

Snacks

Includes sparkling or still water and our own bread

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

Y Polyn Fish Soup, Rouille, Gruyère and Croûtons

Sausage Ragu, Pappardelle, Pangritata, Parmesan

Pear, Perl Las and Candied Walnut Salad, Sourdough Croutons

Spiced Vegetable Tagine with Butter Beans, Cous Cous and Coriander Yoghurt

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Duck Shepherd's Pie, Celeriac and Parsnip Mash, Braised Red Cabbage

Crispy Roast Belly Pork, Braised Puy Lentils and Pancetta

Pan Fried Fillet of Loch Duart Salmon, Crushed New Potatoes, Tenderstem Broccoli, Lemon Beurre Blanc

Pan Fried Potato Gnocchi, Leek, Chestnut Mushrooms, Baby Spinach and Cenarth Brie

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Dark Chocolate Mousse, Hokey Pokey Ice Cream, Chocolate Sauce

Baked White Chocolate Cheesecake, Raspberry Ice Cream

Y Polyn Ice Creams and Shortbread

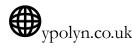
Warm Pear Frangipane Tart, Stem Ginger Ice Cream

Sides	
Y Polyn Legendary Dauphinoise Potatoes	£5.00
Roast Root Vegetables, Feta Cheese	£5.00
Buttered Fine French Beans, Toasted Almonds	£5.00
Beef Dripping Chips	£5.00

Two Courses £30.00 Three Courses £36.00

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...



Jypolyn.co.uk Flypolyncarmarthen Vypolyn O polyncarmarthen



Lunch

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	¹ /2 pint	£ 3 .00	pint	£6.00	
Birra Moretti Lager	¹ /2 pint	£3.00	pint	£6.00	
Thatchers Gold Cider	¹ /2 pint	£3.00	pint	£6.00	
Great Grapes					
Fizz Prosecco Extra Dry, Gocce di Favola Champagne Bernard Remy, Brut 'Carte Blanche' White	Bottle £35.00 £55.00	125ml £7.50 £13.00		175ml	250ml
Macabeo, 'Campules La Rubia', Yecla, Bodegas la Purísima Fontanário de Pegões' White, Palmela, Santo Isidro de Pegões Assyrtico, 'Cuvée Membliarus', Bekaa Valley, Château Oumsiyat Sauvignon Blanc, Marlborough, Faultline Yering Station, Yarra Valley, Village Chardonnay Rosé	$\pounds 24.00$ $\pounds 28.00$ $\pounds 31.00$ $\pounds 38.00$ $\pounds 45.00$	£5.00 £6.00 £6.50 £8.00 £10.00		£6.50 £7.50 £8.50 £10.00 £13.00	$\pounds 8.50 \\ \pounds 9.50 \\ \pounds 11.00 \\ \pounds 13.00 \\ \pounds 16.00$
'Dom Ici' Rosé, Grenache, Côtes Catalanes, Dom Brial Red	£26.00	£6.00		£7.50	£9.50
Heraldique 'Cuvée Prestige Rouge', Pays d'Oc Negroamaro 'Il Pumo', Salento, San Marzano The Black Shiraz 'Winemakers Reserve', Padthaway, Berton Vineyards Malbec 'Alto Molino', Cafayate, Piattelli Vineyards Faithful Hound', Stellenbosch, Mulderbosch Vineyards Sticky	£24.00 £28.00 £31.00 £38.00 £45.00	£5.00 £6.00 £6.50 £8.00 £10.00		£6.50 £7.50 £8.50 £10.00 £13.00	$f_{\pm}^{8.50}$ $f_{\pm}^{9.50}$ $f_{\pm}^{11.00}$ $f_{\pm}^{13.00}$ $f_{\pm}^{16.00}$
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.