

Y Polyn

Dinner

Includes sparkling or still water and our own bread

Snacks

Fat Gordal Olives from Murcia	£5.00
Carta di Musica Flatbread, Y Polyn Hummus	£5.00

Roast Parsnip and Thyme Soup, Toasted Pumpkin Seeds

Câr Y Môr Crab Tagliatelle, Chilli, Ginger, Garlic Butter, Peas, Beurre Noisette Breadcrumbs

Salad Frisée with Lardons, Poached Egg, Sourdough Croutons, Grain Mustard Dressing

Duck Rillettes, Beetroot Salad

* * * * *

Chicken and Chestnut Mushroom Pie, Buttered Mash, Tenderstem Broccoli

Crispy Roast Belly Pork, Cannellini Bean and Chorizo Stew, Chimichurri

Pan Fried Fillet of Cod, Roast Cauliflower and Baby Spinach, Caper, Raisin and Shallot Vinaigrette

Pan Fried Potato Gnocchi, Ratatouille, Pinenuts, Basil and Mozzarella

Chargrilled Welsh Sirloin Steak, Perl Las and Herb Butter, French Beans, Beef Dripping Chips +£5.00

* * * * *

Dark Chocolate Tart, Crème Fraiche

Sticky Toffee, Date and Walnut Pudding, Toffee Sauce, Vanilla Ice Cream

Yoghurt and Cream Pannacotta, Orange and Grapefruit Salad, Nutty Granola

Cheeses Supplied by Paul and Delyth from Blasus in Carmarthen

Brie de Meaux, Pitchfork Farmhouse Cheddar, Bleu D Auvergne
with Tracklements Fig Relish and Wheat Wafers (+£5.00)

Sides

Y Polyn Legendary Dauphinoise Potatoes	£5.00
Roast Root Vegetables, Toasted Pumpkin Seeds, Maple Syrup	£5.00
Buttered French Beans, Toasted Almonds	£5.00
Beef Dripping Chips	£5.00

Two Courses £40.00 Three Courses £50.00

Y Polyn is open for lunch and dinner on Wednesday, Thursday, Friday, Saturday and Sunday Lunch Only

Tips are at your discretion and are shared equally amongst the staff.

Nothing goes to the owners (sadly). We cannot accept tips on debit or credit card.

Join the Polynation online...



ypolyn.co.uk



[ypolyncarmarthen](https://www.facebook.com/ypolyncarmarthen)



[ypolyn](https://twitter.com/ypolyn)



[polyncarmarthen](https://www.instagram.com/polyncarmarthen)

Good Things to Drink

Aperitivi

Y Polyn Kick-Ass Bloody Mary	£9.00
Aperol Spritz	£9.00
Jin Talog Jin and Tonic with Fevertree Tonics and Lime	£8.00

Softly Softly

Coke, Diet Coke, Ginger Beer, Belvoir and Fentiman's Fizzes, Juices etc	£4.00
Mixers	£3.00

The Hard Stuff

We've got too many Gins, Vodkas, Rums and Whiskys etc to list here, just ask they start at £5.00 a shot

The Beer Cellar

Felinfoel Dragon IPA real ale in firkin	½ pint	£3.00	pint	£6.00
Birra Moretti Lager	½ pint	£3.00	pint	£6.00
Thatchers Gold Cider	½ pint	£3.00	pint	£6.00

Great Grapes

Fizz	Bottle	125ml	175ml	250ml
Prosecco Extra Dry, Gocce di Favola	£35.00	£7.50		
Champagne Bernard Remy, Brut 'Carte Blanche'	£55.00	£13.00		
White				
Macabeo, 'Campules La Rubia', Yecla, Bodegas la Purísima	£24.00	£5.00	£6.50	£8.50
Fontanário de Pegões' White, Palmela, Santo Isidro de Pegões	£28.00	£6.00	£7.50	£9.50
Assyrtico, 'Cuvée Membliarus', Bekaa Valley, Château Oumsiyat	£31.00	£6.50	£8.50	£11.00
Sauvignon Blanc, Marlborough, Faultline	£38.00	£8.00	£10.00	£13.00
Yering Station, Yarra Valley, Village Chardonnay	£45.00	£10.00	£13.00	£16.00
Rosé				
'Dom Ici' Rosé, Grenache, Côtes Catalanes, Dom Brial	£26.00	£6.00	£7.50	£9.50
Red				
Heraldique 'Cuvée Prestige Rouge', Pays d'Oc	£24.00	£5.00	£6.50	£8.50
Negroamaro 'Il Pumo', Salento, San Marzano	£28.00	£6.00	£7.50	£9.50
The Black Shiraz 'Winemakers Reserve', Padthaway, Berton Vineyards	£31.00	£6.50	£8.50	£11.00
Malbec 'Alto Molino', Cafayate, Piattelli Vineyards	£38.00	£8.00	£10.00	£13.00
Faithful Hound', Stellenbosch, Mulderbosch Vineyards	£45.00	£10.00	£13.00	£16.00
Sticky				
Essensia' Orange Muscat, California 37.5 cl, Andrew Quady	£30.00	75ml	£7.50,	

Happy Finishes

We've got a vast array of delicious boozy ways to end your meal including a huge selection of malt whisky. There are the usual range of liqueurs all starting at £5.00 a shot.

We're loving our 18year old Ledaig from Tobermory at the moment. It was The Whisky Exchange's whisky of the year for 2023 and combines classic island peat smoke with a sherry finish for sweet richness. It's a tenner a shot but more than worth it.