

GLAN YR AFON, PENNAL

TO SHARE

Meat platter: Cured meats, pork pie, pate, stuffed peppers, olives, chutney, bread £13

Fish Platter: Smoked salmon, herring, mackerel pate, whitebait, crayfish & prawns, bread £13

Baked Camembert with rosemary & garlic, toasted bread, red onion chutney £9.5

Breads, olives, oils & hummus £7

Nachos, cheese, guacamole & sour cream £5

Soup of the day with fresh bread		£5.5
Welsh rarebit with salad leaves		£5.5
Pan fried garlic mushrooms on toast	£5.5	
Chicken Liver Pate with toast & chutney		£6
Warm Duck & orange salad, balsamic dressing	£6.5	
Prawn & crayfish salad with Thai spiced mayonnaise	£7	
Smoked Salmon with rocket salad, horseradish cream	£7.5	
Crisp fried whitebait with tartar sauce	£6	
Goat's cheese & roast pepper salad with chutney	£6.5	
Cajun Chicken Salad with lemon mayonnaise	£6.5	
King Prawn & chorizo linguine with chili, lime & ginger	£8/14	
10oz Welsh sirloin Steak, chips, onion rings, tomato & peppercorn sauce	£19.5	
Steak burger in a bun with Welsh cheese, bacon, chili relish & skinny fries	£13	
Welsh Lamb Steak served with sweet potato dauphinoise, red cabbage & red wine jus		£17.5
Gammon, pineapple, chips & peas	£10.5	
Chicken breast wrapped in Parma ham, mushroom risotto & basil dressing	£14	
Surf & turf - Feather Steak (M/R) with garlic butter, Scampi, mushrooms & chips		£15
Roast fillet of Salmon, Thai spiced sauce & rice		£14
Herb crusted Cod, buttered samphire, crab croquettes, white wine & tarragon cream		£14.5
Fillet of Plaice grilled with anchovies, capers, tomatoes & mozzarella, potatoes & greens		£14.5
Spiced Mediterranean fish stew with king prawns, chorizo & garlic bread		£8/14
Crisp fried haddock, chips, peas, tartar sauce		£12.5
Spicy vegetable bean burger with halloumi cheese, hummus & sweet potato fries		£10.5
Linguine with roasted Mediterranean vegetables, provencale sauce, rocket & parmesan		£10.5

SIDES

£3

Garlic bread - Green vegetables - Mixed salad - Onion Rings

Chips - Mash - Skinny Fries - Sweet potato fries

FOOD AND ALLERGIES AND INTOLERANCES

Please speak to our staff about the ingredients in your meal, when making your order.

Thank you

TELEPHONE: 01654 791285 TWITTER: @GLYNYRGLAN

I RHANNU

Plât cig: - Cig moch, porc pei, pate, pupur wedi ei stwffio, olewydd, siytni, bara £13

Plât pysgod : - Eog mwg, pate macrell, pennog, pysgod bach, cimwch coch & corgimwch, £13

Camembert pob wedi ei mwydo gyda garlleg a rhosmari bara a siytni nionyn £9.5

Olewydd, bara, olew olewydd & hummus £7

Nachos a caws gyda dips guacamole a hufen sur £5

Cawl y Dydd gyda bara fres	£5.5	
Caws pob gyda dail salad		£5.5
Madarch garlleg wedi ei ffrio ar tost		£5.5
Pate la Cyw lau gyda thost a siytni	£6	
Salad Cimwch coch & Corgimwch gyda mayonnaise sbeis Thai	£7	
Eog mwg gyda salad roced, hufen marchruddygl	£7.5	
Salad Hwysaden cynnes gyda salad oren a dresin balsamic	£6.5	
Pysgod bach wedi ei ffrio gyda saws tartar	£6	
Salad caws gafr & pupur rhost gyda siytni	£6.5	
Salad cyw iar Cajun gyda mayonnaise lemwn	£6.5	
Linguine corgimwch-brenin a chorizo, chili, leim a garlleg	£8/14	
Stecen Sylrlwyn Cymreig 10oz, sglodion, cylch nionyn, tomato, a saws pupur	£19.5	
Byrgyr stecen mewn bynsen gyda caws Cymreig, bacwn, relish tsili a sglodion tenau	£13	
Stecen cig oen, stwnsh tatws moron & panase, nbresychen coch & saws gwin coch	£17.5	

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Gamwn, afal pîn, sglodion a pys		£10.5
Brest cyw iar mewn bacwn gyda gyda risotto madarch a dresin basil	£14	
'Surf & turf' – Stecen pluen (M/R), menyng garlleg, Sgampi, madarch & sglodion	£15	
Filed o eog gyda Reis a saws Thai sbeislyd	£14	
Penfras, crwst perlysiâu, corn carw'r mor, croquette cranc, saws gwin gwyn & taragon		£14.5
Lleden wedi ei grilio hefo ansiofi, capryn, caws & tomato, tatws & llysiâu	£14.5	
Stiw pysgod gyda corgimwch-brenin, chorizo a bara garlleg	£8/14	
Hadog wedi ei ffrio gyda sglodion, pys, saws tartar		£12.5
Byrgyr sbeislyd ffa gyda caws Halloumi, hummus & sglodion tatws melys	£10.5	
Linguine gyda llysiâu Mediteranaidd rhost a saws provencale a roced & parmesan	£10.5	

AR YR OCHR

£3

Bara Garlleg – llysiâu gwyrdd – Salad Cymysg – cylch nionyn
Sglodion – tatws stwnsh – Sglodion tenau – Sglodion tatws melys

ALERGEDDAU AC ANODDEFIADAU BWYD

Wrth i chi archebu, siaradwch ag aelod o staff am y cynhwysion yn eich pryd o fwyd.

Diolch yn fawr

FFON: 01654 791285 TWITER: @GLYNYRGLAN
