



Croeso i Blas / Welcome to Blas

I Ddechrau | Starters

Solva Crab Radish, Sea Lettuce, Dill	14
Chicken Parfait Spiced Pear, Walnut, Malt, Toasted Brioche	9
Charred Mackerel Carrot, Almond, Yoghurt, Fennel	10
Salt Baked Kohlrabi Mushroom, Chive, Pickled Mustard	8
Salmon Kale, Pickled Lemon, Buttermilk	9

Rhowch wybod i ni am unrhyw ofynion dietegol neu alergeddau

Please advise us of any dietary requirements or allergies



Prif Gwrs | Main Course

Braised Beef Cheek Turnip, Onion, Wild Chive	27
Pan Fried Brill Cauliflower, Brown Shrimp, Sea Herbs	30
Welsh Lamb Beetroot, Goats Cheese, Wild Garlic	28
Roasted Pollock Kohlrabi, Hazelnut, Cockles	24
Squash Risotto Pumpkin Seed, Goats Cheese	18

Ar yr Ochr | Sides

Savoy Cabbage Grain Mustard, Pancetta	6
Creamed Mashed Potato	5
Salt Baked Beetroot Candied Walnut Salad	5

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Pwdinau | Desserts

Baked Custard Tart Local Honey, Prune Ice Cream	11
Chocolate Salted Caramel, Peanut, Goat Milk Ice Cream	12
Cheesecake Forced Rhubarb, Sorbet	12
Poached Pineapple Rum, Lime, Coconut Sorbet	9
Selection of Five Welsh Cheeses Perl Las Perl Wen Smoked Preseli Gorwydd Goats Cheese	14

Mwynhewch | Enjoy

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