



### Bwydlen Cinio

*Ciabatta*, Tatws Drwy'u Crwyn, Baget & *Tortilla* wedi'i lenwi ar gael gydag Lenwadau Amrywiol:

Caws	£3.80
Ŵy	£3.50
Ham	£3.50
Twrci	£3.50
<i>Brie</i>	£4.00
Cig Moch	£3.50
Tiwna	£4.00

### Prif Gwrs

Pita Cyw Iâr <i>Cajun</i> gyda Salad Riced a Hufen Sur Mintys	£6.00
<i>Pastrami</i> , <i>Sauerkraut</i> a Chaws <i>Emmental</i> "Reuben" wedi'i toddi ar Fara Rhyg Cynnes	£6.00
Wyau <i>Benedict</i> ar Myffin wedi'i thostio gyda Saws <i>Hollandaise</i> a Chennin Syfi	£6.00
Bysedd Pysgod Penfras gyda Saws Tartar Cartref wedi'i weini gyda Torth Brioche wedi'i dostio	£5.50
Pita Caws, Feta a Llysiau wedi'i rhostio gyda Dresin Tsili Melys	£5.50
Ffrittata Sbaeneg gyda Pupurau, Tatws Newydd, Winwns Coch a Madarch	£5.50
<i>Uchod wedi'i weini â mymryn o Salad</i>	

### Yn Ychwanegol

Sglodion Tenau	£2.00
Sglodion Tew	£2.00
Sglodion gyda Chaws wedi toddi	£2.20



### Lunch Menu

Ciabatta, Jacket Potatoes, Baguettes & Wraps Available with Various Fillings:

Cheese	£3.80
Egg	£3.50
Ham	£3.50
Turkey	£3.50
Brie	£4.00
Bacon	£3.50
Tuna	£4.00

### Mains

Cajun Chicken Pitta with Rocket Salad & Minted Sour Cream	£6.00
Pastrami, Sauerkraut & Melting Emmental Cheese "Reuben" on Warm Rye Bread	£6.00
Eggs Benedict on a Toasted Muffin with Hollandaise Sauce & Chopped Chives	£6.00
Cod Fish Fingers with Homemade Tartare Sauce Served on a Brioche Bun	£5.50
Feta & Roast Vegetable Pitta with a Sweet Chilli Dressing (v)	£5.50
Spanish Style Frittata with Peppers, New Potatoes, Red Onion & Button Mushrooms (v)	£5.50

*All the above are served with a Dressed Salad Garnish*

### Sides

Skinny Fries	£2.00
Steak Cut Chips	£2.00
Fries with Melting Cheddar	£2.20