



Y GEGIN



Bore Da! / Good Morning!

Brecwast / Breakfast 8:30 - 11:30yb/am £

Tost a Jam / 2.50

Toast and Jam

Ffa Pob a Chaws ar Dost / 4.75

Beans and Cheese on Toast

Baguette Bacwn / 4.75

Bacon Baguette

Pot logwrt, Ffrwythau a Granola / 4.00

Yoghurt, Fruit and Granola Pot

Bagel Brecwast / 5.50

Breakfast Bagel

Bacwn, wy ac emmental /

Bacon, egg and emmental

**Cacennau a theisennau blasus
ar gael wrth y cownter /**

Delicious cakes and pastries
available at the counter.

Cinio Bach Bocs Bwyd **£4.50**

Brechdan: Ham, Caws neu Diwna
gyda chreision, hwmws, ciwcymber,
freddo a sudd oren neu afal

Little Lunch Food Box **£4.50**

Sandwich: Ham, Cheese or Tuna
with crisps, hummus, cucumber, a freddo,
and orange or apple juice

**Archebwch wrth y cownter
os gwelwch yn dda /**
Please order at the counter.

Diodydd / Drinks

£

COFFI / COFFEE

Americano 2.80

Flat White 3.10

Cappucino 3.00

Latte 2.90

Siocled Poeth / Hot Chocolate 3.00

Cortado 2.60

Chai Latte 2.80

Mocha 3.30

Machiato 2.70

Espresso / Dwbl/Double 2.00 / 2.10

Coffi Rhew / Iced Coffee 3.20

Suop / Syrup 0.50

Cnau barfog / Fanila / Caramel /
Caramel Hallt / Dil Mêl

Hazelnut / Vanilla / Caramel /
Salted Caramel / Honeycomb

Llaeth / Milk 0.50

Cnau Coco / Ceirch / Soia / Almon
Coconut / Oat / Soya / Almond

POT O DE / POT OF TEA

Brecwast Cymreig / Welsh Breakfast 2.20

Aeron Cymysg / Te Gwyrdd / Mintys 2.50

Mixed Berry / Green Tea / Earl Grey / Peppermint

DIODYDD MEDDAL / SOFT DRINKS

Heartsease 2.20

Ysgawen / Cwrw Sinsir / Lemonêd Mafon

Elderflower / Ginger beer / Raspberry Lemonade

Coke 2.00

Coke / Diet / Zero

Sudd Innocent / Innocent Juice 2.20

Apple / Orange

Ysgytlaeth Crusha / Crusha Milkshake 2.25

Mefus / Mafon / Banana / Siocled

Strawberry / Raspberry / Banana / Chocolate

Dŵr / Water 1.80

Dŵr / Dŵr Pefriog / Still / Sparkling





Y GEGIN

Cinio

Amser Cinio 11:30yb - 3:00yp

£

Lunch

Lunch Time 11:30am - 3:00pm

£

Cawl y Dydd gyda bara a chaws /
Soup of the Day with bread and cheese **6.00**

Cawl Cig Oen gyda bara a chaws /
Lamb Cawl with bread and cheese **6.50**

Caws Pob gyda cholslo a salad /
Welsh Rarebit with slaw and salad **5.50**

Rhól Sosej gyda cholslo a chinoa /
Sausage Roll with slaw and quinoa **5.95**

Pastai a Salad gyda cholslo a chinoa /
Pasty and Salad with slaw and quinoa **6.95**

Tiwna Tawdd gyda cholslo a salad /
Tuna Melt with slaw and salad **6.50**

BAGUETTE **4.80**
gyda chreision / with crisps

**Cyw Iâr y Coroni / Tiwna Mayo /
Salad Ham ac Emmental**
Coronation Chicken / Tuna Mayo /
Ham and Emmental Salad

TATEN BOB / JACKET POTATO **6.50**
gyda salad / with salad

**Caws a Ffa Pob / Caws a Cholslo/
Tiwna Mayo / Cyw Iâr y Coroni**

Cheese and Beans / Cheese and Slaw /
Tuna Mayo / Coronation Chicken

TORTILLA WEDI'I LENWI / WRAP **4.80**

Cyw Iâr Cajun / Cajun Chicken
gyda spigoglys a phuprau coch wedi'u rhostio /
with spinach and roasted red peppers

Falafel
puprau wedi'u rhostio, blodfresych,
tyrmerig, hwmws a spigoglys /
with turmeric cauliflower, roasted peppers,
spinach and hummus

SALAD
Falafel **6.75**
gyda spigoglys, pupur wedi rhostio, blodfresych wedi
rhosto, hwmws, ciwcymber, tortilla wedi'i dostio /
with spinach, roasted peppers, roasted cauliflower,
hummus, cucumber and toasted wrap

**Salad Cyw Iâr Caesar /
Chicken Ceaser Salad** **6.95**
gyda letusen gem grisbin, cyw iâr, bacwn,
croutons, radis, parmesan a dresin caesar /
with crispy gem lettuce, chicken, bacon, croutons,
radish, parmesan and ceaser dressing

PANINI **7.00**
gyda cholso, salad a chreision /
with slaw, salad and crisps

**Brie, Spigoglys a Jam Tsili Tomato /
Brie, Spinach and Chilli Tomato Jam**

**Proscitto, Mozzarella, Tomato a Pesto /
Proscitto, Mozzarella, Tomato and Pesto**

Quiche **7.50**
gyda salad, colslo a chinoa /
with salad, slaw and quinoa

**Quiche Lorraine neu/or
Buprau wedi'u rhostio a winwns
wedi'u caramaleiddio /
Roasted peppers and caramelized onion**

Archebwch wrth y cownter os gwelwch yn dda / Please order at the counter.

