

Starters

Homemade soup of the day 5.50 (GF)(Ve)
Warming fresh soup served with artisan bread
(Gluten free bread available)

Whitebait 7.50 (GF)
Deep fried whitebait served with aioli dip

Rainbow salad 6.50 (GF)(V)
A delicious salad with feta, beetroot and orange

Prawn & avocado platter 8.95
Prawns served with avocado

Halloumi fries 6.50 (GF)(V)
Harrisa coated halloumi fries with sriracha mayonnaise

Light Bites

(Served lunchtime only)

Homemade chicken goujons 8.50
Chicken goujons served with a sweet chilli sauce
& garnish

Glamorgan sausage 8.50
Cheese and leeks bound in breadcrumbs served with
sweet chilli sauce and salad (not a sausage in sight, it's a
traditional Welsh vegetarian recipe)

Fish finger brioche 8.50
Goujons of haddock deep fried in gluten free beer
batter, served with homemade tartare sauce & garnish

Chicken, bacon & avocado bruschetta 8.50
Slices of chicken with crispy bacon and fresh avocado
layered on sourdough bread

Welsh rarebit 9.50 (GF)(V)
Traditional Welsh rarebit served with a seasonal
side salad. GF available - please ask
Add ham or fried egg for a £1 each

Mozzarella, tomato & basil bruschetta 7.50 (V)
Slices of mozzarella and tomato layered on local
sourdough bread and drizzled in basil oil

You can order from your table
Scan this with your camera



Mains

Beer battered haddock 13.50 (GF)
Our own beer battered haddock fillet deep fried &
served with garden peas, handcut chips & homemade
tartare sauce

Breaded scampi 11.50
Deep fried wholetail scampi served with garden peas,
handcut chips & homemade tartare sauce

Pie of the day 12.50
Our own homemade pie served with garden peas,
mashed potato & gravy

Homemade burgers 12.50
6oz Welsh Black Beef Burger / Butterfly Chicken
Burger / Vegan beetroot and walnut burger
Served with relish, onion rings & mushrooms in a
brioche roll with handcut chips
(Add cheese or bacon for a £1 each)

10oz gammon steak 12.50 (GF)
Gammon steak & pineapple with handcut chips and
garden peas

10oz Welsh Black Rump Steak 14.50 (GF)
Cooked to your liking with onion rings, cherry
tomatoes, mushrooms and chunky handcut chips

NEW

Buddha salad bowl 14.50 (GF)(Ve)
Choose from buttered grilled chicken, hot salmon
or Vegan falafel
Mixed green leaves, appleslaw, turkish tomato salad,
beetroot and chickpea salad, cauliflower tabbouleh,
carrot raisin and pine nut salad, red onion salad,
watermelon & avocado.
Allergy advice: may contain nuts, soya and sesame

Sides

Small Buddha bowl 5.50
Handcut homecooked chips 3.95
American thin-cut fries 3.50
Chunky onion rings 3.95

Kid's Menu

Ham & Chips 6.50 (GF)
Homemade Fish goujons & chips 6.50 (GF)
Homemade chicken goujons & chips 6.50
Sausage & Chips 6.50
Ham or Cheese Toastie, crisps & drink 6.50



Blas Mwy

BLACK LION

I Ddechrau

Cawl y Dydd 5.50 (HG)(Fi)

Cawl cartref wedi'i weini gyda bara artisan (heb glwten ar gael)

Silod mân 7.50 (HG)

Silod mân wedi'i ffrio yn ddwfn a'i gweini gyda saws aioli

Salad enfys 6.50 (HG)(LI)

Salad gyda chaws ffetys, betys ac oren

Platiad corgimwch 8.95

Corgimwch wedi'i weini gyda afocado

Sglodion halloumi 6.50 (HG)(LI)

Sglodion halloumi mewn harissa gyda meionês sriracha

Prydau Ysgafn

(Amser cinio yn unig)

Goujons Cyw Iar 8.50

Goujons cartref gyda saws tsili melys a garnais

Selsig Morgannwg 8.50

Rysait draddodiadol o gaws a chennin mewn briwsion bara (nid selsig) gysa saws tsili melys a garnais

Brioche bysedd pysgod 8.50

Goujons o hadog mewn cyteu cwrw di glwten mewn brioche, gyda saws tartar cartref a garnais

Bruschetta cyw iar, cig moch ac afocado 8.50

Tafelli o gyw iar, cig moch ac afocado ffres ar fara surdoes

Caws Pob Cymreig 9.50 (HG)(LI)

Cymysgedd o gawsiau lleol, mwstard a chwrw wedi'i doddi ar dôst trwchus
Ychwanegu ham neu wy am £1 yr un

Mozzarella, tomato & basil bruschetta 7.50 (LI)

Tafelli mozzarella a thomato ar fara surdoes wedi'i ddiferu mewn olew basil

Archebwch o'ch bwrdd
Sganiwch gyda'ch camera



www.blasmwy.co.uk

Prif Brydau

Hadog mewn cyteu Cwrw 13.50 (HG)

Wedi'w ffrio'n ddwfn mewn cyteu cartref a'i weini gyda phys, sglodion cartref a saws tartar cartref

Sgampi cynffon gyfan 11.50

Gyda sglodion trwchus cartref, pys a saws tartar cartref

Pei y Dydd 12.50

Pei gartref gyda phys, tatws mash a grêfi

Byrgyr gartref 12.50

Cig Eidion lleol 6oz / Ffiled Cyw iar / Figan Betys a chnau Ffrengig

Wedi'i weini gyda relish, nionod mewn cyteu. a madarch mewn bap brioche a sglodion cartref (Ychwanegwch gaws neu gig moch am £1 yr un)

Gamwn 10owns 12.50 (HG)

Wedi'i weini gyda pinafal, pys a sglodion cartref trwchus

Stecen Rymp 10owns 14.50 (HG)

Wedi'i choginio fel yr hoffwch gyda chylchoedd nionod mewn cyteu, tomatos, madarch a sglodion cartref

NEWYDD

Powlen Salad Buddha 14.50 (HG)(Fi)

Dewiswch ffiled gyw iar, eog cynnes neu ffalffel figan.

Salad gwyrdd, slaw afal, salad tomato Twrceg, salad betys a gwygys, tabbouleh blodfresych, salad moron, cyrens a chnau pin, nionod coch, melon ddwr ac afocado.

Cyngor alergedd: gall gynnwys cnau, soya a sesame

Ar yr ochr

Powlen salad buddha fechan 5.50

Sglodion cartref trwchus 3.95

Sglodion tenau 3.50

Nionod mewn cyteu 3.95

Bwydlen y plant

Ham a sglodion 6.50 (HG)

Goujons pysgod a sglodion 6.50 (HG)

Goujons cyw iar a sglodion 6.50

Selsig a sglodion 6.50

Tôsti ham neu gaws, creision a diod 6.50

(HG) Heb glwten (LI) Llysieuol (Fi) Figan
Mae llawer o'n prydau ar gael heb glwten neu'n figan.