan Bay crab cakes, apple, rocket, tarragon mayo 10

Panna cotta puprod coch, pesto, granola olewydd du
Red pepper panna cotta, pesto, black olive granola 8

Salad tomatos 'hiraeth', caws gafr, creision surdoes HM
Heritage tomato salad, goat cheese, HM sourdough crisps 8

Terŷn coesgyn ham a phersli, remoulade seleriac a mwstard grawn cyflawn, surdoes HM
Ham hock and parsley terrine, celeriac and whole grain mustard remoulade, HM sourdough 9

Pysgodyn y dydd, tato saffrwm, sbinais, aioli, bisque cimwch
Fish of the day, saffron potatoes, spinach, aioli, lobster bisque 21

Merfog cyfan wedi rhostio, ffenigl wedi brwysio, oren, saws perlysiau
Whole roast seabream, braised fennel, orange, herb emulsion 21

Aden morgath 'au poivre', gorfetys, sglodion
Skate wing 'au poivre' chard, chips 20

Asen fer cig Eidion Cymreig, tato melys bwts, chimichurri, sesame, tsili wedi piclo
Short rib of Welsh beef, sweet potato mash, chimichurri, sesame, pickled chilli 24

Rac cig oen Cwm Ystwyth, croquette ysgwydd wedi brwysio, bresych hispi rhost, tomato, olewydd, basil
Ystwyth valley rack of lamb, braised shoulder croquette, roast hispi cabbage, tomato, olive, basil 27

Ffacbys wedi brwysio, Teifi halloumi, eirin gwlanog rhost, sbinais, tsili
Braised lentils, Teifi halloumi, roast peach, spinach, chilli 13

Risotto corbwmpen a taragwn, cnau pîn wedi tostio
Courgette and tarragon risotto, toasted pine nuts 13

Ffa Frengig, sialot a garleg confit
French beans, confit garlic and shallot 4

Sglodion tew tato melys, iogwrt tahini, sesame, tsili, coriandwr
Sweet potato wedges, tahini yoghurt, sesame, chilli, coriander 4

Salad gwyrdd, dresin perlysiau | **Green salad, herb dressing 4**

Tato newydd Sir Benfro | **Pembrokeshire new potatoes 4**

Sglodion | **Chips 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 hallt, hufen iâ fanila
Chocolate fondant, salted caramel, vanilla ice cream 7.5

Panna cotta cnau coco, pînafal, tuille pupur du
Coconut panna cotta, pineapple, black pepper tuille 7

Paflôfa mefus, hufen iâ basil
Strawberry pavlova, basil ice cream 7

Pwdin stici toffi, saws toffi, popgorn, crème fraîche
Sticky toffee pudding, toffee sauce, popcorn, crème fraîche 7

Crème brûlée fanila, bisged sablé
Vanilla crème brûlée, sablé biscuit 7

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

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

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

PLANTOS | LITTLE ONES 6.5

Linguine gyda chaws
Cheesy linguine

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

Selsig a sglodion
Sausage and chips

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

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