

# Opsiwn Iachach - Healthier Option

## Cinio Ysgafn

Ex VAT	Inc VAT
£6.50	£7.80

### Sawrus

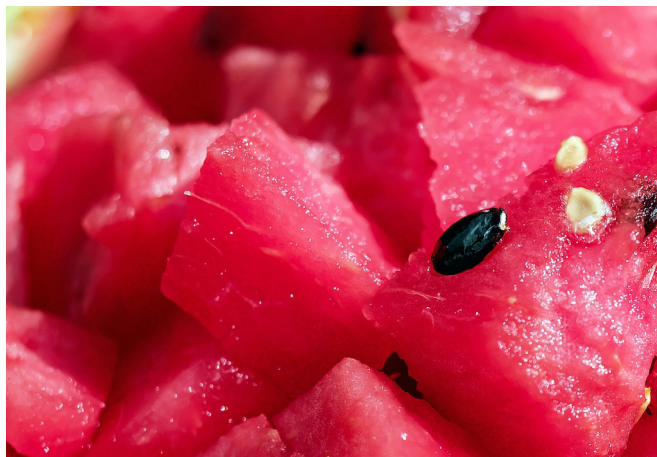
- Wraps letys (**carb isel**)
  - Twrci, hummus a phupur
  - Pupurau rhost a chaws hufen ysgafn a chennin syfi (**LI**)
  - Tameidiau tiwna, corn melys a dresin iogwrt seleri
- Darnau cyw iâr wedi'u sgeintio â surop masarn
- Cychod ciwcymbr gyda ffeta, olifau a thomato (**LI, DG**)
- Pate crostini ffacbys a thomatos wedi'u sychu, wedi'u sgeintio â hadau pwmpen wedi'u tostio (**V**)

### Saladau

- Salad bwydydd daionus amrwd - cêl, sbinaits, pîn-afal, llus, cnau almwn a dresin tyrmerig (**DG, LI, VG, DLI**)
- Salad quinoa, pomgranad a resins (**DG, LI, VG, DLI**)

### Pwdin

- Cigwain melon dŵr a mefus (**DG, LI, VG, DLI**)
- Brownies betys



## Light Lunch

Ex VAT	Inc VAT
£6.50	£7.80

### Savoury

- Lettuce wraps (**low carb**)
  - Turkey, hummus & pepper
  - Roasted peppers & lite cream cheese & chives (**V**)
  - Flaked tuna, sweetcorn & celery yogurt dressing
- Maple-glazed chicken pieces
- Feta, olive, tomato cucumber boats (**V, GF**)
- Lentil & sundried tomato pate crostini, sprinkled with toasted pumpkin seeds (**V**)

### Salad

- Raw superfoods salad – kale, spinach, pineapple, blueberry, almonds & turmeric dressing (**GF, V, VG, DF**)
- Quinoa, pomegranate & raisin salad (**GF, V, VG, DF**)

### Dessert

- Watermelon & strawberry skewer (**GF, V, VG, DF**)
- Beetroot brownies