

Prif Fwydlen - Main Menu



48 Stryd Fawr / High Street, Y Bala, LL23 7AB

01678 521260 - hello@cyfnod.com

www.cyfnod.com

Wi-fi: 123CYMRU



I DDECHRAU - STARTERS

Soup of the Day £4.95

Home-made soup served with a warmed bread.

Baked Camembert Cheese £6.95

French Camembert studded with sliced garlic, thyme, drizzled with chilli oil. Baked and served with a warm baguette and mixed olives.

Garlic Ciabatta £3.95

Garlic Ciabatta with Cheese £4.75

Garlic Mushrooms £5.95

Mushrooms cooked in white wine and garlic, finished off with cream. Served with half a warm baguette.

Welsh Dragon Paté £6.50

Locally made venison pate with a hint of chilli. Served with a caramelised onion chutney, salad garnish and toast.

Spicy Chicken Wings £5.95

Breaded chicken wings served with sweet chilli dipping sauce and salad.

Marinated Mixed Olives £4.25

Mixed olives served with bread.

King Prawns £6.50

Tempura battered king prawns served with sweet chilli dipping sauce and salad.

Bruschetta Pomodoro £5.95

Marinated chopped tomatoes and fresh basil, with garlic and served on toasted bread. Dressed in pesto oil.

PRIF GWRS - MAINS

All our lamb and beef are 100% produced by our local T. J. Roberts & Son Butchers from Bala.

10oz Sirloin Steak £20.95

Served with grilled cherry tomatoes, mushrooms, onion rings and chips. **Sauce for steak:** peppercorn or mushroom £1.95

Caribbean Chicken £13.95

Marinated chicken breast in a medium curry paste, pan fried in a rich coconut sauce with scallions and chilli pepper. Served with chips and salad.

Lemon & Garlic Chicken Supreme £12.95

Marinated chicken breast marinated in lemon and garlic with a creamy mushroom sauce. Served with chips and salad. Smoky aromatic heart tomato stew made with butter bean sweet potatoes and spinach served with rice.

Horseshoe Gammon Steak £11.95

Gammon steak cooked on a chargrill, served with either fresh cut pineapple or a free-range egg and chips.

Honey Glazed Ham £11.95

Home-cooked ham with free-range eggs, peas, salad and chips.

Welsh Steak Burger £12.95

Topped with grilled bacon and cheddar cheese. Served with chips, coleslaw and a salad garnish.

Chargrilled Chicken Breast Burger £12.50

Topped with grilled bacon cheddar cheese. Served with chips, coleslaw and a salad garnish.

Minted Welsh Lamb Burger £12.95

Topped with grilled bacon and cheddar cheese. Served with chips, coleslaw and a salad garnish.

OCHRAU - SIDES

Mixed Salad £3.95

Rocket and Parmesan £3.75

Chips £3.25

Onion Rings £3.50

Coleslaw £2.95

Beans £1.95

DO YOU HAVE AN ALLERGY?

Please tell us and we can check that your menu choice is suitable and safe, as not all ingredients are listed on this menu.



Vegetarian



Gluten Free



Vegan

O'R MÔR - SEAFOOD

Spanish style Fillet of Seabass £13.95

Seabass fillet served on crushed garlic new potatoes with a warm salsa of chorizo, roasted peppers, olives, red onions and prawns in a tomato sauce.

Pan-fried Salmon Fillet £14.95

Served with asparagus spears and saute new potatoes, topped with a sweet chilli sauce.

Breaded Scampi £11.95

Served with chips, garden peas, salad and a lemon wedge.

Smoked Haddock and Spring Onion Fishcakes £10.95

Served with chips, salad, tartare sauce and a lemon wedge.

PASTA - RISOTTO

Spaghetti Bolognese £9.95

Homemade beef bolognese in a tasty tomato and basil sauce topped with Parmesan cheese.

Penne Arrabiata £10.95

Peppers, olives, onions and tomatoes in a spicy chilli sauce topped with Parmesan cheese.

Linguine Di Mare £12.95

Pasta cooked in cream with smoked salmon, prawns, spinach, cherry tomatoes and Mascarpone.

Homemade Beef Lasagne £12.50

Using our own beef bolognese sauce layered with bechamel sauce and sheets of lasagne cooked until golden brown. Served with salad and garlic bread.

Italian style Chicken and Chorizo Risotto £12.50

Pan-fried chicken in a vegetable stock, chorizo and roasted peppers topped with Parmesan cheese.

Risotto Boscaiola £11.95

Garlic butter, sliced asparagus spears, mushrooms topped with Parmesan shavings.

Smoked Haddock Rissotto £12.50

Arborio risotto cooked with smoked poached haddock, garden peas and Atlantic prawns, poached egg and topped with Parmesan cheese.

Spaghetti / Penne Carbonara £10.95

Pan-fried smoked pancetta in a white wine, cream and garlic sauce with Parmesan cheese and egg.

Pollo Penne Genovese £11.95

Tender strips of chicken tossed in a creamy pesto sauce with mushroom and penne pasta topped with Parmesan.

Seafood Spaghetti £13.50

Mussels, prawns, calamari and smoked julian salmon cooked in special tomato sauce and chilli peppers.

Spaghetti All'Amatriciana £11.50

Bacon, red onion, garlic, cherry tomatoes all in a tasty red wine and basil sauce topped with Parmesan.

SALADS

Greek Salad £9.95

Mixed leaves, feta cheese, olive oil, tomatoes, cucumber, olives and parsley.

Halloumi and Chorizo Salad £9.95

Lightly fried halloumi and chorizo on a bed of mixed leaves, onion and tomatoes, dressed with balsamic vinegar.

Smoked Salmon and Avocado Salad Small - £7.95 Large - £9.95

Served with vine tomatoes, lemon, salad and dressing.

Goat Cheese and Beetroot Salad £9.95

Goat cheese, diced beetroot and walnuts on mixed salad leaves.

PIZZA & CALZONES

All the pizzas and calzones served at the Cyfnod have been made from scratch by our chefs and cooked in our stone based oven. We use the finest ingredients to produce our lovely thin based pizzas. All pizzas are 10" inch.

ALL PIZZAS AVAILABLE CALZONE STYLE.

Margherita 	£8.95
Tomato sauce, mozzarella and oregano.	
Caprino 	£11.50
Goat cheese, red onion and spinach.	
Greco 	£10.95
Olives, red onion and feta cheese.	
Caribbean Hot	£12.50
Chicken, mushroom, red onion and chilli peppers.	
Vegetariana 	£11.50
Mushrooms, peppers, onion and sweetcorn.	
Tropicana	£10.95
Ham and pineapple.	
American Hot	£11.50
Ham, pepperoni and chilli peppers.	
Seafood	£12.50
Tuna, anchovies, prawn and red onions.	
Meat Feast	£12.95
Pepperoni, chicken, spicy beef and salami.	
Red Dragon	£12.95
Chicken, ham, pepperoni and chilli peppers.	
7" Pizza with 3 Toppings	£8.95
Create your own Pizza	£13.50
Choose from 4 toppings - ham, chicken, beef, pepperoni, salami, spicy beef, mushroom, red onion, anchovies, olives, sweetcorn, peppers. Extra topping - £1.00.	
Garlic Bread 	£7.95
Garlic Bread with Cheese 	£8.95

PLANT - CHILDREN

Served with a FREE glass of apple or orange juice

Sausage, Chips and Beans	£5.95
Chicken Nuggets, Chips & Beans	£5.95
Spaghetti Bolognese	£5.95
Egg, Chips and Beans 	£5.95
7" Pizza	£5.95

OMLEDAU - OMELETTES

Made with three free-range eggs from a local farm and served with chips, homemade coleslaw and a salad garnish. Extra topping - £1.00

Plain 	£5.50
Cheese 	£6.50
Cheese and Ham	£7.25
Cheese and Onion 	£7.25
Cheese, Ham and Mushroom	£7.95

TATEN TRWY'I CRWYN - JACKET POTATOES

Served with a salad garnish and coleslaw.
Extra filling - £1.00

Plain 	£4.95
Cheese 	£5.95
Beans 	£5.95
Cheese and Beans 	£6.50
Tuna	£6.95
Prawns	£6.95

BRECHDANNAU - SANDWICHES & BAGUETTES

Served on either granary or white bloomer bread with salad and chips. Add 50p for a baguette.

Welsh Cheddar Cheese 	£5.95
Cheese and Pickle 	£6.25
Home Cooked Ham	£6.50
Tuna and Mayonnaise	£6.95
BLT - Bacon, Lettuce and Tomato	£6.25
Prawn Sandwich	£6.95

PANINIS

Served with chips and a salad garnish.

Piri Piri Chicken and Cheese	£7.25
Bacon, Brie and Cranberry	£7.25
Chicken, Cheese and Red Onion	£7.25
Goats Cheese 	£7.50
Ham and Cheese	£7.25
Vegetarian 	£7.25

DO YOU HAVE AN ALLERGY?

Please tell us and we can check that your menu choice is suitable and safe, as not all ingredients are listed on this menu.

 Vegetarian  Gluten Free  Vegan