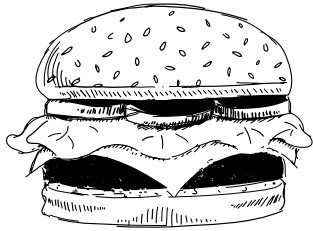


CRWST

EVENING MENU



WHILE YOU WAIT

CHICKEN WINGS £4

Sticky spicy Ssamjang chicken wings

CRWST BREAD £3

Pembrokeshire Sea Salted whipped butter
+ Marmite butter 50p

GARLIC BREAD £4

+ Cardigan bay crab £2

OLIVES £3

Marinated olives

BURGERS

All burgers served in a brioche bun with lettuce, tomato, siracha mayo + tomato relish.
FRIES NOT INCLUDED

SUPER SIZE!
DOUBLE UP
+ £4

BEEF £10

Beef patty, Welsh cheddar

CHICKEN £10

Crispy buttermilk chicken

MACKEREL £10

Mackerel goujons, chunky tartare mayo

FALAFEL £10

Chickpea and quinoa patty, mango chutney

MUSHROOM £10

Roasted flat mushroom, goats cheese, onion marmalade

STACK IT UP

- | | |
|--------------------------|--------------|
| + BBQ BEEF BRISKET £3 | + CHEDDAR £2 |
| + TREACLE CURED BACON £3 | + AVOCADO £2 |
| + RED CABBAGE KRAUT £2 | + GHERKIN £1 |

NO BUN? NO PROBLEM!

BUN-LESS BURGER + FRIES £10

SALAD NOT INCLUDED

SALADS

Organic local salad leaves, sourdough croutons, pickles, garlic tahini, herb sauce

HARISSA PEPPERS, ONIONS

+ COURGETTES £9 

+ FETA £2

CHICKEN THIGH SOUVLAKI £12

MACKEREL TIKKA £11

CARDIGAN BAY CRAB £12

FRIES + SIDES

HOUSE FRIES £3 

ROSEMARY FRIES £3.50 

TRUFFLE + PARMESAN FRIES £4.50

CRAB LOADED FRIES £6

ORGANIC GREEN LEAVES £3 

ROCKET, PARMESAN + BALSAMIC £4

TOMATO, BASIL PESTO, WILD GARLIC £4 

OUR MENU IS INSPIRED BY WEST WALES' FINEST SUPPLIERS!

With crab sourced from Cardigan Bay and the salad leaves from a local organic market garden, we are lucky to have an array of first-class produce right on our doorstep.

We are proud to serve fresh + seasonal food from the CRWST kitchen, with all our dishes made in-house to order.

LOCAL,
FRESH AND
SEASONAL
PRODUCE!

CHILDREN

BUTTERMILK CHICKEN + FRIES £8

FISH GOUJONS + FRIES £8

TOMATO TAGLIATELLE  
+ CHEDDAR £6

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.

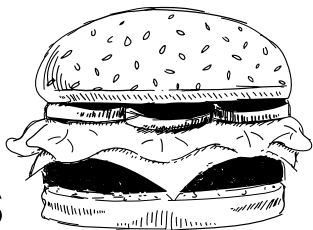
 Vegetarian

 Vegan

 Can be made vegan upon request

CRWST

BWYDLEN Y NOS



WRTH I CHI AROS

ESGYLL CYW IAR £4

Esgyll cyw iar sbeislyd
Ssamjang

BARA CRWST £3 ^V

Menyn halen môr Sir Benfor
wedi'i chwipio
+ Menyn Marmite 50c

BARA GARLLEG £4 ^V ^{VG}

+ Cranc Bae Aberteifi £2

OLEWYDDION £3 ^{VG}

Olewyddion wedi'u
farineiddio

BYRGYRS

Mae pob byrgryr yn dod mewn bynsen
brioche gyda letys, tomato ffres, mayo *Sriracha* ac awch tomato.
DDIM YN CYNNWYS SGLODION

**MAINT
MWY!**
DYBLU LAN
+ £4

BÎFF £10

Pati bîff, caws Cymreig

CYW IÂR £10

Cyw iâr llaeth menyn

MACRELL £10

Goujons mecryll, mayo tartar swmpus

FALAFEL £10 ^V ^{VG}

Pati *chickpea* a *quinoa*, tsytni mango

MADARCH £10 ^V

Madarch wedi'i rhostio, caws gafr, marmaléd winwns

STACIWCH!

+ BÎFF BRISGED BBQ £3

+ CAWS CRYF £2

+ BACWN TRIOG £3

+ AFOCADO £2

+ KRAUT BRESYCH COCH £2

+ GERCIN £1

DIM BYNSEN? DIM PROBLEM!

BYRGYR DI-FWN + SGLODION £10

DDIM YN CYNNWYS SALAD

SALADAU

Dail salad organig lleol, crwtons surdoes,
picls, *tahini* garlleg, saws perlysiau.

PUPUR, WINWNS + CORBWMPEN

HARISSA £9 ^{VG}

+ FETA £2

CYW IÂR SOUVLAKI £12

MECRYLL TIKKA £11

CRANC BAE ABERTEIFI £12

SGLODION A SALAD

SGLODION CARTREF £3 ^{VG}

SGLODION RHOSMARI £3.50 ^{VG}

SGLODION TRYFFL + PARMESAN £4.50

SGLODION WEDI'U LLWYTHO Â CHRANC £6

DAIL SALAD ORGANIG £3 ^{VG}

ROCED, PARMESAN + BALSAMIC £4

TOMATO, PESTO BASIL, GARLLEG GWYLLT £4 ^{VG}

MAE EIN BWYDLEN WEDI'I HYSBRYDOLI GAN GYNHYRCHWYR GORAU GORLLEWIN CYMRU!

Gyda chranc o Fae Aberteifi a dail salad o
ardd organig leol, rydym yn ffodus iawn
o gael amrywiaeth o gynnyrch gwych ar
stepen ein drws.

Rydym yn falch i weini bwyd tymhorol o
gegin Crwst, gyda phob un o'n prydau yn
cael eu gwneud yn ffres o'r gegin.

CYNNYRCH
LLEOL, FFRES A
THYMHOROL!

PLANT

CYW IÂR LLAETH MENYN + SGLODION £8

GOUJONS PYSGOD + SGLODION £8

TAGLIATELLE TOMATO, CAWS £6 ^V ^{VG}

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.

^V Llysieuol

^{VG} Figan

^{VG} Gall hwn gael i'w wneud yn figan