

STARTERS

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

Hickory Smoked Pulled Pork Tacos, with a fresh homemade pico de gallo **£9.00**

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

Pork, Chicken Liver, and Brandy Pâté, served with farmhouse toast, and a mulled apple chutney **£9.00 (GFO)**

Soup of the Day, served with crusty bread **£9.00 (GFO,V)**

Prawns PilPil - King prawns in a hot chilli and garlic oil with crusty barra for dipping **£8.75**

Cheese and Truffle Arancini with a red pepper coulis **£8.50 (V)**

Smoked Mushroom Pâté served on rustic farmhouse toast, topped with rocket and walnuts **£8.50 (Vg)**

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

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

4oz Sirloin Steak served with homemade chips, egg and peas **£13.00 (GF)**

MOODY COW BISTRO

EVENING 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 a choice of homemade chips or 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**

Moody Cow Malaysian Curry, Celtic Pride beef in a spicy Malaysian sauce with spinach, served over fragrant rice, homemade chips or 1/2 + 1/2 with a garlic and coriander naan, topped with fresh chillies and coriander **£16.75 Add mango chutney for £1.00**

Katsu Curry served with rice and topped with toasted sesame seeds and pickled red onion **£15.00**
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**

Welsh Beer Battered Pollock served with homemade chips, garden peas, homemade tartare sauce and lemon wedge **£15.50**

Creamy Red Pesto Gnocchi with spinach and balsamic roasted cherry tomatoes, topped with rocket and parmesan **£14.75 (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 or mash **£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 Skewer - £4.00

Sauces:

Peppercorn £3.75 (GF) | Black & Blue Mushroom £3.75 (GF)

Garlic Butter £2.75 (GF) | Cowboy Butter £3.00

SIDES

Beer battered onion rings £3.75 (V)

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

Garlic bread £2.75 (V)

Bowl of homemade chips £3.00 (VG, GF)

Cheesy garlic bread £3.50 (V)

Coleslaw £2.25 (V,GF)

BBQ Smoked pork dirty fries £5.00 (GF)

Garden peas £1.50 (VG)

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

Roasted tenderstem broccoli £4.50 (V)

Creamy mashed potato £3.00 (V)

Baked Mac & Cheese with a panko crumb top £6.00 (V)

EXTRAS

Fresh parmesan 75p

Homemade tartare sauce £1.00

Mango chutney £1.00

Sour cream £1.00

1/2 Crusty baguette & butter £1.50

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

I DDECHRAU

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

Tacos Porc Mwg Hickory, gyda pico de gallo cartref ffres **£9.00**

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

Pâté Porc, Afu Cyw Iâr, a Brandi, wedi'u gweini gyda thost ffermdy, a siytnei afal wedi'i gynhesu **£9.00 (OHG)**

Cawl y Dydd, wedi'i weini gyda bara crystiog **£9.00 (OHG, LI)**

Corgimychiaid PiPil - Corgimychiaid brenin mewn tsili poeth ac olew garlleg gyda bara crystiog ar gyfer dipio **£8.75**

Arancini Caws a Thrwffl gyda coulis pupryn coch **£8.50 (LI)**

Smoked Mushroom Pate served on rustic farmhouse toast, topped with rocket and walnuts **£8.50 (Vg)**

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)**

Stecen Sylrlyn 4oz gyda sglodion cartref, wŷ a phys **£13.00 (HG)**



BWYDLEN SWPER

O'R GRIL



Lasagne Cig Eidion Celtic Pride, cig eidion wedi'i goginio mewn ragŵ tomato bras, gyda phuprynnau a winws, 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, winws coch wedi'u rhostio, wedi'i orffen gydag iogwrt garlleg a mintys a choriander, wedi'i weini ar fara fflat **£18.50**

Cyri Malaysaidd Moody Cow, cig eidion Celtic Pride mewn saws Malaysia sbeislyd gyda sbigoglys, wedi'i weini dros reis persawrus, sglodion cartref neu 1/2 + 1/2 gyda garlleg a naan coriander, a tsilis ffres a choriander ar ei ben **£16.75**
Ychwanegwch siytnei mango am £1.00

Cyri Katsu wedi'i weini gyda reis ac wedi'i orffen gyda hadau sesame wedi'u rhostio a winws 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**

Morlais mewn Cytew Cwrw Cymreig wedi'i weini gyda sglodion cartref, pys yr ardd, saws tartar cartref, a lletem o lemwn **£15.50**

Pesto Gnocchi Coch hufennog gyda sbigoglys a thomatos ceirios rhost balsamig, gyda roced a pharmesan ar eu pen **£14.75 (C, LI)**

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)**

PRIF GWRS

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

Stecen Sylrlyn Celtic Pride 10oz wedi'i haeddfedu am 35 diwrnod **£34.00**

Mae'r stecen sylrlyn 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**

Yn debyg i stecen-T, 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 winws mewn cyteu cwrw a sglodion cartref ar yr ochr. (HGO)

Ychwanegwch Sgiwer Corgimwch Mawr wedi'i goginio ar y grill am £4.00

Saws:

Grawn Pupur **£3.75 (HG)** | **Madarch Du a Chaws Glas** **£3.75 (HG)**

Menyn Garlleg **£2.75 (HG)** | **Menyn Cowboi** **£3.00**

AR YR OCHR

Cyloedd winws mewn cyteu cwrw **£3.75 (LI)**

Salad roced, winws coch a thomatos ceirios **£4.00 (F, HG)**

Bara garlleg **£2.75 (LI)**

Powlen o sglodion **£3.00 (F, HG)**

Bara garlleg cawslyd **£3.50 (LI)**

Coleslaw **£2.25 (LI, HG)**

Sglodion 'budr' porc BBQ **£5.00 (HG)**

Pys yr ardd **£1.50 (F)**

Ysbigoglys garlleg a tsili **£2.50 (LI, OF, HG)**

Brocoli tenderstem wedi'i grilio **£4.50 (LI)**

Tatws stwnsh hufennog **£3.00 (LI)**

Mac & Cheese gyda briwsion Panko ar ei ben **£6.00 (V)**

YCHWANEGIADAU

Parmesan ffres **75p**

Saws tartar cartref **£1.00**

Siytni mango **£1.00**

Hufen sur **£1.00**

1/2 baguette crystiog a menyn **£1.50**

Guacamole **£1.00**

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