



**HARBOURMASTER**  
ABERAERON

**CINIO SUL Y MAMAU, Mawrth 14 – MOTHERING SUNDAY LUNCH, March 14**

3 chwrs £25.00 / 3 courses £25.00

Amuse bouche

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Cawl tomato hufennog  
Cream of tomato soup

Cregyn gleision marinières Bae Aberteifi  
Swansea Bay moules marinières

Salad betys, caws gafr, roced a chnau ffrengig  
Beetroot, goat's cheese, rocket and walnut salad

Parfait afu ffowlyn, marmaled winwns coch, tost  
Chicken liver parfait, red onion marmalade, toast

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Cig eidion rhost Cwm Ystwyth gyda pwdin Swydd Efrog, greffi gwin coch  
Roast Cwm Ystwyth beef with Yorkshire pudding, red wine gravy

Lwyn rhost o borc lleol gyda compote afal a crofen, greffi seidir  
Roast pork loin with apple compote and crackling, cider gravy

Ffiled eog wedi'i ffrio, spinais, tato mâl, saws menyngemwn  
Panfried fillet of salmon, spinach, crushed potatoes, lemon butter sauce

Risotto pys, shibwns a parmesan gyda wŷ wedi'i botsio  
Pea and spring onion risotto with parmesan and warm poached egg

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Crymbl afal a chwstard  
Apple crumble and custard

Meringue aeron rhewllyd  
Iced berry meringue

Pwdin dêt a chnau pistasio, saws taffi, hufen tolch  
Date and pistachio pudding, toffee sauce and clotted cream

Caws Hafod a perlas, bisgedi ceirch  
Hafod cheddar cheese, oatcakes

Nid yw gwasanaeth yn gynwysiedig – ychwanegir 10% dewisol am wasanaeth i grwpiau o 7 neu fwy  
Service is not included – discretionary 10% service charge is added to tables of 7 or more  
Defnyddiwn cynnyrch lleol pryd bynnag mae'n bosibl  
We use local ingredients whenever possible  
Byddwch cystal a rhoi gwybod i ni am unrhyw anghenion deiet arbennig  
Please inform us of any dietary requirements