

# 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

**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 Gigydd leol. 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

**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 our local butcher. Vegetables also sourced locally in season.

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## Prydau Ysgafn/Light Bites

<b>Cawl Cymreig Traddodiadol gyda Chaws Cymreig, rhodyn crystiog cynnes a menyf</b> Traditional Welsh Cawl, with Welsh cheese, warm crusty roll and butter	£6.95
<b>Cawl Cymreig Traddodiadol gyda rhodyn wedi'i llenwi</b> Traditional Welsh Cawl with a filled roll	£8.95
<b>Salad (Caws, Ham, Twrci, Tiwna, neu Corgimwch)</b> Salad (Cheese, Ham, Turkey, Tuna, or Prawn)	£9.95
<b>Cinio'r Aredwr (Caws, Ham, Twrci, neu Cig Eidion)</b> Ploughman's Lunch (Cheese, Ham, Turkey, Beef)	£6.95
<b>Brechdanau (Brown neu Wyn)/Sandwiches (Brown or White)</b>	£4.95
<b>Rholyn Ciabatta (Gwyn)/Ciabatta Roll (white)</b>	£6.95
<b>Taten Bob gyda un llenwad/Jacket Potato with One Filling</b>	£7.95
<b>Taten Bob gyda dau llenwad/Jacket Potato with 2 fillings</b>	£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 o'n siop gigydd leol.  
Our tender Rump Steak, fresh from our local butcher.

**Stecen Rymp 12 owns/12oz. Rump: £14.95**  
Stecen rymp o'n siop gigydd leol.  
Our tender Rump Steak, fresh from our local butcher.

**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 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 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 gigydd leol gyda marinad llawn blas. Un o'n gwerthwyr gorau!  
Our local butcher 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

## Ffrefrynnau 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 traddodiadol mewn grefi winwns. Wedi'u gweini gyda tatws o'ch dewis, llysiau a phys.  
Traditional 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.  
Salmon poached in a white wine and butter sauce. Your choice of potatoes and vegetables.

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## Byrgers/Burgers

Byrgys o'n Siop Gigydd leol wedi eu gweini mewn rhol feddal, cylchoedd winwns a thatws o'ch dewis/Burgers are sourced from a local butcher 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/Beef Burger: £8.50**

**Ffiled Cyw Iâr mewn cyteu/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 Garleg/Garlic Bread	£2.95
Tatws Newydd/New Potatoes	£2.50	Bara Garleg a Chaws 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 phwdin 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.

