



## CINIO SUL | SUNDAY LUNCH

Bara foccacia HM, olew olewydd a balsamic | **HM foccacia, olive oil and balsamic 3.5**

Cocos crimp Penclawdd, finegr tsili | **Penclawdd crispy cockles, chilli vinegar 7**

Wystrys Carlingford ar rew, finegr sialot | **Carlingford oysters on ice, shallot vinegar 2.8 yr un | each**

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Ystifflog bach gyda coriandwr a leim, aioli siarcol, cnau coco  
**Coriander and lime baby squid, charcoal aioli, coconut 9**

Thermidore cranc Bae Ceredigion ar dost, cêl crimp, parmesan  
**Cardigan Bay crab thermidore on toast, crispy kale, parmesan 12**

Coesgyn ham, cawl pys a mintys oer, wŷ Fferm Coed wedi'i botsio  
**Ham hock, chilled pea and mint soup, poached Coed Farm egg 10**

Asparagws wedi'i grilio, saws perlysiâu, crymbl parmesan  
**Grilled asparagus, herb dressing, parmesan crumble 9**

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## RHOST DYDD SUL | SUNDAY ROAST

Cig eidion Cymreig rhost, Pwdin Swydd Efrog | **Roast Welsh Beef, Yorkshire pudding 15**

*Gweinir gyda tato rhost a bwts, caws blodfresych, gwreiddlysiau rhost a grefi*  
**Served with roast and mashed potatoes, cauliflower cheese, roast root vegetables and gravy**

Pysgodyn y dydd, piwri pys, fricassée pys, winwns a letys jem, vinaigrette ffowlyn rhost  
**Fish of the day, pea purée, pea, onion and baby gem fricassée, roast chicken vinaigrette 21**

Ysbinbysg cyfan rhost, salad cynnes tomato, sampier ac olewydd du, pesto basil  
**Whole roast seabass, tomato, samphire and black olive warm salad, basil pesto 21**

Cacen polenta perlysiâu crimp, planhigyn wŷ, iogwrt cyrri, tomato, bresych hispi  
**Crispy herb polenta cake, aubergine, curried yoghurt, tomato, hispi cabbage 14**

Fricassée cêl a bartys perl, corbwmpen rhost, almwn, dresin taragwn  
**Kale and pearl barley fricassée, roast courgette, almond, tarragon dressing 13**

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Ffondant siocled, caramel miso, hufen iâ banana  
**Chocolate fondant, miso caramel, banana ice cream 8**

Panna cotta fanila, rhiwbob wedi'i botsio, granola sinsir  
**Vanilla panna cotta, poached rhubarb, ginger granola 7**

Carpaccio pînafal, sorbet cnau coco, rum a rhesin  
**Pineapple carpaccio, coconut sorbet, rum and raisin 7**

Pwdin toffi stici sinsir, saws toffi afal, 'snap' brandi, iogwrt wedi'i chwipio  
**Stem ginger sticky toffee pudding, apple toffee sauce, brandy snap, whipped yoghurt 7**

Paflofa lemwn a llusen, sorbet llusen  
**Lemon and blueberry pavlova, blueberry sorbet 7**

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

Hufen iâ neu sorbet Cymreig (am belen) | **Welsh ice cream or sorbet (per scoop) 2.5**

Fanila | Siocled | Mefus | Banana - Llusen | Granadila | Cnau Coco  
**Vanilla | Chocolate | Strawberry | Banana - Blueberry | Passionfruit | Cnau Coco**

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