



# Nant Gwrtheyrn

## CAFFI MEINIR

Brechdanau wedi'i gweini gyda salad tymhorol a cholslo £7.25

Mae bara heb glwten ar gael

Ham wedi rhostio a mwstard grawn cyflawn

Cheddar Cymreig a siytni eirin

Wy a mayonnaise

Tiwna a mayonnaise

Brie a llugaeron

Coctel corgimwch a saws Marie Rose £9.95

Panini wedi'i weini gyda salad tymhorol a cholslo £9.25

Ham wedi rhostio â mwstard grawn cyflawn

Ham a chaws Cheddar Cymreig

Cheddar Cymreig a siytni eirin

Tiwna a mayonnaise

Brie a llugaeron

Falafel, hummus a guacamole gyda salad tymhorol £10.25

Sgampi a sglodion gyda saws tartar a salad tymhorol £16.50



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Teisen bysgod gyda saws tsili melys, sglodion a salad tymhorol £14.95

Cawl y dydd gyda bara £7.50

Cawl a brechdan £8.95

Sglodion £4.25

Taten drwy'i chroen £7.95 (dewiswch o'r opsiynau isod)  
Ffa pôb, Caws, Tiwna, Colslo, Corgimwch a saws Marie Rose  
(£2 ychwanegol)  
£1 ychwanegol am 3 llenwad



Cymerwch olwg ar ein bwrdd bwydlenni arbennig

Teisennau cartref dyddiol a hufen iâ ar gael wrth y cownter

Archebwch wrth y cownter os gwelwch yn dda

Os oes gennych alergedd bwyd neu ofynion dietegol arbennig, rhowch wybod i aelod o staff neu gofynnwch am ragor o wybodaeth.



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## CAFFI MEINIR

Sandwiches served with seasonal side salad and coleslaw £7.25  
Gluten free bread available

Roast Ham and wholegrain mustard

Welsh Cheddar and plum chutney

Egg mayonnaise

Tuna mayonnaise

Brie and cranberry

Prawn cocktail and Marie Rose sauce £9.95

Panini served with seasonal side salad and coleslaw £9.25

Roast ham and wholegrain mustard

Ham and Welsh Cheddar

Welsh Cheddar and plum chutney

Tuna mayonnaise

Brie and cranberry

Falafel, hummus and guacamole with a  
salad £10.25

Scampi with chips, tartare sauce and a  
seasonal salad £16.50



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Fishcake with sweet chilli sauce, chips and a seasonal salad £14.95

Soup of the day served with bread £7.50

Soup and a sandwich £8.95

Chips £4.25

Jacket Potato £7.95 (choose from below options)

Baked beans, Cheese, Tuna, Coleslaw, Prawns and Marie Rose sauce (£2 extra)

£1 extra for 3 fillings



Take a look at our specials board.

Daily cakes and ice cream available at the counter

Please order at the counter

Please inform a member of staff or ask for more information if you have a food allergy or any special requirements.



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## BWYDLEN PLANT

Selsig, Sglodion a Ffa Pôb £5.95

Bysedd Pysgod, Sglodion a Ffa Pôb £5.95

Nygets Cyw Iar, Sglodion a Ffa Pôb £5.95

Bocs Bwyd £5.75

Hanner brechdan gyda dewis o Ham, Caws, Jam

Creision

Jeli

Sudd Oren neu Afal

## CHILDREN'S MENU

Sausage, Chips and Beans £5.95

Fish Fingers, Chips and Beans £5.95

Chicken Nuggets, Chips and Beans £5.95

Lunch Box £5.75

Half a sandwich with a choice of Ham, Cheese, Jam

Crisps

Jelly

Orange or Apple Juice



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## Brecwast

Brecwast Chwarel; Selsig, Bacwn, Wŷy, Ffâ Pôb, Madarch, Hash Brown, Tôst £9.50

Opsiwn Llysieuol £9.50

Wŷyau 'di sgramblo ar dôst £6.50

2 x Dôst gyda Jam/Marmalêd £2.20

## Breakfast

Quarry Breakfast; Sausage, Bacon, Egg, Beans, Mushrooms, Hash Brown, Toast £9.50

Vegetarian Option £9.50

Scrambled eggs on toast £6.50

2 x Toast with Jam/Marmalade £2.20