

# Menu

## Breakfast

(Mon - Fri 08:30 - 11:30 | Sat & Sun 09:00 - 11:30)

<b>£4.75</b>	Poached Egg with Spiced Avocado on Toasted Sourdough (V)	311kcal
<b>£4.50</b>	Fruit Smoothies (DF, VG, V, GF)	97kcal
<b>£3.00</b>	Porridge with Blossom Honey (V)	325kcal
<b>£2.60</b>	Toast (2 pieces) with Shirgar Butter & Preserves (V)	240kcal
<b>£3.50</b>	Beans or Egg or Cheese on toast (V, VG)	160kcal
<b>£3.50</b>	Welsh Rarebit (V)	260kcal
<b>£4.50</b>	2 x Sausage or 2 x Thick Sliced Bacon in a sourdough roll (DF)	440kcal

## Children's Menu

<b>£5.00</b>	Pasta Bolognese	260kcal
<b>£5.00</b>	Macaroni Cheese (V)	330kcal
<b>£5.00</b>	100% Chicken chunks with Potato* & Peas / Beans / Salad (DF)	350kcal
<b>£5.00</b>	Chicken Wrap with Potato* & Peas / Beans / Salad (DF)	340kcal
<b>£5.00</b>	Omega 3 Fish Fingers with Potato* & Peas / Beans / Salad (DF)	340kcal
<b>£5.00</b>	Lunchboxes (Sandwich, Drink, Fruit, Crisps & Snack)	350kcal

## Meals & Light Bites

(Available from 11:30am)

<b>£3.50</b>	Soup of the Day	160kcal
<b>£6.50</b>	Dish of the Day	450kcal
<b>£4.75</b>	Pasta Pots	434kcal
<b>£4.75</b>	Paninis	487kcal
<b>£4.75</b>	Fresh Salad Pots	375kcal
<b>£3.85</b>	Sandwiches	438kcal
<b>£4.00</b>	Baguettes	513kcal
<b>£4.25</b>	Toasties	400kcal
<b>£4.00</b>	Loaded Nachos (with Nacho Cheese, Salsa, Sour Cream & Guacamole) (V)	450kcal
<b>£6.00</b>	Hot Chicken wrap (Sweet Chilli or BBQ) with Salad	340kcal
<b>£6.50</b>	9" Pizza (Margherita or Pepperoni)	510kcal
<b>£6.00</b>	Jacket Potatoes with Salad & 1 Filling (Extra fillings: 0.90)	450kcal
	Various Fillings:	
	• Tuna Mayo (V, DF, GF)	
	• Cheese & Beans (V, GF)	
	• Chicken Tikka (GF, DF)	
	• Coronation Chicken (GF, DF)	
	• Coleslaw (V, DF, GF)	

## Snacks & Treats

<b>£1.00</b>	Fresh Fruit	75kcal
<b>£3.00</b>	Fruit Pots	90kcal
<b>£1.35</b>	Crisps	199kcal
<b>£2.75</b>	Jaffa Cake	164kcal
<b>£2.50</b>	Welsh Cakes	200kcal
<b>£2.50</b>	Bara Brith	250kcal
<b>£2.50</b>	Shortbread	150kcal
<b>£2.00</b>	Eat Natural Bars	200kcal
<b>£2.50</b>	Muffin	174kcal
<b>£2.50</b>	Toasted Teacake	230kcal
<b>£3.00</b>	Scone with Clotted Cream & Jam	450kcal

DF - Dairy Free  
VG - Vegan,  
V - Vegetarian  
GF - Gluten Free  
NT - Contains Nuts

V, VG, GF and DF products available on request.

\*Choice of potatoes includes Sweet Potato Fries, oven baked chips or sauté potatoes

# Bwydlen

## Brecwast

Dydd Llun - Gwe 08:30 - 11.30 | Dydd Sad a Sul 09:00 - 11.30)

<b>£4.75</b>	Wy gyda afocado ar 'sourdough' wedi'i dostio	311kcal
<b>£4.50</b>	Smwddis ffrwythau (DF, VG, V, GF)	97kcal
<b>£3.00</b>	Uwd gyda mêl Blossom (V)	325kcal
<b>£2.60</b>	Tost (2 ddarn) gyda menyn Sir Gar a chyffeithiau (V)	240kcal
<b>£3.50</b>	Ffa neu Wy neu Caws ar dost (V, VG)	160kcal
<b>£3.50</b>	'Rarebit' Cymreig (V)	260kcal
<b>£4.50</b>	2 x Bacwn neu 2 x Selsig mewn rhodyn 'sourdough' (DF)	440kcal

## Bwydlen i Blant

<b>£5.00</b>	Pasta Bolognaise	260kcal
<b>£5.00</b>	Caws Macaroni (V)	330kcal
<b>£5.00</b>	Darnau cyw iâr 100% gyda dewis o datws* a phys / ffa pob / salad (DF)	350kcal
<b>£5.00</b>	Wrap Cyw Iâr gyda dewis o datws* a phys / ffa pob / salad (DF)	340kcal
<b>£5.00</b>	Bysedd pysgod 'Omega 3' gyda dewis o datws* a phys / ffa pob / salad (DF)	340kcal
<b>£5.00</b>	Bocs cinio (Brechdan, Diod, Ffrwyth, Byrbryd)	350kcal

## Prydau neu rhywbeth ysgafn

(Ar gael o 11:30yb)

<b>£3.50</b>	Cawl y dydd	160kcal
<b>£6.50</b>	Pryd y dydd	450kcal
<b>£4.75</b>	Potiau pasta	434kcal
<b>£4.75</b>	Paninis	487kcal
<b>£4.75</b>	Potiau salad ffres	375kcal
<b>£3.85</b>	Brechdannau	438kcal
<b>£4.00</b>	'Baguettes'	513kcal
<b>£4.25</b>	'Toasties'	400kcal
<b>£4.00</b>	Nachos (gyda Chaws Nacho, Salsa, Hufen Sur a Guacamole) (LI)	450kcal
<b>£6.00</b>	Wrap Cyw Iâr poeth (Tsili Melys neu Barbeciw) gyda salad	340kcal
<b>£6.50</b>	Pitsa 9" Caws a Tomato / Pepperoni	510kcal
<b>£6.00</b>	Tato pob gyda salad a 1 llenwad Llenwad ychwanegol 90p Llenwadau Amrywiol:	450kcal
	<ul style="list-style-type: none"><li>• Tiwna Mayo (V, DF, GF)</li><li>• Caws a Ffa Pob (V, GF)</li><li>• Cyw Iâr Tikka (GF, DF)</li><li>• Cyw Iâr Coronation (GF, DF)</li><li>• Coleslaw (V, DF, GF)</li></ul>	

## Byrbrydau a Danteithion

<b>£1.00</b>	Ffrwyth Ffres	75kcal
<b>£3.00</b>	Potiau Ffrwyth	90kcal
<b>£1.35</b>	Creision	199kcal
<b>£2.75</b>	Cacen Jaffa	164kcal
<b>£2.50</b>	Pice ar y maen	200kcal
<b>£2.50</b>	Bara Brith	250kcal
<b>£2.50</b>	'Shortbread'	150kcal
<b>£2.00</b>	Bariau 'Eat natural'	200kcal
<b>£2.50</b>	Myffin	174kcal
<b>£2.50</b>	Cacen De	230kcal
<b>£3.00</b>	Sgon, hufen a jam	450kcal

DF - Heb Laeth

VG - Fegan,

V - Llysieuol

GF - Heb Glwten

NT - Yn cynnwys Cnau

Mae cynhyrchion V, VG, GF a DF ar gael ar gais.

\*Dewis o datws yn cynnwys sglodion tatws melys, sglodion wedi'u pobi neu datws wedi'u ffrio.

# Drinks

## Coffee

- £2.00** Espresso
- £3.50** Mocha
- £3.25** Flat White
- £3.25** Latte
- £3.25** Cappuccino
- £2.50** Americano
- £2.50** Decaff Coffee

## Make it unique

- £0.70** Extra shot of Espresso
- £0.70** Syrup
- £0.50** Hot Milk

## Choose your milk

We have a variety of plant-based milks available at no additional charge.

Please ask the counter for details.

*Please ask a member of staff if you have any allergen or dietary requirements.*

## Tea and Hot Chocolate

- £2.00** Welsh Tea
- £2.10** Speciality Teas (Ask at the counter for more details)
- £3.50** Matcha Tea
- £3.50** Hot Chocolate

## Other Drinks

- £1.60** Water (Bottles - still/sparkling)
- £1.65** Flavoured Sparkling Water
- £1.35** Still fruit juice drinks
- £1.50** Jelly Squeeze
- £1.65** Range of canned low-calories drinks
- £1.75** Range of canned soft drinks
- £3.00** Sports drinks
- £1.35** Viva carton low-calorie milkshakes (125ml)
- £1.50** Glass of milk (500ml)

## Smoothies

- £4.50** **Wild Wild Zest**  
A combination of spinach, pineapple, mango, apple and lemongrass mixed with apple juice.
- £4.50** **Big 5 Smoothie**  
Strawberry, mango, pineapple & Kiwi mixed with apple juice.
- £4.50** **Pash 'N' Shoot**  
Passion fruit, pineapple and mango mixed with apple juice.
- £4.50** **Berry Go Round**  
Strawberry, raspberry & blackberry mixed with apple juice.

*All Smoothies are suitable for a vegetarian & vegan diet.*

We support our economy by sourcing as many local products as possible, reducing food miles, ensuring the freshest food, and reducing waste.

# Diodydd

## Coffi

- £2.00** Espresso
- £3.50** Mocha
- £3.25** Gwyn Fflat
- £3.25** Latte
- £3.25** Cappuccino
- £2.50** Americano
- £2.50** Coffi Decaff

## Ychwanegiadau

- £0.70** 'Shot' ychwanegol o goffi
- £0.70** Surop
- £0.50** Llaeth Twym

## Dewiswch eich Ilaeth

Mae gennym amrywiaeth o laeth planhigion ar gael am ddim.

Gofynnwch yn y cownter am fanylion.

## Te a Siocled Poeth

- £2.00** Te Cymreig
- £2.10** Te arbenigol (gofynnwch wrth y cownter am fwy o fanylion)
- £3.50** Siocled Poeth

## Diodydd Eraill

- £1.60** Dŵr - mewn botel (llonydd neu pefriol)
- £1.65** Dŵr pefriog blas
- £1.35** Diodydd sudd ffrwythau
- £1.50** Amrywiaeth o ddiodydd colonou isel mewn can
- £1.65** Dŵr - mewn can (llonydd neu pefriol)
- £1.75** Amrywiaeth o diodydd meddal
- £3.00** Diodydd Chwaraeon
- £1.35** Ysgytlaeth Ilaeth / calorïau isel (125ml)
- £1.50** Cwpan o laeth (500ml)

## Smwddis

**£4.50** **Wild Wild Zest**  
Cyfuniad o sbigoglys, pîn-afal, mango, afal a lemonwellt wedi'u cymysgu â sudd afal.

**£4.50** **Big 5 Smoothie**  
Mefus, mango, pîn-afal a ffrwyth ciwi wedi'u cymysgu â sudd afal

**£4.50** **Pash 'N' Shoot**  
Granadila, pîn-afal a mango wedi'u cymysgu â sudd afal.

**£4.50** **Berry Go Round**  
Mefus, mafon a mwyar duon wedi'u cymysgu â sudd afal.

*Mae pob smwddi yn addas ar gyfer deiet llysiuol a fegan.*

Rydym yn cefnogi ein heconomi drwy gyrchu cymaint o gynnyrch lleol a phosibl gan leihau milltiroedd bwyd, sicrhau'r bwyd mwyaf ffres, a leihau gwastraff.

*Gofynnwch i aelod o staff os oes gennych unrhyw alergeddau neu ofynion dietegol.*