

GLAN YR AFON, PENNAL

TO SHARE

Meat platter: Cured meats, pate, pork pie, olives, peppers, chutney, bread £13.5

Fish Platter: smoked salmon, mackerel pate, herring, whitebait, king prawns, bread £13.5

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

Breads, olives, oils & hummus £7.5

Soup of the day with fresh bread		£5.5
Welsh rarebit		£6
Chicken liver pate with toast & chutney		£6
Grilled Halloumi skewers with a blueberry and chilli jam	£7	
Pan fried garlic mushrooms on toast		£5.5
Sweet potato ribbon, hazelnut & apple salad with honey dressing	£5.5	
Nachos, cheese, guacamole & sour cream		£5
Melon & Crayfish with marie rose sauce		£7.5
Crab linguine with samphire, chilli, lime & ginger		£9/14
Buffalo mozzarella, tomato & basil salad with balsamic glaze	£6	
Duck & orange salad with a honey & mustard dressing	£8	
10oz Welsh sirloin Steak, chips, onion rings, tomato & peppercorn sauce	£21	
Home cooked ham, free range poached egg & chips		£9
Chicken Kiev with sweet potato fries & summer slaw	£14	
Beef & ale pie with mustard mash & greens	£10.5	
Gammon, egg, chips & peas	£11	
Steak burger in a bun with Welsh cheese, bacon, chili relish & skinny fries	£13	
Spiced Mediterranean cod stew with king prawns, chorizo & garlic bread		£9/14
Plaice grilled with a parmesan crust, king prawns, salsa verde, sauteed potatoes & spinach		£14.5
Salmon en-croute with asparagus, new potatoes, hollandaise		£14
Crisp fried haddock, chips, peas, tartar sauce		£12.5
Monkfish Skewers with samphire, tarragon cream sauce & rice		£18.5
Spicy vegetable bean burger with halloumi, guacamole & sweet potato fries	£11.5	
Goats cheese, roast pepper & spinach lasagne with garlic bread & salad	£11.5	

SIDES £3

Garlic bread - Green vegetables - Mixed salad - Onion Rings

Chips – Mash - Skinny Fries - Sweet potato fries

BAGUETTES WITH A FEW CHIPS

Home baked Ham, cheese & pickle	£7
Smoked salmon, cucumber & cream cheese	£8.5
Bacon, lettuce & tomato	£7
Steak baguette with peppercorn sauce	£9.5

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, , pei porc, pate, olewydd, pupur wedi ei stwffio, siytni, bara £13

Plât pysgod : - Eog mwg, pate macrell, pysgod bach, corgimwch-brenin £13

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

Ploughmans - Caws Cheddar & Ham £9

Olewydd, bara, olew olewydd & hummus £7

Cawl y Dydd gyda bara fres		£5.5
Caws pob gyda bacwn & wy wedi'i botsio	£7.5	
Pate la Cyw lau gyda thost a siytni		£6
Madarch garlleg wedi ei ffrio ar tost		£5.5
Bruschetta gyda Halloumi, Afocado & jam Chili	£7	
Salad tatws melys, afal a cneuen ffrengig gyda drein mel		£5.5
Nachos a caws gyda dips guacamole a hufen sur		£5
Linguine corgimwch-brenin a chorizo, leim a garlleg		£8/14
Sgiwer cyw iâr gyda salsa tomato		£7
Stecen Sylrlwyn 10oz Cymreig, sglodion, cylch nionyn, tomato, a saws pupur	£19.5	
Surf & turf' – Stecen pluen (M/R), menyng garlleg, maelgi, madarch & sglodion	£16.5	
Ham pob, wy wedi'i botsio & sglodion		£9

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'Kiev' Cyw iar gyda sglodion tatws melys, mayonnaise lemwn a salad	£14	
Byrgyr stecen mewn bynsen gyda caws Cymreig, bacwn, relish tsili a sglodion tenau	£13	
Gamwn, wy, sglodion a pys		£11
Penfrasgyda crwst perlysiâu, corn carw'r mor, corgimwch-brenin, tatws, salsa verde	£14.5	
Stiw pysgod gyda corgimwch-brenin, chorizo a bara garlleg	£8/14	
Filed o eog gyda salad asbaragws, tatws newydd a aioli	£14	
Hadog wedi ei ffrio gyda sglodion, pys, saws tartar		£12.5
Rhost cnau llysieuwr, piwri menyn sboncen, bresychen coch & greffi		£10.5
Byrgyr sbeislyd ffa gyda caws Halloumi, guacamole & sglodion tatws melys	£10.5	
AR YR OCHR		£3
Bara Garlleg – llysiâu gwyrdd – Salad Cymysg – cylch nionyn		
Sglodion – tatws stwnsh – Sglodion tenau – Sglodion tatws melys		
RHOL FARA GYDA SGLODION		
Ham pob, caws & picl		£7
Corgimwch mewn saws "Marie rose"	£8.5	
Bacwn, letysen & tomato		£7
Stecen gyda a saws pupur	£9.5	

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