



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

Cocos crimp, finegr tsili  
**Crispy cockles, chilli vinegar 7**

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½ dwsin o wystrys Carlingford ar rew, finegr sialot  
**½ dozen Carlingford oysters on ice, shallot vinegar 12**

Ystifflog halen a phupur, jam tsili  
**Salt and pepper squid, chilli jam 9**

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

Cacen pysgod corbenfras wedi fygu, sbinais, hufen mwstard grawn cyflawn  
**Smoked haddock fish cake, spinach, wholegrain mustard cream 8**

Caws pob HM, siytni pînafal  
**HM Welsh rarebit, pineapple chutney 8**

Betys rhost, feta, cnau Ffrengig, mwyar duon  
**Roast beetroot, feta, walnuts, blackberries 8**

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Corbenfras mewn cyteu cwrw Cymreig, sglodion, pys mâl, saws tartâr  
**Welsh beer battered haddock, chips, crushed peas, tartare sauce 14**

Linguine cranc Bae Ceredigion, garleg a tsili  
**Cardigan Bay crab linguine, garlic and chilli 16**

Pysgodyn y dydd, tato mâl cyrri, saws betys a chnau coco  
**Fish of the day, crushed curried potatoes, beetroot and coconut sauce 21**

Suprême ffowlyn, bresych hispi, brywsion, dresin caesar, parmesan  
**Chicken suprême, hispi cabbage, croutons, caesar dressing, parmesan 15**

Stecen 'munud' Cymreig, menyn garleg, sglodion, letys jem, dresin perlysiau  
**Welsh 'minute' steak, garlic butter, chips, baby gem, herb vinaigrette 15**

Barlys wedi brwysio, Teifi halloumi, afal rhost, pesto cennin a chnau barfog  
**Braised barley, Teifi halloumi, roast apple, leek and hazelnut pesto 13**

Risotto sgwash cnau melys, saets a parmesan  
**Butternut squash, sage and parmesan risotto 13**

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Brocoli blaguro, sialot a garleg confit | **Tenderstem broccoli, confit garlic and shallot 4**

Bresych hispi, dresin caesar | **Hispi cabbage, caesar dressing 4**

Letys jem, dresin perlysiau | **Baby gem, herb vinaigrette 4**

Tato Sir Benfro | **Pembrokeshire 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**

Frangipane gellyg, sorbet mwyar duon  
**Pear frangipane, blackberry sorbet 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 siyttri  
**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**  
Mwyar duon | Granadila | Mafon  
**Blackberry | 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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