

Bagelau

Daw ein bagelau gyda garnais salad

Chwarelwr £3.95

Ham rhost, caws cheddar aeddfed Dragon o Gymru, siytni

Figan £3.95

Guacamole, tomatos heulsych, courgettes siwrwd, caws figan

Clwb y môr £4.25

Mayonnaise tiwna, caws cheddar aeddfed Dragon o Gymru, dail salad, ciwcymbr

Eidalaidd £4.25

Halloumi, pesto coch (di-gnau), tomatos heulsych, dail roced

Bollywood £4.25

Cyw îar Tikka, dail salad, iogwrt cyri, tomato, nionod wedi'u ffrio

Cyw îar yr heliwr £4.45

Cyw îar, bacwn, saws barbeciw, caws cheddar aeddfed Dragon o Gymru

Y Clasur £4.45

Eog coch, caws hufen, dail roced

Efrog Newydd £4.45

Pastrami, Caws Monterey Jack, dresin mwstard melyn, gercinau, dail salad, nionod wedi'u ffrio

Wafflau

Waffl gyda un sgŵp o hufen iâ neu iogwrt Groegaidd naturiol £2.50

Waffl gyda un sgŵp o hufen iâ / iogwrt a dau o'r topins canlynol: £3.50

Mafon Surop Masarn

Banana Saws taffi

Mefus Saws siocled

Llus

Taten Trwy'i Chroen

Taten trwy'i chroen plaen £3.25

Taten trwy'i chroen gyda un o'r llenwad canlynol: £3.95

Tiwna mayo Colslo

Ffa pob Caws

Hwmws a thomatos heulsych
Eog mwg a chaws hufen

Gweinir gyda salad bach ffres a menyn

Llenwadau ychwanegol o diwna, caws, ffa pob, colslo neu hwmws am £1.00

Cawl cartref £3.50

Quiche a salad £4.45

Detholiad o cacennau a phasteiod wedi ei bobi'n ffres ar gael. o £1.50

Bagels

Our bagels are served with a salad garnish

Quarryman £3.95

Roast ham, Welsh Dragon mature cheddar cheese, chutney

Vegan £3.95

Guacamole, sundried tomato, shredded courgettes, vegan cheese

Ocean Club £4.25

Tuna mayonnaise, Welsh Dragon mature cheddar cheese, salad leaves, cucumber

Italian £4.25

Halloumi, red pesto (nut free), sundried tomato, rocket leaves

Bollywood £4.25

Chicken tikka, salad leaves, curried yoghurt, tomato, fried onions

Hunters chicken £4.45

Chicken, bacon, bbq sauce, Welsh dragon mature cheddar cheese

The Classic £4.45

Smoked salmon, cream cheese, rocket leaves

New York £4.45

Pastrami, Monterey Jack Cheese, Yellow mustard dressing, gherkins, salad leaves, fried onions

Waffles

Waffle with one scoop of ice cream or Greek style yogurt £2.50

Waffle with one scoop of ice cream / yogurt & two of the following toppings: £3.50

Raspberries	Maple syrup
Banana	Toffee sauce
Strawberries	Chocolate sauce
Blueberries	

Jacket Potato

Plain jacket potato £3.25

Jacket potato with one of the following fillings: £3.95

Tuna Mayo	Coleslaw
Cheese	Beans
Hummus & sundried tomato	
Smoked salmon & cream cheese	

Served with fresh side salad and butter

Extra fillings are £1.00 for tuna, cheese, beans, coleslaw, hummus

Homemade soup £3.50

Quiche and salad £4.45

Selection of freshly baked cakes and pastries available from £1.50