

YR
ORSAF

BWYDLEN BRECWAST A CHINIO

Rhowch wybod i'r staff am unrhyw alergedd neu anoddefiad cyn archebu. Gellir addasu y rhan fwyaf o'r bwydydd i fod heb Glwten (HG) neu yn Fegan (Fe) os gofynnwch.

GWELER Y BWRDD
DU AM EIN PRYDAU
ARBENNIG DYDDIOL

LI Llysieuol

Fe Fegan

HG Heb glwten

BRECWAST

	Brecwast Llawn Gymraeg	7.95
	Selsig porc a chennin, cig moch wedi'i halltu'n sych, pwdin gwaed, wy wedi'i ffrio, tomato, madarch, bîns, tatws a thost	
LI	Brecwast llysieuol llawn	7.95
	Selsig fegan, Halloumi, tomato, madarch, bîns, tatws, dau wy wedi'i ffrio a thost	
Fe	Brecwast Fegan Llawn	7.95
	Selsig fegan, Ackee wedi'i sgramblo, madarch, tomato, bîns, tatws a thost surdoes	
LI	Wyau Bené	6.95
	Ham wedi'i sleisio'n drwchus, wyau wedi'i potsio, a saws hollandaise ar fyffin wedi'i dostio	
LI	Wyau Eog	7.50
	Eog mwg, wyau wedi'i potsio a saws hollandaise ar fyffin wedi'i dostio	
LI	Wyau 'Bello	6.50
	Madarch Portobello wedi'i pobi, wyau wedi'i potsio, a saws hollandaise ar fyffin wedi'i dostio	
Fe	Acci wedi'i sgramblo	6.95
	Pupur wedi'i ffrio, shibwns, tomatos, tsili, teim a'r ffrwyth Jamaican; 'acci'	
LI	Wafflau Gwlad Belg	5.50
	Gyda bananas, mefus a suryp masarn pur	
LI	Tost Surdoes cartef a jam	2.95
	neu farmaled, mel, menyn cnau mwnci, Nutella neu Marmite	
	Bap Brecwast	5.50
	Selsig, bacwn a wy	

PRYDAU YSGAFN

LI	Cawl y Dydd	5.50
	Gyda bara surdoes a menyn	
LI	Rarebit Cymraeg	5.50
	Ar fara surdoes gyda salad perlysiâu a thomato	
Fe	Rolau Gwanwyn	5.50
	Gyda salad Thai crensiog a tsili melys	
	Rolau Gwanwyn Porc	5.50
	Gyda salad Thai crensiog a saws tsili melys	
	Cacennau Pysgod Cyri Coch	6.50
	Gyda salad Thai crensiog a sawsys	

BARA

	Brechdan Clwb Clasurol	7.95
	Brechdan ddwbl wedi'i thostio gyda chyw iâr, bacwn, letys a thomato gyda choleslaw a sglodion	
	Stecen a Madarch	7.95
	Mewn ciabatta cynnes a mayonnaise wasabi, gyda salad a sglodion	
	Llugaeron, Brie a Bacwn	6.95
	Mewn ciabatta cynnes gyda salad a sglodion	
	Bagel Eog mwg a chaws hufen	7.50
Fe	Falafel mewn Pitta	6.50
	Gyda hwmws, olewydd a salad tomato	
	Ciabatta Caws a Ham	6.50
	Gyda salad, coleslaw a sglodion	

PRIF BRYDAU

	Byrgyr 'Big Jac'	10.95
	Cig Eidion Cymraeg mewn byn hadau sesame gyda saws Big Jac neu gaws Raclette. Gyda salad, coleslaw a sglodion	
Fe	Byrgyr Fegan	9.95
	Lasagne Cig Eidion	10.50
	Gyda salad, coleslaw a sglodion	
LI	Mash a selsig llysieuol	8.50
	Ham, Wy a Sglodion	8.95
	Ham wedi'i sleisio'n drwchus ac wyau	

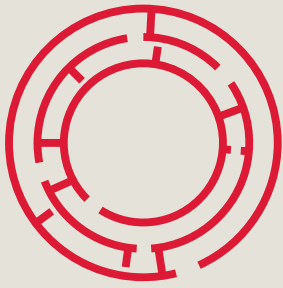
PRYDAU OCHR

LI	Sglodion cartref neu tenau	2.50
LI	Colslo	2.50
LI	Bara Garlleg	2.50
LI	Bowlen Salad	2.50

PWDIN

Efo hufen, hufen ia neu gwstard

LI	Pwdin taffi gludlog	4.95
LI	Cacen cyffug siocled boeth	4.95
LI	Brownie siocled gynnes HG	4.95
LI	3 sgw̃p o hufen ia HG	4.95
LI	Pastel de Nata	1.50
	Tarten gwstard hyfryd o Bortiwgal	



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BREAKFAST & LUNCH MENU

Please inform staff of any allergies or intolerances before ordering. Many dishes can be made Gluten free (GF) or Vegan (Vg) on request

PLEASE CHECK THE BLACK BOARD FOR OUR DAILY SPECIALS

V Vegetarian
Vg Vegan
GF Gluten Free

BREAKFAST

Full Welsh Breakfast	7.95
Pork and leek sausage, dry cured bacon, black pudding, fried egg, tomato, mushrooms, beans, hash brown and buttered toast	
V Full Vegetarian Breakfast	7.95
Vegan sausages, Halloumi, tomatoes, mushrooms, beans, hash brown, two fried eggs and buttered toast	
Vg Full Vegan Breakfast	7.95
Vegan sausages, Ackee scramble mushrooms, tomatoes, baked beans, hash brown and sour dough toast	
V Eggs Bené	6.95
Thick sliced ham, poached eggs and hollandaise sauce on a toasted muffin	
V Eggs Royale	7.50
Smoked Salmon, poached eggs and hollandaise sauce on a toasted muffin	
V Eggs 'Bello	6.50
Baked Portobello mushrooms, poached eggs and hollandaise sauce on a toasted muffin	
Vg Ackee Scramble	6.95
Sautéed peppers, spring onions, chilli, tomatoes, thyme and the Jamaican fruit ackee. Served with avocado toast	
V Belgium Waffles	5.50
With bananas, strawberries and pure maple syrup	
V Sourdough Toast and Home-made jam	2.95
or marmalade, honey, peanut butter, Nutella, or Marmite	
Big Breakfast Bap	5.50
Sausage bacon and egg	

LITE BITES

V Soup of the day	5.50
Served with sour dough bread and butter	
V Welsh Rarebit	5.50
With sourdough and tomato herb salad	
Vg Crispy Spring Rolls	5.50
With crunchy Thai salad and sweet chilli	
Crispy Pork Spring Rolls	5.50
With crunchy Thai salad and sweet chili sauce	
Thai Red Curry Fishcakes	6.50
With crunchy Thai salad and dipping sauces	

BREADS

Classic Club Sandwich	7.95
A 'Double Decker' toasted sandwich with chicken, bacon, lettuce and tomato served with coleslaw and chips	
Steak and Mushroom	7.95
Served in a warm ciabatta with wasabi mayonnaise, salad and chips	
Brie, Cranberry, Bacon	6.95
Served in a warm ciabatta with side salad, coleslaw and chips	
Smoked Salmon and Cream Cheese Bagel	7.50
Vg Falafel in Pitta	6.50
With hummus, olives and tomato salad	
Cheese and Ham Ciabatta	6.50
Served with a side salad, coleslaw and chips	

MAIN MEALS

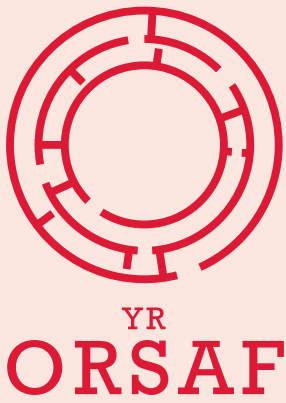
Big Jac Burger	10.95
Prime Welsh Beef served in a sesame seed bun topped with Big Jac Sauce or sliced Raclette cheese. Served with triple cooked chips, salad and coleslaw	
Vg Vegan Cheeseburger	9.95
Welsh Beef Lasagne	10.50
Served with salad, chips and coleslaw	
V Veggie Sausages and Mash	8.50
Ham Egg and Chips	8.95
Thick sliced ham and free range eggs	

SIDES

V Home cooked chips or Fries	2.50
V Coleslaw	2.50
V Garlic Bread	2.50
V Salad bowl	2.50

DESSERTS

All served with cream, ice cream or custard	
V Sticky Toffee Pudding	4.95
V Hot Chocolate Fudge Cake	4.95
V Warm Chocolate Brownie GF	4.95
V 3 Scoops Ice Cream GF	4.95
V Pastel de Nata	1.50
Delicious Portuguese custard tart	



COFFI COFFEE

Espresso	2.00
Americano	2.00
Gwyn Fflat Flat White	2.50
Cappuccino	2.50
Latte	2.50
Mocha	2.50

SIOCLED CHOCOLATE

Siocled poeth Hot Chocolate	2.50
Siocled Poeth gyda phopeth Hot Chocolate with everything	3.00

TE TEA

Pot o de Pot of Tea	2.40
Te gwahanol Flavoured Teas	2.00
Mintys / Peppermint	
Jasmine	
Chamomile	
Llys / Berry	
Gwyrdd / Green	
Lemwn a sinsir / Lemon and ginger	
Earl Grey	
Rooibos	
+ Llaeth soi	
+ Llaeth ceirch	0.30
+ Soy milk	
+ Oat milk	0.30

DIODYDD OER COLD DRINKS

Ysgytlaeth Hufen Iâ Browni Siocled neu Banoffi	
Ice Cream Milkshake Chocolate Brownie or Banoffee	4.50
Sudd Afal neu Oren Orange or Apple Juice	1.50
Coke / Diet Coke / Sprite / Ginger Beer / Ting (330ml)	1.50
J20	2.50
Fruit Shoot	1.00
Cordial	1.00

DIODYDD DRINKS