

Bwydlen Cinio - Lunch Menu

Mae prydau a nodir gyda (LI) yn addas i lysieuwyr ac mae'r alergeddau sydd yn y bwyd wedi eu nodi fel a ganlyn (G) Glwten, (CII) Cynnyrch Llaeth, (W) Wyau, (M) Molwsg, (Mw) Mwstard, (Cr) Cramenogion, (H) Helogau, (So) Soya, (Su) Sylphidau, (P) Pysgod, (Se) Sesame, (C) Cnau, (*) Holwch aelod o'r staff gweini a fydd yn falch i'ch cynghori chi!

Prydau Figan ar gael.

Please note that dishes marked with (V) are suitable for Vegetarians.

All known Allergens present in dishes are marked with the following: (G) Gluten (D) Dairy (M) Mollusc (Mu) Mustard (E) Egg (C) Crustacean (Ce) Celery (So) Soya (Su) Sulphites (F) Fish (Se) Sesame (N) Nuts (*) Recipe Specific.

However, if you require further information on the allergen content or require gluten free bread or wrap with your meal please ask a member of staff and they will be happy to advise you!

Vegan meals available.

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Prydau i ddechrau a byrbrydau - Starters & Nibbles

Bara ffres gyda olew olewydd a finegr balsamic, gweinir gyda dysgliaid o olewydd cymysg wedi eu marineiddio (LI,G,CII,Mw,Se,C)...£4.50

Freshly baked bread with olive oil & balsamic vinegar served with a bowl of marinated olives (V,G,D,Mu,Se,N)...£4.50

Cawl cartref y dydd gweinir â hanner bagét ffres a menyn (LI,G,CII,*) £4.95

Homemade soup of the day served with a freshly baked half baguette & butter (v) (V,G,D,*)...£4.95

Whitebait wedi ei orchuddio'n ysgafn mewn briwsion, gweinir gyda bara a menyn a saws tartare (P,CII,G,W,Mw,Su)...£6.25

Whitebait lightly coated in a fine crispy crumb served with bread & butter and tartare sauce (F,D,G,E,Mu,Su)...£6.25

Goujons cyw iâr ddeheuol wedi'u ffrio ar wely o letys a saws tsili melys (G,Mw,H)... £ 6.25

Southern fried chicken goujons served on a bed of dressed leaves and sweet chilli sauce (G,Mu,Ce)...£6.25

Bara garlleg (LI,G,CII,So)...£3.25

Garlic bread (V,G,D,So)...£3.25

Bara garlleg a chaws (LI,G,CII,So)...£3.95

Garlic bread with cheese (V,G,D,So)...£3.95

Prif Brydau – Main Meals

Golwyth cig moch gyda pinafal ac ŵy Wyau Llŷn, dewis o datws a phys o'r ardd (W)...£14.75
Gammon steak topped with grilled pineapple and a free-range fried egg (E) from Llŷn Eggs served with a choice of potato and garden peas...£14.75

Scampi wedi ei weini â sglodion cartref a phys o'r ardd neu bys slwj (G,Cr)...£11.95
Wholetail scampi served with chips and a choice of garden or mushy peas (G,C)...£11.95

Penfras mewn cyteu Cwrw Llŷn gweinir â sglodion a phys o'r ardd neu bys slwj
(P,G,Su)...£12.75
Cod - deep-fried in Cwrw Llŷn batter and served with chips and a choice of garden or mushy peas (F,G,Su)...£12.75

Lasania cig eidion cartref, gweinir â salad a bara garlleg (G,Cll,Su,W,Mw,So)...£11.95
Ychwanegwch sglodion am £2.00
***Homemade beef lasagne served with salad and garlic bread (G,D,E,Su,Mu,So)...£11.95
Add a portion of homemade chips for £2.00***

Chili llysiuol wedi ei weini â reis (Vegan) ...£9.95
Vegetarian chilli served with rice (Vegan)...£9.95

Whitebait wedi ei orchuddio'n ysgafn mewn briwsion, gweinir gyda Sglodion a Salad
(P,Cll,G,W,Mw)...£10.50
Whitebait lightly coated in a fine crispy crumb served with chips and salad (F,G,Mu,Su,E)...£10.50

Cyri y dydd gyda reis, sglodion neu hanner a hanner (*) ...£12.25
Curry of the day served with rice, chips or half & half (*)...£12.25

Cyri llysiuol y dydd gyda reis, sglodion neu hanner a hanner (Ll,...)*...£11.95
Vegetable curry of the day served with rice, chips or half & half (V,...)*...£11.95

Byrgyr cig eidion mewn bap gyda sglodion a salad (G,Cll,W,Mw,Su,C)...£12.50
Gyda tafell o gig moch - £1.00 yn ychwanegol neu gaws (Cll) - £1.00 yn ychwanegol
***Beef burger in a floured bap served with chips & salad garnish (G,D,E,Mu,Su,N)...£12.50
Top with a rasher of bacon ... £1.00 or cheese (D) ... £1.00 extra***

Tatws trwy eu crwyn - Jacket potato
gyda salad a dewis o lenwad (Mw,Su) - ***with your choice of filling & a salad garnish (Mu,Su)***

Ffâ pôb (Ll)...£6.50
Baked beans (V)...£6.50

Caws cheddar aeddfed (Ll,Cll) ...£6.50
Mature cheddar cheese (V,D) ...£6.50

Tiwna a mayonnaise (Cll,P,W,Mw) ...£8.50
Tuna & mayonnaise (D,F,E,Mu) ...£8.50

Corgimychiaid a saws pysgod cregyn (Cr,W,Mw) ...£8.75
Atlantic prawns & seafood sauce (C,E,Mu,D) ...£8.75

Brechdanau ffres - Freshly made sandwiches

wedi eu gwneud i archeb ar fara gwyn neu frown o Fecws Islyn
Made to order on white or brown bread from Islyn Bakery

Caws *cheddar* aeddfed (LI,G,CII,Mw,Su)...£5.25

Ychwanegwch nionod (LI), tomato (LI), neu bicl (LI,Su) ... 30c yr un

Mature cheddar cheese (V,D,G,Mu,Su)...£5.25

Add onion (V), tomato (V) or pickle (V,Su) ... 30p extra per item chosen

Cig moch (G,CII,Mw,Su)...£5.50

Ychwanegwch mwstard coch Cymreig "Calon Lân" (Mw,Su) ... 30c yn ychwanegol

Ham (G,D,Mu,Su)...£5.50

Add 'Calon Lân' Welsh red mustard (Mu,Su) ... 30p extra per item chosen

Caws a chig moch (G,CII,Mw,Su)...£6.50

Ham & cheese (G,D,Mu,Su)...£6.50

Tiwna a *mayonnaise* (G,CII,Mw,Su,P,W)...£6.25

Tuna & mayonnaise (G,D,F,E,Mu,Su)...£6.25

Corgimychiaid a saws pysgod cregyn (G,CII,Mw,Su,Cr,W)...£7.95

Atlantic prawns & seafood sauce (G,D,C,E,Mu,Su)...£7.95

Panini

Wedi eu tostio'n ysgafn

Lightly toasted

Cig moch a chaws *cheddar* (G,CII,Se,Mw,Su)...£7.50

Ham & cheddar cheese (G,D,Se,Mu,Su)...£7.50

Tiwna a chaws *cheddar* tawdd (G,CII,Se,Mw,Su,P,W) ...£7.75

Tuna & cheddar cheese melt (G,D,Se,Mu,Su,F,E) ...£7.75

Mozzarella, tomato a *pesto* (G,CII,Se,Mw,Su,C) ...£6.95

Mozzarella, tomato & pesto (G,D,Se,Mu,Su,N) ...£6.95

Cig moch, *brie* a llugaeron (G,CII,Se,Mw,Su)...£7.50

Brie, bacon and cranberry (G,D,Se,Mu,Su)...£7.50

Ychwanegwch bowlen o sglodion at eich brechdan neu panini am £2.00

Add a bowl of chips to your chosen sandwich or panini for £2.00

Prydau Plant - Children's Meals

Dysglaid o gawl tomato "Heinz"- gweinir gyda bara menyn (LI,G,CII)...£4.25

Bowl of 'Heinz' tomato soup – served with bread & butter (V,G,D)...£4.25

Goujons penfras mewn cyteu (G,Su,P) ...£6.25

Homemade cod goujons (F,G,Su) ...£6.25

Bysedd pysgod di-glwten (P)...£6.25

Gluten free fish fingers (F)...£6.25

Darnau o gyw iâr mewn cyteu (G, all gynnwys cnau ddaear)...£5.95

Battered chicken nuggets (G, may contain peanuts) ...£5.95

Selsig cig moch (G,So,SU)...£5.95

Pork sausages (G,So,Su)...£5.95

Pitsa caws a thomato (LI,G,Su)...£5.95

Cheese & tomato pizza (v) (V,D,G)...£5.95

(Gweinir yr uchod â thatws stwnsh neu sglodion, a phys neu ffâ pôb)

(All above meals served with mash or chips and peas or baked beans)

Lasania cig eidion, sglodion a phys (G,CII,W) ...£6.50

Beef lasagne served with chips and peas (G,D,E) ...£6.50

Brechdanau plant - Children's sandwiches

Wedi eu gwneud i archeb ar fara gwyn neu frown o Fecws Islyn wedi ei weini gyda creision

Made to order on white or brown bread from Islyn Bakery served with crisps

Brechdan gaws (G,CII)...£4.50

Cheese sandwich (D,G)...£4.50

Brechdan tiwna (G,CII,Mw,W,P)...£4.50

Tuna sandwich (D,G,F,Mu,E)...£4.50

Brechdan ham (G,CII)...£4.50

Ham sandwich (D,G)...£4.50

Ar yr ochr - Side orders

Dysgliaid fawr o sglodion cartref (LI)...£3.00

Large bowl of homemade chips (V)...£3.00

Salad cymysg (LI)...£3.75

Fresh side salad (V)...£3.75

Colslo cartref (CII,W,Mw,LI)...£2.00

Homemade coleslaw (V,D,E,Mu)...£2.00

Dysgliaid o gylchau nionod (LI,G)...£3.00

Bowl of onion rings (V,G)...£3.00

Hanner bagèt a menyn (G,CII,So,LI)...£1.50

Half baguette & butter (V,G,D)...£1.50

Tafell o fara menyn (G,CII,LI)...£1.00

Round of bread & butter (V,G,D)...£1.00

Bara garlleg (G,CII,So,LI)...£3.25

Garlic bread (V,G,D,So)...£3.25

Bara garlleg a chaws (G,CII,So,LI)...£3.95

Garlic bread with cheese (V,G,D,So)...£3.95