

## Bwydlen Dydd Sul ~ Sunday Lunch Menu

Rhowch wybod os oes ganddoch alergedd bwyd / Please let us know if you have a food allergy

### Cwrs Cyntaf £5

Myffin Spigolgys, Tomato Heulsych a Pharmesan gyda Pesto (Ll)

Salad Cig Oen Balsamig Cynnes

Draenog y Môr, Salad Mango a Ffa Duon

Madarch Castan wedi'u Piclo Mewn Briwsion Bara a'u gweini gyda dip Crème Fraiche (Ll)

### Starters £5

Spinach, Sundried Tomato & Parmesan Muffin with Pesto (V)

Warm Balsamic Lamb Salad

Sea Bass, Mango & Turtle Bean Salad

Breaded Pickled Chestnut Mushrooms served with a Crème Fraiche Dip (v)

### Prif Gwrs £12

Cig Eidion Rob Rattray, Pwdin Sir Efrog, Grefi Gwin Coch a Theim

Cig Oen Bro Ystwyth, Saws Gwyn Gwyn a Rosmari

Terin Chnau Ffrengig, Bricyll a Theim, Grefi Sieri

Brithyll Chermoula, Salad Brocoli, Tomato, a Ffacbys

### Mains £12

Rob Rattray's Roast Silverside of Beef, Yorkshire Pudding, Red Wine & Thyme Gravy

Ystwyth Valley Roast Lamb, White Wine & Rosemary Gravy

Apricot, Walnut & Thyme Terrine, Sherry Gravy

Chermoula Trout, Broccoli, Tomato & Lentil Salad

### Pwdinau Cartref £5

Cyrens Duon Llanfihangel gyda Theisen Frau Lafant

Pwdin Aeron Haf gyda Hufen Iâ Mêl

Cacen Polenta St Clement gyda Mafon

### Homemade Puddings £5

Llanfihangel Blackcurrant Fool with Lavender Shortbread

Summer Berry Pudding with Honey Ice Cream

St Clements Polenta Cake with Raspberries

Browni Siocled, Piwrî Menyn Pysgnau a Hufen Iâ Traddodiadol

Chocolate Brownie, Peanut Butter Purée & Traditional Ice Cream

