

STARTERS

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

Nordic Salad – A light salad of barley, cucumber, zucchini, kohlrabi, red onion and cherry tomatoes topped with rocket and crumbled feta in a creamy lemon and mint dressing **£8.50 (V)**

Wedge Salad – A wedge of crisp iceberg lettuce, with a homemade blue cheese dressing and croutons, topped with bacon bits and chives **£8.50 (GFO)**

Pulled Pork Rarebit – Rustic bread, lightly toasted and topped with our in-house smoked pork shoulder and a rich rarebit sauce, finished with crispy onions **£9.00**

Barbacoa Beef Tacos – two soft shell tacos filled with pulled beef, shredded lettuce, roasted red peppers and sliced red onion then topped with coriander and served with a wedge of lime for dressing **£8.50**

Field Mushroom, baked with a balsamic red onion marmalade & Perl Las, topped with a basil, walnut, and rocket salad **£8.25 (N,V)**

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

BBQ Pulled Jackfruit Bao Buns, served with pickled sesame red cabbage, and a soy, honey and lime dip **£8.50 (VG)**

Homemade Rustic Pork & Chicken Liver Pate with flavours of sage and Gwyn Y Ddraig Cider, served with tomato and apple chutney, and farmhouse toast **£8.50 (GFO)**

FOR THE LITTLE ONES

Chicken Nuggets served with homemade chips and peas or beans **£5.50**

Fish Fingers served with homemade chips and peas or beans **£5.50**

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

Deep Fried Halloumi Sticks served with homemade chips and peas or beans **£6.00 (V)**

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

Pork Sausage served with homemade chips and peas or beans **£5.50**

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

4oz Celtic Pride Cheeseburger in a toasted sourdough bun, served with homemade chips and a choice of beans or homemade slaw **£8.00**



MAIN MENU

MAINS

Homemade 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 **£16.25**

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 **£16.00 Add mango chutney for £1.00**

Welsh Lamb Chilli, served over a choice of fragrant rice, or tortilla chips with sour cream, and garlic bread **£15.00 (GFO)**

BBQ Maple Glazed Rolled Belly Pork, sliced and grilled, with a cajun spiced sweet potato mash, spicy sweetcorn fritter and garlic spinach, garnished with spring onions **£20.00 (GF)**

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 **£14.50 (V)**

Butternut Squash, Sundried Tomato and Pearl Barley Risotto, garnished with crispy sage and pine nuts **£14.50 (N, VG)**
Add king prawns £4.00

Smokey 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)**

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

FROM THE GRILL



Maple Cured Bacon Steak, served with two fried free-range eggs, peas, and homemade chips **£17.00 (GF)**

Sweet BBQ Chicken Thighs, served on the bone with homemade toasted corn salsa and chips **£15.50**

Moody Cow Beef Burger, 6oz Celtic Pride beef burger, Monterey Jack cheese, gherkins, crisp lettuce, and tomato, with a homemade burger sauce, in a toasted brioche bun, served with homemade chips and slaw **£15.50**

Moody Cow Lamb Burger, 6oz Moroccan spiced lamb burger with rocket, red onion, and tomato and harissa mayonnaise in a toasted brioche bun served with homemade chips and slaw **£15.00**

Moody Cow Chicken Burger, southern fried chicken fillet, gherkins, fried halloumi, fire roasted red peppers, crisp lettuce, and tomato, with an oregano & paprika mayonnaise in a toasted brioche bun, served with homemade chips and slaw **£15.00**

Burger add-ons:
Fried halloumi £1.75 | Smoked bacon £1.75 | Extra patty £3.50 | Gherkins 75p | Pulled pork £2.75 | Pulled beef £2.75 | Fried onions £2.50 | Crown your burger with onion rings £1.75

Celtic Pride 35 day Dry Aged 10oz Sirloin Steak £32.50
The sirloin steak is cut from in front of the rump, it is generally regarded as one of the most tender of steaks with good marbling

Celtic Pride 14oz Porterhouse Steak £29.00
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

10oz Pork Ribeye £19.00
Cut from the rib end of the loin with the ribcap still attached, it comes naturally marbled to create a juicy alternative to a beef steak

All of the above 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)

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 spinach £2.50 (V, VGO, GF)

Grilled tenderstem broccoli £4.50 (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



I DDECHRAU

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

Salad Nordig – salad ysgafn o haidd, ciwcymbr, zucchini, kohlrabi, winwns coch a thomatos ceirios, gyda roced a briwsion ffeta mewn dresin lemwn a mint hufennog **£8.50 (LI)**

Lletem Salad - lletem o letys crensiog ffres, gyda dresin caws glas cartref a chroutons, gyda darnau o facwn a chennin syfi ar ei ben **£8.50 (OHG)**

Rarebit gyda Porc wedi'i rwygo - Bara wedi'i dostio'n ysgafn gyda ysgwydd porc mwg a saws rarebit cyfoethog, wedi'i orchuddio â winwns crensiog **£9.00**

Tacos Cig Eidion Barbacoa – dau daco meddal wedi'u llenwi â chig eidion wedi'i dynnu, letys wedi'i dorri'n fân, puprynnau coch rhost, a winwns coch wedi'u torri. Ar ben y cyfan bydd coriander, a lletem o leim am ddresin **£8.50**

Madarch Maes, wedi'u pobi â marmaled winwnsyn coch balsamig a Perl Las, gyda basil, cnau Ffrengig, a salad roced ar ei ben **£8.25 (C, LI)**

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

Byns Bao Jacffrwythau BBQ wedi'u rhwygo gyda bresych coch sesame wedi'u piclo, a dip leim, mêl a soi **£8.50 (F)**

Pâté Porc ac Afu Cyw Iâr Gwladaidd Cartref gyda blasau o saets a Seidr Gwynt y Ddraig, wedi'i weini â siytni tomato ac afal, a thost ffermdy **£8.50 (OHG)**

I BLANT

Nygets Cyw Iâr gyda sglodion cartref a phys neu ffa pob **£5.50**

Bysedd Pysgod gyda sglodion cartref a phys neu ffa pob **£5.50**

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

Ffyn Halloumi wedi'u Ffrio gyda sglodion cartref a phys neu ffa pob **£6.00 (LI)**

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

Selsig Porc gyda sglodion cartref a phys neu ffa pob **£5.50**

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

Byrgyr Caws Celtic Pride 4oz mewn bynnen brioche wedi'i thostio, â sglodion cartref a dewis o ffa pob neu goleslaw cartref **£8.00**

Byrgyr Cig Eidion Celtic Pride 6oz byrgyr cig eidion Celtic Pride 6oz, caws aeddfed, gercynau, letys, tomato a saws byrgyr cartref, mewn bynnen brioche wedi'i thostio a'i gweini â sglodion cartref a choleslaw **£15.00**

Byrgyr Cig Oen Moody Cow, byrgyr cig oen 6oz gyda sbeis Morocaidd a berwr, winwns coch a mayonnaise tomato a harissa mewn bynnen brioche wedi'i thostio gyda sglodion cartref a choleslaw **£15.00**

Byrgyr Cyw Iâr Moody Cow, cyw iâr mewn briwsion wedi'i ffrio, gercynau, halloumi wedi'i ffrio, puprynnau coch wedi'u rhostio â than, letys, a thomato, gyda mayonnaise oregano a phaprika mewn bynnen brioche wedi'i thostio a'i gweini â sglodion cartref a choleslaw **£15.00**

Ychwanegiadau byrgyr:
Halloumi wedi'i ffrio £1.75 | Bacwn wedi'i fygu £1.75 | Byrgyr ychwanegol £3.50 | Gercynau 75p | Porc wedi'i rwygo £2.75 | Cig eidion wedi'i rwygo £2.75 | Winwns wedi'u ffrio £2.50 | Coronwch eich byrgyr gyda chylchoedd winwns am £1.75

Stecen Sylrlwyn Celtic Pride 10oz wedi'i haeddfedu am 35 diwrnod **£32.50**
Mae'r stecen sylrlwyn yn cael ei thorri o flaen y rymp, fe'i hystyrir yn gyffredinol fel un o'r stêcs mwyaf tyner gyda brithder da

Stecen Golwythdy Celtic Pride 14oz £29.00
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

Stecen Borc Ribeye (10 owns) £19.00
Wedi'i thorri o ben asennau'r lwyn gyda chap yr asen yn dal i fod yn sownd, caiff ei gweini'n naturiol â brithder fel dewis gwahanol, suddlawn yn lle stecen cig eidion

Mae pob un o'r 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 wedi'i goginio ar y gril am £4.00

Saws:
Grawn Pupur £3.75 (HG) | Madarch Du a Chaws Glas £3.75 (HG) | Menyn Garlleg £2.75 (HG)



BWYDLEN

PRIF GWRS

Lasagne Cig Eidion Cartref 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 **£16.25**

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 **£16.00 Ychwanegwch siytni mango am £1.00**

Tsili Cig Oen Cymreig, gyda reis neu greision tortilla, hufen sur, a bara garlleg **£15.00 (OHG)**

Porc Bol BBQ gyda Sglein Masarn wedi'i dorri a'i grilio, gyda thatws melys stwnsh â sbeis cajun, ffriterau india-corn ac ysbigoglys garlleg, wedi'i weini â shibwns ar ei ben **£20.00 (HG)**

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

Risotto Pwmpen Cnau Menyn a Haidd Gwyn gyda saets crensiog, tomatos wedi'i sychu a chnau pin **£14.50 (F)**
Ychwanegwch gorgimwch mawr am £4.00

Pesto Gnocchi Coch hufennog gyda sbigoglys a thomatos ceirios rhost balsamig, gyda roced a pharmesan ar eu pen **£14.50 (V)**

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)**

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**

O’R GRIL

Stecen Facwn â Sglein Masarn, gyda dau wŷ ffres wedi'i ffrio, pys a sglodion cartref **£17.00(HG)**

Gluniau Cyw Iâr mewn Barbeciw Melys, wedi'i weini ar yr asgwrn gyda salsa corn wedi'u tostio a sglodion **£15.50**

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AR YR OCHR

Cyloedd winwns mewn cyteu cwrw £3.75 (LI)

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

Bara garlleg cartref £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 £2.50 (LI, OF, HG)

Brocoli tenderstem wedi'i grilio £4.50 (LI)



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

