

CEGIN

Yn ogystal â'n bwydlen, mae gennym prydau poeth arbennig, gwelwch y bwrdd du am fanylion.

In addition to our menu we also have hot specials available, see the blackboard for details.

Bagels Brecwast

ar gael tan 11am

Bagel plaen neu sinamon wedi'i dostio gyda...

Jam a menyn (LI)	£1.50
Caws hufen (LI)	£1.50
Banana a menyn cnau (LI)	£2.50

Breakfast Bagels

available until 11am

Freshly toasted plain or cinnamon bagel served with...

Jam & butter (v)	£1.50
Cream cheese (v)	£1.50
Banana & peanut butter (v)	£2.50

Wafflau (LI)

Waffl gyda un sgŵp o hufen neu iogwrt Groegaidd naturiol £2.65

Ychwanegwch **mafon / banana / mefus / llus / syrop masarn / saws toffi / saws siocled** £0.50 fesul topin

Waffles (v)

Homemade waffle with a scoop of ice cream or Greek yogurt £2.65

Add **raspberries / banana / strawberries / blueberries / maple syrup / toffee sauce / chocolate sauce** £0.50 per topping

Taten Trwy'i Chroen

Wedi'i weini ag un llenwad a salad bach £3.95

Ychwanegwch llenwad o **tiwna mayonnaise / colsllo / ffa pob / caws / hwmws a thomatos heulsych / eog mwg a chaws hufen** £1.00 fesul llenwad

Jacket Potato

Served with one filling and side salad £3.95

Add a filling of **tuna mayonnaise / coleslaw / beans / cheese / hummus & sunblushed tomato / smoked salmon & cream cheese** £1.00 per filling

Bagels Trwy'r Dydd

Wedi'i weini â salad a dewis o bagel plaen, hadau pabi neu granar

***Gellir ei weini yn boeth!**

Fegan* (Fegan) £4.95
Guacamole, tomatos heulgoch, darnau courgette, caws fegan

Y Jacffrwyth £5.45
Mawreddog* (Fegan)
Darnau jacffrwyth barbeciw, dail salad, courgette wedi'i dorri

Blas o'r Eidal* (LI) £5.25
Mozzarella, tomatos heulgoch, pesto gwyrdd, dail roced

Ffigys Ffansi* (LI) £5.45
Caws gafr wedi'i dostio, jam ffigys, cnau Ffrengig, dail roced

Tiwna £5.25
Tiwna a mayonnaise, caws hufen, dail roced, tomatos, ciwcymbr, olewydd cymysg

Saig yr Eog £5.45
Eog mwg, caws hufen, dail roced

Miri Mecsico* £5.25
Cyw iâr mwg, guacamole, dresin jalapeno Mecsicanaidd, caws Cheddar aeddfed Cymreig Dragon, dail salad

Y Chwarelwr* £4.95
Ham rhost, caws Cheddar aeddfed Cymreig Dragon a siytni

Cyw iâr yr heliwr* £5.45
Cyw iâr, bacwn, saws barbeciw, caws Cheddar aeddfed Cymreig Dragon

All Day Bagels

Served with a salad garnish and an option of plain, poppyseed or granary bagel

*** These ones can be served hot!**

The Big V* (Vegan) £4.95
Guacamole, sunblushed tomato, shredded courgette, vegan cheese

The absolute Jackfruit* (Vegan) £5.45
Pulled bbq jackfruit, salad leaves, shredded courgette

The Italian Job* (v) £5.25
Mozzarella, sunblushed tomato, green pesto, rocket leaves

Fancy Fig* (v) £5.45
Toasted goat cheese, fig jam, walnuts, rocket leaves

2NA £5.25
Tuna mayonnaise, cream cheese, rocket leaves, tomato, cucumber, mixed olives

The Fish Poem £5.45
Smoked salmon, cream cheese, rocket leaves

Mexican Madness* £5.25
Smoked chicken, guacamole, jalapeno Mexican dressing, Welsh Dragon mature Cheddar, salad leaves

Quarryman* £4.95
Roast ham, Welsh Dragon mature Cheddar cheese and chutney

Hunters chicken* £5.45
Chicken, bacon, bbq sauce, Welsh Dragon mature Cheddar cheese

Archebwch wrth y til os gwelwch yn dda. Please place your order at the till point.

Salad

Mozzarella & tomato (LI)	£6.25
Quinoa, dail salad, tomato, mozzarella, tomatos heulgoch, ciwcymbr, nionyn coch, olewydd, perlysiau Provençal, dresin balsamig a Ffrengig	
Caesar	£6.25
Pasta gwenith cyflawn, cyw iâr, bacwn, tomatos, ciwcymbr, nionyn coch, olewydd cymysg, dresin Caesar, dail salad	
Eog mwg	£6.50
Ffacbys gwyrdd, dail salad, eog mwg, guacamole, tomatos, spaghetti courgette, ciwcymbr, nionyn coch, hadau blodyn yr haul	

Salads

Mozzarella & tomato (V)	£6.25
Quinoa, salad leaves, tomato, mozzarella, sun blushed tomato, cucumber, red onion, olives, Provençal herbs, balsamic and French dressing	
Caesar	£6.25
Wholemeal pasta, chicken, bacon, tomato, cucumber, red onion, mixed olives, Caesar dressing, salad leaves	
Smoked salmon	£6.50
Green lentils, salad leaves, smoked salmon, guacamole, tomato, courgette spaghetti, cucumber, red onion, sunflower seeds	

Prydau ysgafn

Cawl cartref (Fegan/DG/DL)	£3.70
Quiche a salad (LI)	£4.75
Detholiad o cacennau a phasteiod wedi ei bobî'n ffres (LI)	£1.60
Myffins sawrus Parsnipship gyda salad (Fegan)	£4.95

Lighter bites

Homemade soup (vegan/GF/DF)	£3.70
Quiche and salad (V)	£4.75
Selection of freshly baked cakes and pastries (V)	from £1.60
Parsnipship savoury muffins & salad (Vegan)	£4.95

Yr Oergell

Dewiswch o blith eitemau yn y cwpwrdd oer a wnaed ymlaen llaw

Paninis	£4.25
Bloomer	£3.95
Brechdanau wedi'u tostio	£3.95
Baps bacwn	£2.95
Cheezony (Fegan)	£2.95

The Chiller

Choose from selection of pre-made items in the chiller

Paninis	£4.25
Bloomer	£3.95
Toasties	£3.95
Bacon baps	£2.95
Cheezony (Vegan)	£2.95

Pitsa Pide

Ein fersiwn ni o'r pitsa clasurol yn null y Dwyrain - caiff ei ynganu fel pee-day!

Toes pitsa ffres wedi'i lenwi â saws tomato cyfoethog a chaws Fior Di Latte. Dewiswch un o blith y topins a ganlyn. *Opsw'n fegan ar gael

Margarita (LI)*	£5.50
Llysiau Môr y Canoldir (LI)*	£5.75
Feta, pupurau rhost ac olifau duon (LI)*	£5.95
Jacffrwyth barbeciw a phupurau (LI)*	£5.95
Cig eidion sbeislyd a nionod	£5.95
Pepperoni	£5.95

Pide pizza

Our version of the classic Eastern style pizza pronounced pee – day!

Freshly hand stretched pizza dough filled with a rich tomato sauce and Fior Di Latte cheese. *Vegan option available

Margarita (V)*	£5.50
Mediterranean vegetables (V)*	£5.75
Feta, roast peppers & black olive (V)*	£5.95
Pulled BBQ jackfruit & peppers (V)*	£5.95
Spicy beef & onion	£5.95
Pepperoni	£5.95

MAEN NHW'N ÔL! | THEY'RE BACK!

Sglodion Clasurol	£2.95	Classic Chips	£2.95
Sglodion gyda chaws	£3.10	Cheesy Chips	£3.10
Sglodion tatws melys	£2.95	Sweet Potato Fries	£2.95
Sglodion Halloumi	£3.25	Halloumi Fries	£3.25

Diodydd Poeth

Mae Llaeth soia a almon ar gael

Espresso	£1.55
Coffi du	£2.20
Cappuccino	£2.55
Latte	£2.55
Mocha	£2.85
Coffi gwyn	£2.55
Te	£2.35
Te llysieuol	£2.35
Siocled poeth	£2.65
Suopau	£0.55
Cnau cyll / Fanila / Carmel	
Suopau Di-siwgr	£0.55
Cnau cyll / Fanila / Carmel	
Malws melys	£0.30
Hufen	£0.30

Diodydd Ysgafn

Dŵr llonydd / pefriol	£1.75
Llanllyr bach	
Dŵr llonydd / pefriol	£3.25
Llanllyr mawr	
Sur oren / afal	£1.90
Masnach Deg	
Carton sudd oren / afal	£1.00
Masnach Deg i blant	
Karma Cola,	£2.25
Summer orangeade,	
Lemony lemonade,	
Gingerella Ginger ale	
Charitea te gwyrdd oer	£2.75
Charitea te du oer	£2.75
Firefly pomgranad ac ysgaw	£2.75
Firefly ciwi, leim a mintys	£2.75
Firefly lemon, leim a sinsir	£2.75
Caniau San Pellegrino	£1.50
Belvoir	£2.50

Hot Drinks

Soya & almond milk available

Espresso	£1.55
Americano	£2.20
Cappuccino	£2.55
Latte	£2.55
Mocha	£2.85
Flat White	£2.55
Tea	£2.35
Herbal Tea	£2.35
Hot Chocolate	£2.65
Syrups	£0.55
Hazelnut / Vanilla / Caramel	
Sugar-free Syrups	£0.55
Hazelnut / Vanilla / Caramel	
Marshmallows	£0.30
Cream	£0.30

Soft Drinks

Llanllyr water still / sparkling small	£1.75
Llanllyr water still / sparkling large	£3.25
Fairtrade apple / orange juice	£1.90
Fairtrade kids apple / orange carton	£1.00
Karma Cola,	£2.25
Summer orangeade,	
Lemony lemonade,	
Gingerella Ginger ale	
Charitea green iced tea	£2.75
Charitea black iced tea	£2.75
Firefly pomegranate & elderflower	£2.75
Firefly kiwi, lime & mint	£2.75
Firefly lemon, lime & ginger	£2.75
San Pellegrino Cans	£1.50
Belvoir	£2.50

Smwddis

£2.95

Smwddi mafon nefolaidd (Fegan)

Mafon, llus, afal a mango

Smwddi cic acai (Fegan)

Acai, mefus, llus a mango

Smwddi uwchnofa (Fegan)

Grawnffrwyth, pîn-afal, papaia, mango, ceirch a ffa coffi gwyrdd

Smwddi pŵer piws (v)

Llus, banana, mefus, afal, cacao, quinoa, ceirch a mêl

Smwddi mefus hyfryd (Fegan)

Mefus, eirin gwlanog, papaia

Smoothies

£2.95

Raspberry heaven smoothie (Vegan)

Raspberry, blueberry, apple & mango

Acai kick smoothie (Vegan)

Acai, strawberry, blueberries & mango

Supernova smoothie (Vegan)

Grapefruit, pineapple, papaya, mango, oats and green coffee beans.

Purple power smoothie (v)

Blueberry, banana, strawberry, apple, cacao, quinoa, oats & honey

Strawberry delight smoothie (Vegan)

Strawberry, peach & papaya

NEWYDD!

Y Casgliad Llesol £3.45

- Latte Te Rooibos
- Frappe Brecwast Protein Banana
- Ysgytlaeth Protein Menyn Cnau

Poteli Cwrw

Great Orme 500ml	£4.50
Brewery Merlyn / Celtica / Welsh Black / Snowdon Lager	
Peroni 330ml	£3.75
Orchard Gold Cider 500ml	£4.75

Gwin		
125ml & 250ml ar gael	Botel	175ml

Gwyn		
Wide River Chenin Blanc	£15.95	£4.25
Robertson De Affrig		
Preciso Pinot Grigio	£17.25	£4.75
Terre Siciliane IGT, Yr Eidal		

Coch		
Jean Balmont Cabernet Sauvignon	£18.25	£5.25
Pays d’Oc / Ffrainc		
Pacamaya Merlot	£20.75	£6.25
Valle Central / Tsile		

Rose		
Creek Zinfandel Rosé	£15.75	£4.25
California / Yr Unol Daleithiau		

NEW!

Wellness Collection £3.45

- Rooibos Tea Latte
- Banana Protein Breakfast Frappe
- Peanut Butter Protein Milkshake

Bottled Beer

Great Orme 500ml	£4.50
Brewery Merlyn / Celtica / Welsh Black / Snowdon Lager	
Peroni 330ml	£3.75
Orchard Gold Cider 500ml	£4.75

Wine		
Also served in 125ml & 250ml	Bottle	175ml

White		
Wide River Chenin Blanc	£15.95	£4.25
Robertson S. Africa		
Preciso Pinot Grigio	£17.25	£4.75
Terre Siciliane IGT, Italy		

Red		
Jean Balmont Cabernet Sauvignon	£18.25	£5.25
Pays d’Oc / France		
Pacamaya Merlot	£20.75	£6.25
Valle Central / Chile		

Rose		
Creek Zinfandel Rosé	£15.75	£4.25
California / US		



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PLANT / KIDS

Pitsa Plant £5.00

Pitsa dwfn 6" i blant gyda diod meddal

Bocs Bwyd Plant £3.50

- Sudd afal / oren
- Afal, oren neu banana (yn dibynnu ar argaeledd y stoc)
- ½ brechdan (ham neu gaws)
- ½ brownie

Children's Pizza £5.00

6" deep pan children's pizza & a soft drink

Children's lunchbox £3.50

- Apple or orange juice
- An apple, orange or banana (depending on availability of stock)
- ½ sandwich (ham or cheese)
- ½ brownie



+1 DILYNWCH NI AM GYFLE I
ENNILL TALEB £25!
.....
FOLLOW US FOR A CHANCE TO
WIN A £25 VOUCHER!



@eatdrinkbangor



Bydd un enillydd yn cael ei ddewis ar hap bob mis.
Dilynwch ni ar bob un o'r cyfryngau cymdeithasol i gael gwell
siawns o ennill!

One winner picked at random every month. Follow all of our
accounts to increase your chances!



Bydd y cynnig arbennig ar gael rhwng 01/02/20 a 30/04/20. I weld y Telerau a'r Amodau'n llawn: <https://www.bangor.ac.uk/commercial-services/documents/Telerau-Amodau-cystadleuaeth.pdf>

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