

LA MARINA- BWYDLEN GWANWYN

01248 674971

I DECHRAU

Olewydd (ll) 4

Chorizo 4.5

Madeleines rhosmari, hummus nionyn
wedi'i garamleiddio (ll) 4.5

Bon bons crencyn, grawn melys a
miso 6

BARA FFLAT

Garlleg, motsarela (ll) 6.5

Cig eidion sbeislyd, motsarela, nionyn
wedi'i garamleiddio 7

Cyw iar, corn melys 7

Babaganoush, courgette, caws feta,
cashew (ll) 6.5

BWYD MOR

Paella corgimwch, cregyn gleision &
chrencyn 9

Byniau bao twna sbeislyd, pwff porc a
salad môr 9

Wy scotch penfras hallt, remoulade
ffenigl & kohlrabi, gwynon 8.5

Cipiwr coch, tatws, salad grawn
kimchi, caramel olewydd 10.5

PLATIAU CIG

Cig oen wedi'i rostio, rosti laverbread,
iogwrt cyri, pesto mint 11

Rholyn hwyaden creisionllyd, eirin &
tsil 9.5

Asennau cig eidion, slaw seleri ac
rhiwbob 11.5

Brest cyw iar, mojo verde, bahji corn,
saws haidd wedi'i dostio 9

PORC

Sol, tsili, garlleg 7.5

'Peanut butter', jam tsili 8.5

Pinafal & Penderyn 7.5

SALADS

Salad cymysg (ll) 6

Salad cig eidion creisionllyd, cashiwr
sbeislyd, tsili melys Thai 8

TATWS

Sglodion garlleg 4

Patatas Bravas, cajunaioli 4.5

Sglodion halan & pupur 4

Sglodion, mayonnaise almon a
coconyt 4.5

LLYSIEUOL

Hallwmí, tsili melys Thai (ll) 6.5

Llysiau hafol BBQ, oregano, almonds
(ll) 6.5

Gnocchi squash a ffa,

gyoza llysiau 8

Canac foron sawrus, piwrî dahl, moron
wedi'u rhostio, cnau Ffrengig hallt
wedi caramleiddio (ll) 7.5

PWDIN

'Cobbler' siocled, anglaise fanila 6.5
Empanada banoffi, crymbl cnau coco

6.5

Pwdi reis coconyt, hufen ia coconyt,
mango 6.5

'Brechdan' mefus a basil 6.5

NIBBLES

Olives (v) 4

Chorizo 4.5

Garlic & rosemary madeleines,
caramelised onion hummus (v) 4.5

Thai crab bonbon, miso sweetcorn
puree 6

FLATBREADS

Garlic, mozzarella (v) 6.5

Spicy beef, mozzarella, caramelized
onions 7

Grilled chicken, sweetcorn, mozz 7

Babaganoush, courgette, feta, cashew
nut (v) 6.5

SEAFOOD

King prawn, crab and mussel paella 10
Spicy cured tuna bao buns, pork puffs
and sea salad 9

Salted cod scotch egg, fennel &
kohlrabi remoulade, seaweed 8.5

Red snapper, potato, kimchi grain
salad, olive caramel 10.5

LA MARINA

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MEAT DISHES

Roasted lamb rump, laverbread rosti,
curried yogurt, mint pesto 11

Crispy duck spring roll, plum, chilli &
mango sauce, beansprout salad 9.5

Maple & malt beef ribs, celeriac &
rhubarb slaw 11.5

BBQ chicken breast, mojo verde,
sweetcorn bhaji, toasted barley sauce 9

BELLY PORK

Soy, chilli, garlic 7.5

Pineapple & Penderyn glaze 7.5

Peanut butter, chilli jam, dukka 8.5

SALADS

Mixed leaf salad (v) 6

Crispy beef salad, spiced cashew, Thai
sweet chilli 8

POTATO DISHES

Garlic chips 4

Patatas Bravas, Cajun aioli 4.5

Salt & pepper chips 4

Skinny fries, curried almond
& coconut mayo 4.5

VEGETARIAN

Halloumi, thyme honey 6.5

BBQ summer vegetables, oregano
dressing, toasted almonds 6.5

5 bean and butternut squash gnocchi,
vegetable gyoza (ve) 8

Savoury carrot cake, dahl puree,
roasted baby carrots, caramelised
salted walnuts 7.5

DESSERTS

Chocolate cobbler, vanilla anglaise 6.5

Banoffee empanada, coconut oat
crumble 6.5

Cold coconut rice pudding, coconut ice
cream, mango 6.5

Strawberry and basil 'sandwich' 6.5