



SPRING MENU

Nibbles

Bread Board - Iâl Bakery breads, chive butter (Gfa-a, Ve-a) £6

Iâl Frickles - Fried pickles, ranch dip (Gf, V) £5.50

Garlic Bread - Wild garlic, mozzarella cheese (V, Gf-a) £5

Iâl Scotch Egg - Chilli emulsion £7.50

Starters

Mackerel - Blow-torched mackerel, celeriac Purée, pickled shallot, sea vegetables (Gf) £8

Beef Croquettes - Slow cooked Welsh beef croquettes, dijon emulsion, chive (Gf) (alc) £7.50

Soup - Leek and potato soup, Iâl Bakery sourdough (Ve, Gf-a) £6.50

Chicken Skin - Perl Las & malt pickled pear salad, white wine dressing (Gf) £7.50

Courgette - Courgette carpaccio, red pepper coulis, shallot dressing, toasted grains (Ve, Gf) £6

Mains

Beef Brisket - Braised Welsh beef brisket, triple cooked chips, slow roasted tomato, red wine jus (Gf) (alc) £23

Cauliflower - Cauliflower steak, pea purée, chimichurri, pickled cauliflower, crispy onion (Ve) £16

Grey Mullet - Pembrokeshire caught grey mullet, wild garlic veloute, Jersey Royal potatoes, asparagus (Gf) £21

Lamb - Welsh Lamb girella, pea & broad bean fricassee caramelised onion, mint oil, tender stem broccoli £20

Chicken - Confit chicken thighs, citrus creme fraiche, chilli & peanut, green beans, potato fondant, crispy onions (N) £18



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Sides

Spring Onion Mash (V, Gf) £5

Maple & Miso Glazed carrots (Ve) £5

Creamy Savoy Cabbage & chorizo £5

Tripled Cooked Chips - Truffle & parmesan (V, Gf) £5

Desserts

Crème Brûlée- Rhubarb & custard crème brûlée, custard shortbread (V, Gf-a) £7

Cheesecake - Chocolate & blood orange cheesecake (V) £7

Frangipane Tart - Pear & frangipane tart (N, V) £7

Welsh Limoncello Tiramisu - Mascarpone, Da Mhile limoncello, fresh lemon (alc) (V) £7.50

Malted Chocolate Tart - Aber Falls ice cream (Ve-a, alc) £8



Not all allergens are noted on the menu.
Please inform a member of the team about your dietary requirement so that we can best help you with your selection.
N -Contains Nuts **GF** - Gluten free **V** - Vegetarian **-VE** - Vegan **DF**- Dairy Free
Gf-a - Dish can be altered for gluten free **Ve-a** - Dish can be altered for Vegan
Df-a - Dish can be altered for Dairy free
alc - contains alcohol



BWYDLEN GWANWYN

Tamaid I Aros

Bwrdd Bara - Dewis o fara Becws Iâl wedi'i weini gyda menyn cennin syfi (Hg-a, Fe-a) £6

Picls Wedi'u Ffrio - Picls wedi'u ffrio mewn olew dwfn, dip Ranch (Hg, Ll) £5.50

Bara Garleg - Bara garleg gwyllt, caws mozzarella (Ll, Hg-a) £5

Iâl Wy sgotyn - Emwlsiwn tsili £7.50

I ddechrau

Macrell - Macrell wedi'i choginio â thortsh fflam, purée seleriac, sibols wedi'u piclo, llysiau'r môr (Pe) £8

Croquettes Cig Eidion - Croquettes cig eidion Cymreig wedi'i goginio'n araf, emwlsiwn dijon, cennin syfi (Hg) £7.50

Cawl - Cawl cennin a thatws, surdoes Becws Iâl (Hg-a, Fe) £6.50

Croen cyw iâr - Croen cyw iâr, salad perl las a gellyg wedi'u piclo mewn brag, dresin gwin gwyn (Hg) £7.50

Courgette - Carpaccio courgette, coulis pupur coch, dresin sibols, grawn wedi'u tostio (Fe, Hg) £6

Prif gwrs

Brisged Cig Eidion - Brisged cig eidion Cymreig wedi'i brwysio, sglodion wedi'u coginio deirgwaith, tomato wedi'i rostio'n araf, jus gwin coch (Hg) £23

Blodfresych - Stêc blodfresych, purée pys, chimichurri, blodfresych wedi'u piclo, nionod crimp (Fe) £16

Hyrddyn Llywd - Hyrddyn wedi'i ddal yn Sir Benfro, veloute garleg gwyllt, tatws brenhinol Jersey, asbaragws (Hg) £21

Cig Oen - Girella cig oen Cymreig, fricasse pys a ffa'r gerddi, nionyn wedi'i garameliddio, olew mintys, brocoli coesyn tyner £20

Morddwyd - Morddwyd cyw iâr confit, creme fraiche sitrws, tsili a physgnau, ffa gwyrdd, fondant tatws, nionod crimp (N) £18



BWYDLEN GWANWYN

Ar yr ochr

Tatws stwnsh shibwns (Ll, Hg) £5

Moron gyda sglein masarn a miso (Fe) £5

Bresych safwy hufenog a chorizo £5

Sglodion cartref wedi'u coginio deirgwaith - Cloron a parmesan (Ll, Hg) £5

Pwdin

Crème Brûlée - Creme brulee rhiwbob a chwstard, teisen Berffro cwstard (Ll, Hg-a) £7

Cacen Gaws - Cacen gaws siocled ac oren waed (Ll) £7

Tarten Frangipane - Tarten gellygen a frangipane (N, Ll) £7

Tirimasu - Tirimasu limoncello Cymreig, mascarpone, limoncello Da Mhile, lemon ffres (Ll) £7.50

Tarten Siocled Brag - Hufen iâ Aber falls (Fe-a)£8



Nid yw pob alergen wedi'i nodi ar y fwydlen.
Rhowch wybod i aelod o'r tîm am eich gofynion dietegol fel y gallwn eich helpu orau gyda'ch dewis.
dg - di-glwten dg ar gael - di-glwten ar gael
F - Fegan F ar gael - Fegan ar gael
c - Cynnwys cnau Ll - Llysieuol