

NIBBLES

Marinated Olives **3** (vg)

Sweet and spicy nuts + seeds **3** (v)

Crispy anchovies, tartare sauce **4.50**

Crwst breads, whipped butter, Pembrokeshire sea salt **3** (v) *(vg)

Focaccia, Blodyn Aur rapeseed oil, balsamic **3** (vg)

SMALL PLATES **3 FOR 15**

Crwst 'patatas bravas', aioli **6** (v) *(vg)

Plaice goujons, sweet chilli + lemongrass jam **6**

Hummus, peri peri oil, charred sourdough **5** (vg)

Wye Valley asparagus, fermented wild garlic, cannellini bean puree, dukkah **7** (v)

Penderyn whisky cured salmon, dill, crème fraiche, pickled veg, Scandinavian rye bread **7**

Glazed pork ribs, burnt sesame, pickled red onions **7**

MAINS

Handmade gnocchi, spring veg, fermented wild garlic, parmesan **14** (v) *(vg)

+ Cardigan bay crab **4**

Local organic Hereford sirloin, chimichurri sauce, roasted vine tomatoes, rosemary fries **24**

BURGERS + FRIES

Buttermilk chicken **12**

Tom Samways beef burger + Welsh cheddar **12**

Spicy falafel + mango chutney **12** (v) *(vg)

All burgers served in a brioche bun with Sriracha mayo, fresh tomato, tomato relish, gem lettuce, red onion, gherkin

*(vg): Can be made vegan upon request.

Please note that all Crwst dishes and produce are made in a kitchen which uses nuts, soy, gluten, dairy and sesame seeds on a daily basis. Please speak to a member of the team for any special dietary requirements.

CRWST

BWYDLEN Y NOS

FYRBRYD

Olewyddion wedi'i farineiddio 3 (vg)

Hadau a chnau melys a sbeislyd 3 (v)

Anchovies crinsych, dip *tartare* 4.50

Bara, menyn Halen Môr Sir Benfro wedi'i chwipio 3 (v) *(vg)

Focaccia, olew had rêp Blodyn Aur, *balsamic* 3 (vg)

PLATIAU BACH 3 AM 15

'Patatas bravas' Crwst, aioli 6 (v) *(vg)

Goujons lleden, jam tsili melys + lemwnwellt 6

Hwmws, olew peri peri, bara *sourdough* 5 (vg)

Merllys Dyffryn Gwy, garlleg gwyllt, *puree* ffa *cannellini*, *dukkah* 7 (v)

Eog wedi'i halltu gyda wisgi Penderyn, dill, *crème fraiche*, llysiau wedi'u biglo, bara rhyg Sgandinafaidd 7

Asennau porc wedi'u wydro, sesame wedi'u losgi, winwns coch wedi'u biclo 7

PRIF GWRS

Gnocchi wedi'i wneud a llaw, llysiau gwanwyn, garlleg gwyllt, caws *parmesan* 14 (v) *(vg)
+ cranc bae Ceredigion 4

Sirloin lleol organaidd Henffordd, saws *chimichurri*, tomatos wedi'u rhostio, sglodion rhosmari 22

BYRGYRS + SGLODION

Cyw iar llaeth menyn 12

Cig eidion Tom Samways + chaws cymreig 12

Falafel sbeislyd + tsytnei mango 12 (v) *(vg)

Mae pob byrgyr yn dod mewn bynsen *brioche* gyda mayo *Sriracha*, tomato ffres, awch tomato, letys, winwns coch a gercyn

*(vg): Os ddymunir, gall hwn gael ei wneud yn figan.

Rhaid nodi os gwelwch yn dda fod holl fwydydd Crwst yn cael eu paratoi mewn cegin sydd hefyd yn defnyddio cnau, soy, glwten, llaeth a hadau sesame. Siaradwch ag aelod o'r tim am unrhyw anghenion deietegol arbennig.