



# 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

### Cawl y dydd (LL) (bara DG ar gael)

Gyda bara crystiog cynnes a menyn

### Pâté betys ac oren

(LI) (bara DG ar gael)

Gyda bara crystiog cynnes poeth, siytni cwrw Cymreig a salad bach

### Halloumi wedi'u grilio (LI, DG)

Ar wely salad o ddail cymysg, reis blodfresych a dresin balsamig melys

## Prif Gwrs

£10.95

### Platiad fegan Gorad (Fegan)

Quinoa coch a gwyn, llysiau rhost cynnes, reis blodfresych, hummus, salad bach, bara fflat cynnes, olifau cymysg wedi'u marinadu, picl betys a moron

### Ffiled eog wedi'i botsio

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

### Cig oen wedi'i rhostio'n araf (DG)

Wedi'i weini gyda sbigoglys hufennog a thatws garlleg gyda llysiau wedi'u choginio a saws eirin coch

### Prif gwrs plentyn ar gael am hanner y pris

## Pwdin

£5.25

### Crymbl afal cartref (LI)

Gyda hufen iâ bara brith Môn ar Lwy

### Pwdin taffi stici cartref (LI)

Gyda saws taffi cynnes cartref

### Sorbet Môn ar Lwy (Fegan, DG)

Gyda coulis mango

\*(Gofynnwch i'n staff am flasau sorbet)

# 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**

### **Soup of the day (V) (GF bread available)**

Served with warm crusty bread and butter

### **Beetroot and orange paté**

**(V) (GF bread available)**

Served with warm crusty bread, Welsh ale chutney and salad garnish

### **Grilled halloumi (V, GF)**

On a bed of mixed leaf salad, cauliflower rice and sweet balsamic dressing

## Mains

**£10.95**

### **Gorad vegan platter (Vegan)**

Red and white quinoa, warm roast vegetables, cauliflower rice, hummus, salad garnish, warm flatbread, mixed marinated olives, beetroot and carrot pickle

### **Poached salmon fillet**

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

### **Slow roast lamb shank (GF)**

Served with creamy spinach and garlic mashed potato topped with sautéed vegetables and a redcurrant jus

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

## Dessert

**£5.25**

### **Homemade apple crumble (V)**

With Môn ar Lwy bara brith ice cream

### **Homemade sticky toffee pudding (V)**

With homemade warm toffee sauce

### **Môn ar Lwy sorbet (Vegan, GF)**

With mango coulis

\* (Ask for our staff for flavours of sorbet)



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.