

# *Tafarn Sinc*

## *Y Fwydlen*

**Mae Tafarn Sinc yn hapus i ddarparu lluniaeth ar gyfer partïon mawr.  
Yr ydym yn cynnig bwydlen ffurfiol neu bwffe.  
Holwch wrth y bar am ragor o fanylion.**

### **Haf:**

Gweinir bwyd o 12.00 tan 8.30yh  
Prif fwydlen ar gael rhwng 3:30 yp a 8:30 yh

### **Gaeaf:**

Gweinir bwyd rhwng 12.00 a 3.00yp ac rhwng 6.00yh ac 8.30yh

### **Cinio Dydd Sul rhwng 12.00-3.00yp ar hyd y flwyddyn.**

Dewis o ddau gig o'r Siop Fferm Lleol. Llysiau hefyd wedi'i tyfu'n lleol

## *Meals Service*

**Tafarn Sinc is happy to cater for large parties with prior arrangement.  
We can offer either a fixed Menu or Buffet as required.  
Ask at the Bar for full details**

### **Summer:**

Food served from Midday until 8.30pm  
Main menu between 3:30pm and 8:30pm

### **Winter:**

Food served between 12.00 and 3pm and then 6pm – 8.30pm

### **Sunday Lunch 12-3pm All Year Round.**

Choice of two meats from local farms. Vegetables also sourced locally in season.

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## Prydau Ysgafn/Light Bites

|                                                                                                                                                         |       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| Cawl Cymreig Traddodiadol gyda Chaws Cymreig, rhodyn crystiog cynnes a menynd<br>Traditional Welsh Cawl, with Welsh cheese, warm crusty roll and butter | £6.95 |
| Cawl Cymreig Traddodiadol gyda rhodyn wedi'i llenwi<br>Traditional Welsh Cawl with a filled roll                                                        | £8.95 |
| Salad (Caws, Ham, Twrci, Tiwna, neu Corgimwch)<br>Salad (Cheese, Ham, Turkey, Tuna, or Prawn)                                                           | £9.95 |
| Cinio'r Aredwr (Caws, Ham, Twrci, neu Cig Eidion)<br>Ploughman's Lunch (Cheese, Ham, Turkey, Beef)                                                      | £6.95 |
| Brechdanau (Brown neu Wyn)/Sandwiches (Brown or White)                                                                                                  | £4.95 |
| Rhodyn Ciabatta (Gwyn)/Ciabatta Roll (white)                                                                                                            | £6.95 |
| Taten Bob gyda un llenwad/Jacket Potato with One Filling                                                                                                | £7.95 |
| Taten Bob gyda dau llenwad/Jacket Potato with 2 fillings                                                                                                | £8.50 |

### Llenwadau Oer/Cold Fillings

Ham/Ham  
Cig Eidion/Beef  
Twrci/Turkey  
Caws/Cheese  
Tiwna/Tuna  
Corgimychiaid/Prawns  
Colslo/Coleslaw

### Llenwadau Twym/Hot Fillings

Bacwn/Bacon  
Bacwn gyda Chaws/Bacon with cheese  
Wy/Egg  
Selsig a Winwns/Sausage and Onion  
Bacwn Letys a Thomato/BLT  
Tiwna gyda Chaws/Tuna & Cheese

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## I Ddechrau/Starters

**Swp cartref y Dydd gyda rhol fara a menyn: £5.50**

Home-made soup of the Day, bread roll and butter

**Madarch Garlleg Hufennog/Creamy Garlic Mushrooms: £6.50**

**Madarch wedi'u gorchuddio gyda saws Garlleg Hufennog. Wedi'u gweini gyda bara.**

Mushrooms smothered in Creamy garlic sauce. Served with rustic bread.

**Coctel Corgimwch/Prawn Cocktail: £6.95**

**Coctel Corgimwch clasurol mewn arddull retro, yn cael ei weini mewn saws Marie Rose gyda Bara Brown a menyn.**

A retro-style classic Prawn Cocktail, served in a Marie Rose sauce with Brown Bread and butter.

**Pâté y Dydd/Pâté of the day: £6.75**

**Gweinir gyda Bara wedi'i dostio a menyn, salad ochr a relish winwns coch.**

Served toast and butter, a side-salad with Red Onion Relish

## O'r Radell/From Our Grill

**Gweinir y cyfan gyda Madarch, Cylchoedd Winwns, pys a'ch dewis chi o Datws.**

All Served with Mushroom, Onion Rings, Peas and your choice of Potato.

**Stecen Rymp 8 owns/8oz Rump Steak: £12.95**

**Stecen rymp Dexter o'n Siop Fferm leol.**

Our tender Dexter Rump Steak, fresh from local farm shop.

**Stecen Rymp 12 owns/12oz. Rump: £14.95**

**Stecen rymp Dexter o'n Siop Fferm leol.**

Our tender Dexter Rump Steak, fresh from local farm shop.

**Stecen Llygad Asen 8 owns/8oz. Ribeye: £16.95**

**Mae'r brithwaith ardderchog yn y toriadau hyn yn golygu eu bod yn llawn blas.**

The excellent marbling in these Dexter cuts gives them tenderness and flavour.

**Stecen Llygad Asen 12 owns/12oz. Ribeye: £20.95**

**Mae'r brithwaith ardderchog yn y toriadau hyn yn golygu eu bod yn llawn blas.**

The excellent marbling in these Dexter cuts gives them tenderness and flavour.

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**Stecen Cig Oen Preseli 8 owns/8oz Preseli Minted Lamb Steak: £12.95**  
Hwn eto yn dod o'n Siop Fferm leol gyda marinad llawn blas. Un o'n gwerthwyr gorau!  
Our local farm shop comes up trumps with a marinade 'to die for'. Full of flavour it's one of our best sellers!

**Stecen Gamwn 6 owns/6oz Gammon Steak: £12.95**  
gyda'ch dewis chi o Wy, Pinafal neu Y DDAU!  
Succulent, with your choice of Egg, Pineapple or BOTH!

**Stecen Gamwn 12 owns/12oz Gammon Steak: £14.95**  
gyda'ch dewis chi o Wy, Pinafal neu Y DDAU!  
Succulent, with your choice of Egg, Pineapple or BOTH!

Ychwanegwch ein Saws pupur Cartref/Add our home-made pepper sauce for only £2.50

## Ffefrynnau Tafarn Sinc Favourites

**Lasagne/Lasagne: £11.25**  
Lasagne Cig Eidion neu Llysiau (V) cartref, wedi'i weini gyda salad a dewis o datws.  
Home-made Beef or Vegetable Lasagne (V), served with side-salad and choice of potato.

**Ffagots/Faggots: £11.95**  
Ffagots cartref mewn grefi winwns. Wedi'i weini gyda tatws o'ch dewis, llysiau a phys.  
Home-cooked faggots in rich onion gravy. Served with choice of potatoes, vegetables and peas.

**Ham, Wy a Sglodion/Ham, Egg & Chips: £9.50**

## Pysgod/Fish Bar

**Sgampi, sglodion a pys (neu bys stwnsh)/Scampi, chips and peas (or mushy peas): £11.25**

**Pysgodyn mewn cyteu/Battered Fish: £13.50**  
Pysgodyn wedi'i ffrio yn ein cyteu cwrw ein hunain, sglodion a pys (neu bys stwnsh)  
Fish fried in our own beer-batter, chips and peas (or mushy peas)

**Eog/Salmon: £12.25**  
Eog wedi'i botsio mewn saws gwin gwyn a menyn. Eich dewis chi o datws a llysiau.  
Poached Salmon in a white wine and butter sauce. Your choice of potatoes and vegetables.

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## Byrgers/Burgers

Byrgys o'n Siop Fferm leol wedi eu gweini mewn rhol feddal, cylchoedd winwns a thatws o'ch dewis/Burgers are sourced from a local farm shop and are served in a soft, flavoured bap with Onion Rings and potato of your choice.

Byrgyr Oen Preseli/Preseli Lamb Burger: £8.50

Byrgyr Eidion Dexter/Dexter Beef Burger: £8.50

Ffiled Cyw Iâr mewn cytew/Battered Chicken Fillet: £8.50  
wedi ei weini mewn rhol feddal, letys a mayonnaise.  
served in a flavoured bap with lettuce and mayonnaise.

## Cyris Cartref/Home-made Curries

Pob un wedi'i weini gyda Bara Naan a Reis.  
All served with Naan Bread and Rice.

Cyri Cyw Iâr Cartref/Chicken Tikka Curry: £10.50

Cyri Llysiau Thai Penang/Thai Penang Vegetable Curry: £10.50  
Wedi ei wneud o Llysiau o ffermydd lleol (Ve). / Made with local farm vegetables (Ve).

Tsili Figan/Vegan Chilli: £11.25  
Wedi ei wneud gan ddefnyddio pump ffa gwahanol a llawer o sbeisys. Yn cael ei weini gyda nachos (Ve).  
Made with five different beans and lots of spices. Served with a handful of nachos (Ve).

Sglodion i fynd gyda'r uchod: £0.75  
Serving of chips to go with any of the above £0.75

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## Tatws a Phrydau Ochr Potatoes & Side Dishes

|                                   |       |                                                 |       |
|-----------------------------------|-------|-------------------------------------------------|-------|
| Tatws Stwnsh/Mash Potato          | £2.50 | Bara Garlleg/Garlic Bread                       | £2.95 |
| Tatws Newydd/New Potatoes         | £2.50 | Bara Garlleg a Chaws<br>Garlic Bread and Cheese | £3.95 |
| Tatws wedi'u ffrio/Sauté Potatoes | £2.50 | Madarch/Mushrooms                               | £2.75 |
| Tatws Pob/Jacket Potato           | £2.75 | Cylchoedd Winwns/Onion Rings                    | £2.75 |
| Sglodion/Chips                    | £2.75 | Llysiau ffres/Fresh Vegetables                  | £2.75 |
| Bowlen o Salad/Salad Bowl         | £2.25 |                                                 |       |

## Pwddin/Desserts

Mae gennym ddewis da o bwdinau cartref am £4.95  
Gofynnwch am weld y restr bwdinau.

We have an excellent choice of home-made desserts, all at £4.95.  
Please ask to see today's selection.

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## Prydau Plant/Children's Meals

I blant o dan 12 mlwydd oed yn unig.  
For children Under 12 years old.

### Bwydlen Blant/Children's Menu £5.95

Dewis un o'r canlynol/Choose any one of the following:

Selsig/Sausage  
Darnau Pysgod/Cod Bites  
Nygets Cyw Iâr/Chicken Nuggets  
Lasagne  
Ffagots/Faggots

### ❖ Pryd Bargaen i Blant/Children's Meal Deal £7.95 ❖

Dewisiwch un o'r prydau o'r Fwydlen Blant (wedi ei weini gyda dewis o datws, Ffa Pob, Pys, Llysiau Ffres neu India-corn), diod addas a phwddin Hufen-ia.

Choose any item from the Children's Menu (served with a choice of potato and either Baked Beans, Peas, Fresh Vegetables or Sweetcorn) with a suitable drink, and an Ice-Cream dessert.



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## Bwydlen Cludfwyd/Takeaway Menu

**Dydd Mawrth - Dydd Sadwrn/Tuesday – Saturday 5pm - 8.30pm**  
**Dydd Sul/Sunday 12pm-3pm**

|                                                                                                                |              |
|----------------------------------------------------------------------------------------------------------------|--------------|
| <b>Pysgodyn mewn Cytew cartref a Sglodion/Home Battered Fish and Chips</b>                                     | <b>£7.95</b> |
| <b>Sgampi a Sglodion/Scampi and Chips</b>                                                                      | <b>£6.95</b> |
| <b>Ffiled Cyw Iâr mewn Cytew a Sglodion/Battered Chicken Fillet and Chips</b>                                  | <b>£5.95</b> |
| <b>Nygets Cyw Iâr a Sglodion/Chicken Nuggets and Chips</b>                                                     | <b>£5.95</b> |
| <b>Goujons Cyw Iâr a Sglodion/Chicken Goujons and Chips</b>                                                    | <b>£5.95</b> |
| <b>Selsig Porc plaen (neu mewn cytew) a Sglodion/<br/>Plain Pork Sausage (or Battered) and Chips</b>           | <b>£4.95</b> |
| <b>Selsig Llysieuol plaen (neu mewn Cytew) a Sglodion/<br/>Plain Vegetable Sausage (or Battered) and Chips</b> | <b>£4.95</b> |
| <b>Byrgyr Cig Eidion neu Cig Oen a Sglodion/Beef or Lamb Burger and Chips</b>                                  | <b>£6.95</b> |
| <b>Pei a Sglodion/Pie and Chips</b>                                                                            | <b>£5.50</b> |
| <b>Cyri Cyw Iâr a Reis/Chicken Curry and Rice</b>                                                              | <b>£5.95</b> |
| <b>(gyda Sglodion/with Chips)</b>                                                                              | <b>£6.70</b> |
| <b>Cyri Llysieuol a Reis/Vegetable Curry and Rice</b>                                                          | <b>£5.95</b> |
| <b>(gyda Sglodion/with Chips)</b>                                                                              | <b>£6.70</b> |

### Ychwanegiadau/Extras

|                                     |              |                                                                   |              |
|-------------------------------------|--------------|-------------------------------------------------------------------|--------------|
| <b>Sglodion/Chips</b>               | <b>£2.00</b> | <b>Rhâl Bara Rwpiog a Menyn/<br/>Rustic Bread Roll and Butter</b> | <b>£0.90</b> |
| <b>Pys Slwtsh/Mushy Peas</b>        | <b>£1.00</b> | <b>Colslo/Coleslaw</b>                                            | <b>£1.10</b> |
| <b>Ffa Pôb/Beans</b>                | <b>£1.00</b> | <b>Caws/Cheese</b>                                                | <b>£1.50</b> |
| <b>Saws Cyri/Curry Sauce</b>        | <b>£1.20</b> |                                                                   |              |
| <b>Cylchoedd Winwns/Onion Rings</b> | <b>£1.20</b> |                                                                   |              |

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