



SMALL PLATES

Bowl of Mixed Olives with crusty bread and balsamic dipping oil
£7.50 (VG, GFO)

Hickory Smoked Pulled Pork Tacos, with a fresh homemade pickled red onion **£9.00**

Sweet Potato Falafel Tacos, shredded lettuce, feta and mint yoghurt
£8.50 (V)

Grilled Prawn and Chorizo Skewers with a lime mayo **£9.00 (GF)**

House Fried Chicken Goujons with a Kansas style BBQ sauce **£9.00**

Baked Mac & Cheese with a panko crumb top **£6.00 (V)**
Add pulled pork **£2.75**

Loaded BBQ Fries - homemade chips topped with house hickory smoked pulled pork and cheese **£7.00 (GF)**

Loaded Greek Fries - homemade chips topped with crumbled feta, oregano, pickled red onion and mint yoghurt **£6.50 (V)**

Summer Garden Salad, rocket, cucumber, cherry tomatoes, pickled red onion, feta and olives, finished with a lemon and oregano dressing
£9.00 (V) Add Reef to your leaf - **Chargrilled King Prawns £4.00**

LIGHT BITES 12-4PM

Rabbit Grilled Cheese Sandwich, a sumptuous blend of Welsh cheddar, Welsh beer and wholegrain mustard **£7.50**
Add pulled pork **£2.75** Add bacon **£2**

Carmarthenshire Ham and Cheese Baguette **£8 (GFO)**

Cheese and Tomato Baguette **£7.50 (GFO, V)**

Fish Finger Wrap, with tartare sauce, lettuce and tomato **£8.50**

Southern Fried Chicken Wrap, with lettuce, fried halloumi, and sweet chilli sauce **£8.50**

Sweet Potato Falafel Wrap, with lettuce, fried halloumi, and sweet chilli sauce **£8.50 (V)**

The Moody Ploughman's, sliced rustic baguette with Cenarth Caerffili and Perl Las cheese, Carmarthenshire ham, sweet pickled onions and Snowdonia balsamic caramelised onion chutney with tomato, cucumber and apple **£16.00 (GFO)**

MENU

MAINS

Celtic Pride Beef Lasagne, beef mince in a rich tomato ragu, with peppers and onion, baked with a cheesy top, garnished with rocket and parmesan with garlic bread **£16.75**

Chicken Shawarma, spiced Mediterranean style pulled chicken thigh with lettuce, fried halloumi, roasted red onion, topped with a garlic mint yoghurt and coriander, served on a flatbread **£18.50**

Katsu Curry served with rice and topped with toasted sesame seeds and pickled red onion **£15.50**
Choose from: Crispy Cauliflower (Vg) or Chicken Schnitzel.

Welsh Lamb Chilli, served over a choice of fragrant rice, or tortilla chips with sour cream, and garlic bread **£15.50 (GFO)**

Baked Salmon Fillet, served with a creamy white wine and leek sauce, garden peas, and a choice of garlic and rosemary roasted baby potatoes or chips **£20.00 (GF)**

Deep Fried Breaded Scampi, served with homemade tartare sauce, garden peas, homemade chips, and lemon wedge **£14.75**

Pembrokeshire Goat's Cheese & Caramelised Red Onion Tart, served with garlic and rosemary roasted baby potatoes and a dressed salad **£14.50 (V)**

Smoky Roasted Red Pepper, Sweet Potato and Five Bean Chilli, served over a choice of fragrant rice, or tortilla chips with sour cream, and garlic bread . **£14.50 (VGO, V, GFO)**

FROM THE GRILL

Maple Cured Bacon Steak, served with two fried free-range eggs, peas, and homemade chips **£17.50 (GF)**

Celtic Pride 35 Day Dry Aged 10oz Sirloin Steak **£34.00**
The sirloin steak is cut from in front of the rump, it is generally regarded as one of the most tender steaks with good marbling

Celtic Pride 14oz Porterhouse Steak **£30.00**
Similar to a T-bone, the porterhouse is served on the bone with top and short loin, it is differentiated by a larger portion of the top loin (fillet) than a T-Bone, creating the perfect flavour combination

Both steaks are served with roasted tomato, baked field mushroom, beer battered onion rings and a side of homemade chips. (GFO)

Add Reef to your Beef - Chargrilled King Prawn & Chorizo Skewer - £4.00
Sauces: Peppercorn £3.75 (GF) | Garlic Butter £2.75 (GF) | Cowboy Butter £3.00



FOR THE LITTLE ONES

Chicken Nuggets **£5.50**

Fish Fingers **£5.50**

Pork Sausage **£5.50**

Deep Fried Halloumi Sticks **£6.00 (V)**

All of the above are served with a choice of homemade chips or mash and a side of peas or beans.

Tomato Penne Pasta served with a sprinkle of cheese **£5.50 (V, VGO)**

Macaroni Cheese, in a homemade cheese sauce **£5.50 (V)**

Cheesy Chips and Beans **£5.00 (GF, V, VGO)**

Kids Beef Lasagne with garlic bread **£9.00**

SIDES AND EXTRAS

Beer battered onion rings **£3.75 (V)**

Roasted tenderstem broccoli **£4.50 (V)**

Bowl of rocket, red onion and cherry tomato salad **£4.00 (VG, GF)**

Creamy mashed potato **£3.00 (V)**

Garlic bread **£2.75 (V)**

Fresh parmesan **75p**

Bowl of homemade chips **£3.00 (VG, GF)**

Homemade tartare sauce **£1.00**

Cheesy garlic bread **£3.50 (V)**

Mango chutney **£1.00**

Coleslaw **£2.25 (V,GF)**

Sour cream **£1.00**

Garden peas **£1.50 (VG)**

1/2 Crusty baguette & butter **£1.50**

Garlic & chilli spinach **£2.50 (V, VGO, GF)**

Guacamole **£1.00**

If you have a food allergy, please speak to our team who will be happy to advise.
A full allergen menu is available, please ask.

(GF) – Uses non-gluten containing ingredients although traces may be possible,
(GFO) - Gluten free option available, (V) – Vegetarian, (VG) – Vegan, (VGO) Vegan
option available, (N) – Contains Nuts *Subject to change



PLATIAU BACH

Powlen o Olifau Cymysg gyda bara crystiog ac olew dipio balsamig **£7.50 (F, OHG)**

Tacos Porc Wedi'u Mygu â Hickory, gyda pico de gallo ffres cartref **£9.00**

Tacos Tatws Melys, gyda letys, feta a iogwrt mintys **£8.50 (LI)**

Sgiwerau Corgimychiaid a Chorizo wedi'u Grilio gyda mayonnaise leim **£9.00 (HG)**

Goujons Cyw Iâr Cartref wedi'u Ffrio gyda saws barbeciw Kansas **£9.00**

Macaroni a Chaws, mewn saws caws cartref gyda briwsion Panko ar ei ben **£6.00 (LI)** Ychwanegwch porc wedi'i rwygo **£2.75**

Sglodion Barbeciw - sglodion cartref wedi'u llwytho gyda porc wedi'i rwygo mewn saws barbeciw hicori a chaws **£7.00 (HG)**

Sglodion Groeg - sglodion cartref wedi'u gorchuddio â briwsion caws feta, oregano, winwnsyn coch wedi'i biclo a iogwrt mintys **£6.50 (LI)**

Salad Gardd Haf – Roced, ciwcymbr, tomatos ceirios, winwnsyn coch wedi'i biclo, caws feta ac olifau, wedi'i orffen â dresin lemwn ac oregano **£9.00 (LI)** Ychwanegwch Sgiwer Corgimwch am **£4.00**

PRYDAU YSGAFN 12YH - 4YH

Brechdan Caws Rarebit wedi'i grilio £7.50
Ychwanegwch porc wedi'i rwygo **£2.75** Ychwanegwch facwn **£2**

Baget Ham Sir Gaerfyrddin a Chaws £8 (OHG)

Baget Caws a Tomato £7.50 (OHG, LI)

Wrap Bysedd Pysgod, gyda saws tartar, letys a thomato **£8.50**

Wrap Cyw Iâr wedi'i Ffrio, gyda letys, halloumi wedi'i ffrio, a saws tsili melys **£8.50**

Wrap Falafel Tatws Melys, gyda letys, halloumi wedi'i ffrio, a saws tsili melys **£8.50**

Cinio'r Aradwr, baget wedi'i sleisio gyda chaws Caerffili Cenarth, caws Perl Las, ham Sir Gaerfyrddin, winwns melys wedi'u piclo, a siytni winwns wedi'u caramelleiddio â finegr balsamig gyda thomato, ciwcymbr ac afal **£16.00 (OHG)**

BWYDLEN

PRIF GWRS

Lasagne Cig Eidion Celtic Pride, cig eidion wedi'i goginio mewn ragŵ tomato bras, gyda phuprynnau a winwns, wedi'i bobi â chaws ar ei ben a'i addurno â berwr a pharmesan, gyda dewis o sglodion cartref neu fara garlleg **£16.75**

Shawarma Cyw Iâr, cyw iâr wedi'i rwygo'n fân â sbeisys Môr y Canoldir gyda letys, halloumi wedi'i ffrio, winwns coch wedi'u rhostio, wedi'i orffen gydag iogwrt garlleg a mintys a choriander, wedi'i weini ar fara fflat **£18.50**

Cyri Katsu wedi'i weini gyda reis ac wedi'i orffen gyda hadau sesame wedi'u rhostio a winwns coch wedi'u piclo **£15.00**
Dewiswch o: Flodfresych Creisionllyd (LI) neu Schnitzel Cyw Iâr

Tsili Cig Oen Cymreig, gyda reis neu greision tortilla, hufen sur, a bara garlleg **£15.50 (OHG)**

Ffiled o Eog wedi'i Phobi, wedi'i gweini â saws cennin a gwin gwyn hufennog, pys yr ardd a dewis o tatws bach wedi'u rhostio â Garlleg a Rhosmari neu sglodion cartref **£20.00 (HG)**

Sgampi mewn briwsion bara wedi'i Ffrio, gyda saws tartar cartref, pys yr ardd, sglodion cartref, a lemwn **£14.75**

Tarten Caws Gafr Sir Benfro a Winwns Coch wedi'i Garamelleiddio – wedi'i weini gyda thatws bach wedi'u rhostio â garlleg a rhosmari a salad wedi'i wisgo. **£14.50 (L)**

Pupryn Coch Mwg wedi'i rostio, Tatws Melys a Tsili Pum Ffeuen, wedi'i weini dros reis persawrus, neu creision tortilla gyda hufen sur, a bara garlleg. **£14.50 (OF, LI, OHG)**

O'R GRIL

Stecen Facwn â Sglein Masarn, gyda dau wŷ ffres wedi'i ffrio, pys a sglodion cartref neu tatws stwnsh **£17.50 (HG)**

Stecen Sylwyn Celtic Pride 10oz wedi'i haeddfedu am 35 diwrnod £34.00
Mae'r stecen sylwyn yn cael ei thorri o flaen y rym, fe'i hystyrir yn gyffredinol fel un o'r stêcs mwyaf tyner gyda brithder da

Stecen Golwythdy Celtic Pride 14oz £30.00
Mae'r stecen Golwythdy yn cael ei gweini ar yr asgwrn gyda rhan o'r golwyth uchaf a byr, mae'n cael ei wahaniaethu gan gyfran fwy o'r golwyth uchaf (ffiled) na Stecen-T, gan greu'r cyfuniad blas perffaith

Mae'r ddwy stecen uchod yn cael eu gweini â thomato wedi'i rostio, madarchen y maes wedi'i phobi, cylchoedd winwns mewn cyteu cwrw a sglodion cartref ar yr ochr. (HGO)

Ychwanegwch Sgiwer Corgimwch Mawr gyda Chorizo am £4.00
Saws:
Grawn Pupur £3.75 (HG) | Menyn Garlleg £2.75 (HG) | Menyn Cowboi £3.00

I BLANT

Nygets Cyw Iâr £5.50
Bysedd Pysgod £5.50
Selsig Porc £5.50
Ffyn Halloumi wedi'u Ffrio £6.00 (LI)
Gweinir yr holl bethau uchod gyda dewis o sglodion neu tatws stwnsh cartref a phys neu ffa pob ar yr ochr.

Pasta Penne Tomato gyda chaws ar ei ben **£5.50 (LI, OF)**

Macaroni a Chaws, mewn saws caws cartref **£5.50**

Sglodion, Caws a Ffa Pob £5.00 (HG, LI, OF)

Lasagne Cig Eidion i Blant – Wedi'i weini gyda bara garlleg **£9.00**

YCHWANEGIADAU

Cyloedd winwns mewn cyteu cwrw £3.75 (LI)	Tatws stwnsh hufennog £3.00 (LI)
Salad roced, winwns coch a thomatos ceirios £4.00 (F, HG)	Parmesan ffres 75p
Bara garlleg £2.75 (LI)	Saws tartar cartref £1.00
Powlen o sglodion £3.00 (F, HG)	Siytni mango £1.00
Bara garlleg cawslyd £3.50 (LI)	Hufen sur £1.00
Coleslaw £2.25 (LI, HG)	1/2 baguette crystiog a menyn £1.50
Pys yr ardd £1.50 (F)	Guacamole £1.00
Ysbigoglys garlleg a tsili £2.50 (LI, OF, HG)	
Brocoli tenderstem wedi'i grilio £4.50 (LI)	

Os oes gennych alergedd bwyd, siaradwch â'n tîm a fydd yn hapus i'ch cyngori. Mae bwydlen alergenau lawn ar gael, gofynnwch amdani.

(HG) – Yn defnyddio cynhwysion nad ydynt yn cynnwys glwten er y gall olion fod yn bosibl, (OHG) Opsiwn heb glwten ar gael, (LI) – Llysieuol (F) – Figan (C) - Yn cynnwys Cnau (OF) Opsiwn Figan ar gael
*Yn amodol ar newidiadau