



Bwydlen Cyn y Theatr

Pre Theatre Menu

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2 gwrs - £14.95

3 chwrs - £17.95

Yn Gorad rydym yn ymroddedig i gynhyrchu bwyd cartref amheuthun yn defnyddio'r cynhwysion mwyaf ffres a hynny, lle bo'n bosibl, o ffynonellau lleol. Mae ein holl wyau yn wyau buarth ac rydym yn prynu ein pysgod o bysgodfeydd sy'n ymroddedig i arferion pysgota cynaliadwy ac rydym wedi cael achrediad Masnach Deg.

Cwrs Cyntaf

£4.95

Salad ffeta ac olew

Wedi'i sgeintio â sglein balsamig, tomatos bach ac ychydig o reis blodfresych (LI, DG, opsiwn Fegan ar gael)

Cawl y dydd

Gyda bara crystiog cynnes a menyn (LI, bara DG ar gael)

Adenydd cyw iâr wedi'u marinadu

Gyda saws poeth gludiog a salad y cogydd

Prif Gwrs

£10.95

Platiad fegan Gorad

Quinoa coch a gwyn, lllysiau rhost cynnes, reis blodfresych, hummus, salad bach, bara fflat cynnes, olifau cymysg wedi'u marinadu, picl betys a moron (Fegan, opsiwn DG ar gael)

Ffiled eog wedi'i botsio

Gyda salsa Verde, pasta spaghetti hufennog ac wedi'i sgeintio â chnau pîn wedi'u tostio

Pitsa margarita

Mozzarella, tomatos bach gyda sesnin (LI)

Byrger stêc cig eidion

gourmet Gowns Gorad

Ceir caws cheddar aeddfed Cymreig Dragon, relish a cylchoedd nionod ar ben pob byrger ac fe'u gweinir â salad y cogydd a'ch dewis o sglodion tenau

Prif gwrs plentyn ar gael am hanner y pris

Pwdin

£5.25

Roulade goedwig ddu

Gyda hufen fanila Môn ar Lwy a coulis mafonen

Pwdin taffi stici cartref

Gyda saws taffi cynnes cartref (LI)

Sorbet Môn ar Lwy

Gyda coulis mango (Fegan, DG)

Pre Theatre Menu

2 course - £14.95

3 course - £17.95

At Gorad we are committed to producing delicious, homemade food using the freshest ingredients which, where possible, are locally sourced. All our eggs are free range, our fish is purchased from fisheries that are committed to sustainable fishing practices and we are Fairtrade accredited.

Starters

£4.95

Feta and olive salad

Drizzled with balsamic glaze, cherry tomatoes and cauliflower rice (GF, V, Vegan option available)

Soup of the day

Served with warm crusty bread and butter (V, GF bread available)

Marinated chicken wings

With sticky hot sauce and chef's salad

Mains

£10.95

Gorad vegan platter

Red and white quinoa, warm roasted vegetables, cauliflower rice, hummus, salad garnish, warm flatbread, mixed marinated olives, and beetroot and carrot pickle (Vegan, GF option available)

Poached salmon fillet

With salsa Verde, creamy spaghetti pasta and sprinkled with warm toasted pine nuts

Margherita pizza

Topped with cherry tomatoes, mozzarella, and oregano seasoning (V)

Gorad gourmet Welsh 6oz steak burger

Topped with dragon mature Welsh cheese, relish and onion rings, served with French fries and side salad

**Child's portion of main course
available at half price**

Dessert

£5.25

Black forest roulade

With Môn ar Lwy vanilla ice cream and raspberry sauce (V, GF)

Sticky toffee pudding

With Môn ar Lwy vanilla ice cream and toffee sauce

Môn ar Lwy Sorbet

With and mango coulis (V, GF, Vegan)



Cael yr **ap** am ddim yn awr
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EATDRINKBANGOR

Mae Gorad yn cael ei reoli a'i redeg gan Adran Gwasanaethau Masnachol Prifysgol Bangor.
Gorad is managed and operated by Bangor University's Commercial Services Department.