

**DYDD SAN FFLANT ♥ VALENTINE'S DAY**  
**14 – 02 – 2012**  
**3 CHWRS • 3 COURSES**  
**£37.50**

**I DDECHRAU • TO START**

**Cawl Cartref Tatws Melys, Coconyt a Theim**

wedi'i weini gyda bara focaccia a menyn

**Homemade Sweet Potato, Coconut and Thyme Soup**

served with focaccia bread and butter

**Hwyaden Crisb Aromatig**

wedi'i weini gyda salsa oren, mango a sinsir

**Aromatic Crispy Duck**

served with an orange, mango and ginger salsa

**Madarchen y Maes**

wedi'i llenwi gyda chaws pob Cymreig a winwns wedi'u caramleiddio  
gyda bara focaccia wedi'i dostio

**Roast Field Mushroom**

stuffed with Welsh rarebit and caramelised red onions  
served with toasted focaccia bread

**Sgolopiau Brenin wedi'u Serio**

a'u gweini gyda phiwrî sgwash cnau menyn, pancetta crisb a menyn coriander a tsili

**Seared King Scallops**

served with butternut squash puree, crisp pancetta and a coriander and chilli butter

**(£2 Ychwanegol / Supplement)**

**Cig Carw wedi'i Farinadu a'i Ffrio'n Ysgafn**

cig carw wedi'i farinadu mewn juniper, Halen Môn wedi'i fygu a theim,  
wedi'i weini gyda salad gellyg, cnau Ffrengig mewn mêl a chaws glas Rhydlewis wedi'i fygu.

**Seared Marinated Venison**

strips of venison marinated with juniper, smoked Halen Môn and thyme  
served with a pear, honeyed walnut and Rhydlewis smoked stilton salad

PRIF GWRS • MAIN COURSE

**Ffiled o Gig Eidion Cymreig 7oz**

gyda phiwrî sialots a theim, ffa gwyrdd wedi'u lapio menw pancetta,  
stwnsh seleriac a radish poeth a saws gwin coch

**7oz Fillet of Welsh Beef**

topped with a shallot and thyme puree, served with celeriac and horseradish mash,  
fine beans wrapped in pancetta and a red wine jus

**(£3 Ychwanegol / Supplement)**

**Rymp o Gig Oen Cymreig gyda Chwst Amaretti**

gyda foie gras wedi'i serio, bresych mewn menyn,  
tatws newydd wedi'u malu gyda mint a saws aeron glas a port

**Rump of Welsh Lamb with an Amaretti Crust**

with seared foie gras, buttered cabbage,  
crushed minted new potatoes and a blueberry and port sauce

**Maelgi wedi'i Lapio mewn Ham Caerfyrddin**

gyda rosti o datws a chennin, llysiâu Canoldirol rhost  
a beurre blanc siampên

**Monkfish wrapped in Carmarthen Ham**

served with leek and potato rosti, roast Mediterranean vegetables  
finished with a champagne beurre blanc

**Brest Cyw Iâr Rhost**

wedi'i stwffio gyda bacwn, bara lawr a lemwn a'i gweini gyda thatws dauphinoise,  
piwrî sbigoglys a nytmeg a saws mwstard Cymreig gyda mêl

**Roast Chicken Breast**

stuffed with bacon, laverbread and lemonserved with dauphinoise potatoes,  
spinach and nutmeg puree and a Welsh honey mustard sauce

**Teisen Tatws, Caws Caerffili wedi'i Fygi, ac Afal**

gyda llysiâu Canoldirol rhost, panas confit  
a saws o fadarch shitake lleol a garlleg

**Potato, Apple and Smoked Caerphilly Cake**

served with Mediterranean roast vegetables, confit parsnips  
and local Shitake mushroom and garlic sauce

## PWDIN • DESSERT

### **Dewis o Gawsiau Cymreig**

gyda siytni cartref a chraceri  
Perl Las : caws glas gweddol feddal  
Gorwydd Caerffili : blas ffres lemwn  
Perl Wen : brie meddal gydag ansawdd melfed  
**(£1 Ychwanegol)**

### **Hufen Bavaria Mefus**

mousse ysgafn o hufen a mefus  
wedi gweini gyda saws Baileys a siocled

### **Crème Brûlée Toffoc**

Crème Brûlée wedi'i wneud gyda gwirod toffi  
Cymreig a'i weini gyda theisen frau cartref  
a chompote o afalau a sinamon

### **Ffondant Oren a Siocled**

gyda hufen iâ fanila Cymreig

### **Tarten Taffi Gludog**

gyda crème fraîche fanila organig o Rachels  
a saws cyflaith menyn

### **Selection of Welsh Cheeses**

accompanied with homemade chutney and crackers  
Perl Las : blue veined, semi soft cheese  
Gorwydd Caerphilly : fresh lemony zest  
Perl Wen : soft brie type cheese with a velvety texture  
**(£1 Supplement)**

### **Strawberry Bavaois**

a light strawberry cream mousse  
served with a Baileys and chocolate sauce

### **Toffoc Crème Brûlée**

Crème Brûlée made with Welsh Toffee Liqueur  
served with homemade shortbread  
and an apple and cinnamon compote

### **Chocolate and Orange Fondant**

served with Welsh vanilla ice cream

### **Sticky Toffee Tart**

served with Rachel's organic vanilla crème fraîche  
and a butterscotch sauce