

# GLAN YR AFON, PENNAL

## TO SHARE

**Meat platter:** Cured meats, pork pie, pate, olives, peppers, 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 bacon & poached egg		£7.5
Chicken Liver Pate with toast & quince jelly		£6
Melon, prawn & crayfish with Thai spiced mayonnaise	£7	
Pan fried garlic mushrooms on toast	£5.5	
Smoked Salmon with rocket salad, horseradish cream	£7.5	
Cajun Chicken Salad with lemon mayonnaise	£6.5	
Goat's cheese & roast pepper salad with chutney	£6.5	
Crisp fried whitebait with tartar sauce	£6	
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	
Gammon, pineapple, chips & peas	£10.5	
<b>Surf &amp; turf</b> - Feather Steak (M/R) with garlic butter, Scampi, mushrooms & chips		£15
Chicken breast wrapped in Parma ham, mushroom risotto & basil dressing		£14
Home cooked ham, free range poached egg & chips		£8.5
Ploughmans – Welsh Cheddar & Ham		£9
Roast fillet of Salmon, Thai spiced sauce & rice		£14
Fillet of Plaice grilled with anchovies, capers, mozzarella & tomatoes, potatoes & spinach		£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

## BAGUETTES WITH A FEW CHIPS

Home baked Ham, cheese & pickle	£7
Cajun chicken with lemon mayonnaise	£7
Bacon, lettuce & tomato	£7
Prawn with marie rose sauce	£8.5
Steak sandwich with red onion chutney	£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, pate, pei porc, olewydd, pupur wedi ei stwffio, 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 bacwn & wy wedi'i botsio	£7.5	
Pate la Cyw lau gyda thost a jelli quince		£6
Melon, Cimwch coch & Corgimwch gyda mayonnaise sbeis Thai	£7	
Madarch wedi ei ffrio & saws garlleg ar tost		£5.5
Eog mwg gyda salad roced, hufen marchruddygl		£7.5
Salad caws gafr, pupur rhost & cnau menyn		£6.5
Salad caws gafr & pupur rhost gyda siytni		£6.5
Pysgod bach wedi ei ffrio gyda saws tartar		£6
Linguine corgimwch-brenin a chorizo, chili, leim a garlleg		£8/£14
Stecen Syrllwyn 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	
Gamwn, afal pîn, sglodion a pys		£10.5
<b>'Surf &amp; turf'</b> – Stecen pluen (M/R), menyn garlleg, Sgampi, madarch & sglodion	£15	
Brest cyw iar mewn bacwn gyda gyda risotto madarch a dresin basil	£14	

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Ham, wy iâr fuarth wedi’l botsio & sglodion		£8.50	
“Ploughmans” - caws Cheddar & Ham		£9	
Filed o eog gyda Reis a saws Thai sbeislyd	£14		
leden wedi ei grilio hefo ansiofi, capryn, mozzarella & tomato, tatws & sbigoglys			£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 lysiau Mediteranaidd rhost a saws provencale a roced & parmesan	£10.5		
<b>AR YR OCHR</b>			<b>£3</b>
Bara Garlleg – llysiâu gwyrdd – Salad Cymysg – cylch nionyn			
Sglodion – tatws stwnsh – Sglodion tenau – Sglodion tatws melys			
<b>RHOL FARA GYDA YCHYDIG O SGLODION</b>			
Ham pob, caws & picl			£7
Cyw lar speis Cajun & mayonnaise lemwn			£7
Bacwn, letysen & tomato			£7
Corgimwch gyda saws ‘Marie Rose’	£8.5		
Stecen gyda siytni nionyn coch			£9.5

### ALERGEDDAU AC ANODDEFIADAU BWYD

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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