

## i ddechrau... to start...

**Cawl Cartref y Dydd £5.50**

gyda menyn a bara focaccia rhosmari

**Homemade Soup of the Day**

served with butter and a rosemary focaccia

**Madarch y Maes Rhost wedi'u llenwi £6.50**

wedi'u llenwi â bri Perl Wen a winwns coch wedi'u caramelleiddio a'u gweini ar fara focaccia rhosmari

**Roasted stuffed Field Mushrooms**

filled with Perl Wen brie and red onion jam served on a rosemary focaccia

**Teisen Cranc £6.50**

gyda salad tomatos a berwr gwyllt a mayonnaise leim

**Crab Cake**

served with a tomato and wild rocket salad and lime mayonnaise

**Kebabs Cig Eidion Gwlad Thai £7.95**

Stribedi o gig eidion Cymreig wedi'u marinadu mewn sinsir, garlleg a phupur du, gyda dip coconyt sbeislyd

**Thai Beef Kebabs**

Strips of Welsh beef marinated in ginger, garlic and black pepper served with a spicy coconut dip

**Koftas Cig Oen Dyffryn Ystwyth £6.50**

cig oen mân gyda chardamom, ciwmin a tsili wedi ei weini gyda raita mint a naan o'r gril golosg

**Ystwyth Valley Lamb Koftas**

ground lamb with cardamom, cumin and chilli served with a mint raita and char-grilled naan

**Brest Hwyaden wedi'i fygau £6.95**

gyda mefus Fferm Penlanlas, Rhydyfelin wedi'u ffrio mewn saws balsamig

**Home Smoked Duck Breast**

served with Penlanlas Farm, Rhydyfelin strawberries sautéed in a balsamic glaze

**Darnau crwn o Faelgi Tempwra £8.00**

gyda saws tsili a leim ar gyfer dipio

**Medallions of Tempura Monkfish**

served with a chilli and lime dipping sauce

## prif gwrs.... main course...

### **Stecen Ffiled £22.00 Fillet Steak**

Ffiled orau o gig eidion lleol, gyda chaws Gorwydd Caerffili a jam winwns coch drosti, ar wely o datws newydd rhost rhosmari, pys sugar snap, a sug port i'w orffen

Prime Fillet of local beef topped with Gorwydd Caerphilly cheese and red onion jam served on a bed of rosemary roast new potatoes, sugar snap peas and finished with a port jus

### **Stecen Syrllwyn Cymreig £17.95 Welsh Sirloin Steak**

gyda sglodion cartref, tomatos wedi'u rhostio'n araf a dewis o sawsiau:  
served with hand cut chips, slow roasted tomatoes and a choice of sauces:

Pupur Du Mân      Bacwn, Sialóts a Theim      Garlleg a Menyn Perlysiâu  
Cracked Black Pepper      Bacon, Shallot & Thyme      Garlic and Herb Butter

### **Maelgi, Eog a Chorgimychiaid Mawr mewn saws Coconyt Gwlad Bali £16.95 Monkfish, Salmon and King Prawns in a Balinese Coconut Curry**

gyda reis a chraceri corgimychiaid  
served with rice and prawn crackers

### **Ffiled o Ddraenog y Môr £16.95 Fillet of Sea Bass**

gyda llysiâu wedi'u stemio, chorizo rhost, gratin dauphinoise a saws romesco  
served with steamed vegetables, roast chorizo, gratin dauphinoise and a romesco sauce

### **Rymp Cig Oen Dyffryn Ystwyth £17.95 Rump of Ystwyth Valley Lamb**

gyda chrwst amaretti, ac wedi ei weini gyda bresych, bacwn a hadau carwê mewn hufen, stwnsh tatws a sug rhosmari a cyrens coch.  
topped with an amaretti crust, served with cabbage, caraway seeds and bacon in a cream sauce, mashed potatoes and finished with a redcurrant and rosemary jus.

### **Brest Hwyaden Gressingham Wedi'i Rhostio £17.50 Roast Breast of Gressingham Duck**

gyda saws ceirios du a sinsir, tatws dauphinoise a mange tout  
served with a black cherry & ginger sauce on a gratin dauphinoise with mange tout

### **Risotto Llysiâu Canoldirol Rhost £12.50 Roast Mediterranean Vegetable Risotto**

Llysiâu canoldirol rhost a reis wedi eu cymysgu mewn saws tomatos rhost balsamig gyda chaws gafr wedi'i dostio drostynt  
A risotto of Mediterranean vegetables bound in a balsamic roast plum tomato sauce topped with toasted goat's cheese

### **Llysiâu mewn Cyri Coconyt Gwald Bali £12.50 Vegetables in a Balinese Coconut Curry**

gyda reis a chraceri corgimychiaid      served with rice and prawn crackers