

Bwydlen Cinio – Lunch Menu

12.00pm - 2.30pm

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 cyngori 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.

Prydau i ddechrau a byrbrydau - *Starters & Nibbles*

Bara ffres gyda olew olewydd a finegr balsamic, gweinir gyda dysgllaid o olewydd cymysg wedi eu marineiddio (LI,G,CII,Mw,Se,C)...£5.25

Freshly baked bread with olive oil & balsamic vinegar served with a bowl of marinated olives (V,G,D,Mu,Se,N)...£5.25

Cawl cartref y dydd gyda bara crystiog (LI,CII,G,SO,H,)...£5.25*

*Homemade soup of the day served with crusty bread (V,D,G,SO,CE *)...£5.25*

Silidon wedi ei orchuddio'n ysgafn mewn briwsion, gweinir gyda bara a menyn (P,CII,G,W,Mw,Su)...£7.50

Whitebait lightly coated in a fine crispy crumb served with bread & butter (F,D,G,E,Mu,Su)...£7.50

Goujons cyw iâr ddeheuol wedi eu ffrio ar wely o dail cymysg a saws tsili melys (G,Mw,H gall gynnwys C a Cnau daear)... £ 6.75

Southern fried chicken goujons served on a bed of dressed leaves and sweet chilli (G,Mu,Ce sauce may contain N and peanuts)...£6.75

Goujons penfras ar wely o ddail cymysg a saws tartare (P,G,Su,Mw,W).. £7.25

Cod goujons on a bed of dressed leaves and tartare sauce (F,G,Su,Mu,E)... £7.25

Bara garlleg (LI,G,CII,So)...£3.25

Garlic bread (V,G,D,So)...£3.25

Bara garlleg a chaws (LI,G,CII,So)...£4.25

Garlic bread with cheese (V,G,D,So)...£4.25

Prif brydau – Main Meals

Golwyth rymp 10 owns gyda tomato, madarch a cylchoedd nionod, dewis o datws a phys o'r ardd (G)...£21.50

10oz Rump steak with grilled tomato, mushrooms & onion rings, choice of potatoes and peas (G)...£21.50

Golwyth cig moch gyda wŷ o Wyau Llŷn, pinafal, dewis o datws a phys o'r ardd (W)...£15.50

Gammon steak topped with a free-range fried egg from Llyn Eggs & grilled pineapple, choice of potatoes and peas (E)...£15.50

Scampi wedi ei weini â sglodion a phys o'r ardd neu pys slwj (P,M,G,Cr) ...£12.95

Wholetail scampi served with chips and a choice of garden peas or mushy peas (F,Mu,G,C) ...£12.95

Penfras mewn cytew Cwrw Llŷn wedi ei weini â sglodion a bys o'r ardd neu phys slwj (P,G,Su)...£13.25

Cod deep-fried in Cwrw Llŷn batter and served with chips and a choice of garden or mushy peas (F,G,Su)...£13.25

Lasania cig eidion cartref gyda salad a bara garlleg (G,Cll,Su,W,Mw,So,H)...£12.50

Ychwanegwch dysgliaid o sglodion am £2.50

Homemade beef lasagne served with salad and garlic bread (G,D,Su,E,Mu,So,Ce)...£12.50

Add a portion of chips for £2.50

Silidon wedi ei orchuddio'n ysgafn mewn briwsion, gweinir gyda sglodion a phys (P,G,Mw,Su)...£11.95

Whitebait lightly coated in a fine crispy crumb served with chips and peas (F,G,Mu,Su,...)£11.95

Cyri cyw iâr Balti cartref gyda reis, sglodion neu hanner a hanner (Mu, All gynnwys cnau) ...£12.25

Homemade chicken Balti curry served with rice, chips or half and half (Mu, May contain nuts)... £12.25

Cyw iâr yr helwyr Tŷ Newydd gyda sglodion a phys (Cll,Su).. £14.25

Tŷ Newydd's hunters chicken served with chips and peas (D,Su)... £14.25

Byrger llysiuol moethus mewn bap gyda sglodion a salad (Vegan) (G,Se).. £11.50

Caws (Cll) - £1.00 yn ychwanegol

Luxury veggie burger in a floured bap served with chips & salad (Vegan) (G,Se)...£11.50

Cheese (D) ... £1.00 extra

Byrgyr cig eidion mewn bap gyda sglodion a salad (G,Cll,W,Mw,Su,C,Se)...£12.95

Gyda tafell o gig moch - £1.25 yn ychwanegol neu gaws (Cll) - £1.00 yn ychwanegol

Beef burger in a floured bap served with chips & salad (G,D,E,Mu,Su,N,Se)...£12.95

Top with a rasher of bacon £1.25 or cheese (D) ... £1.00 extra

Cyri cnau coco, tatws melys, gwygbys a sbigoglys gyda reis, sglodion neu hanner a hanner (Vegan) £12.50

Coconut, sweet potato, chickpea & spinach curry served with rice, chips or half and half (Vegan) £12.50

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)...£8.50

Baked beans (V)...£8.50

Caws cheddar aeddfed (Ll,Cll) ...£8.50

Mature cheddar cheese (V,D) ...£8.50

Tiwna a mayonnaise (Cll,P,W,Mw) ...£9.95

Tuna & mayonnaise (D,F,E,Mu) ...£9.95

Corgimychiaid a saws pysgod cregyn (Cr,W,Mw,Cll) ...£13.50

Atlantic prawns & seafood sauce (C,E,Mu,D) ...£13.50

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 (Ll,G,Cll,Mw,Su)...£6.25

Ychwanegwch nionod (Ll), tomato (Ll), neu bicl (Ll,Su) ... 60c yr un

Mature cheddar cheese (V,G,D,Mu,Su)...£6.25

Add onion (V), tomato (V) or pickle (V,Su) ... 60p extra per item chosen

Cig moch (G,Cll,Mw,Su)...£6.50

Ychwanegwch mwstard coch cymreig "Calon Lân" (Mw,Su) ... 50c yn ychwanegol

Ham (G,D,Mu,Su)...£6.50

Add 'Calon Lân' welsh red mustard (Mu,Su) ... 50p extra

Caws a chig moch (G,Cll,Mw,Su)...£7.95

Ham & cheese (G,D,Mu,Su)...£7.95

Tiwna a *mayonnaise* (G,D,P,W,Mw,Su)...£7.25

Tuna & mayonnaise (G,D,F,E,Mu,Su)...£7.25

Corgimychiaid a saws pysgod cregyn (G,Cll,Cr,W,Mw,Su)...£10.75

Atlantic prawns & seafood sauce (G,D,C,E,Mu,Su)...£10.75

Panini

Cig moch a chaws *cheddar* (G,Cll,Mw,Su)...£7.95

Ham & cheddar cheese (G,D,Mu,Su)...£7.95

Tiwna a chaws *cheddar* tawdd (G,Cll,Se,Mw,Su,P,W) ...£8.75

Tuna & cheddar cheese melt (G,D,Se,Mu,Su,F,E) ...£8.75

Mozzarella, tomato a *phesto* (G,Cll,Se,Mw,Su,C) ...£7.25

Mozzarella, tomato & pesto (G,D,Se,Mu,Su,N) ...£7.25

Eidaleg – Cig Eidaleg, mozzarella, tomato a phesto (G,Cll,Se,Mw,Su,C) ...£9.75

Italian – Italian meat, mozzarella, tomato & pesto (G,D,Se,Mu,Su,N) ...£9.75

Cig moch, *brie* a llugaeron (G,Cll,Se,Mw,Su)...£8.25

Brie, bacon and cranberry (G,D,Se,Mu,Su)...£8.25

Ychwanegwch bowlen o sglodion at eich brechdan neu panini am £2.50

Add a bowl of chips to your chosen sandwich or panini for £2.50

Salad - *Salad selection*

Salad caws (Ll,Cll,G,Mw,Su,W,So)...£12.95

Cheese salad (V,D,G,Mu,Su,E,So)...£12.95

Salad cig moch (Cll,G,Mw,Su,W,So)...£12.95

Ham salad (D,G,Mu,Su,E,So)...£12.95

Salad corgimychiaid a saws pysgod cregyn (Cll,G,Mw,Su,W,Cr,So)...£18.25

Atlantic prawn & seafood sauce salad (D,G,Mu,Su,E,C,So)...£18.25

Salad 'Caesar' cyw iâr (W,So,Cll,Su,G) £13.95

Chicken Caesar salad (E,So,D,Su,G)... £13.95

Prydau Plant - Children's Menu

Dysglaid o gawl tomato "Heinz"- gweinir gyda bara menyn (LI,G,CII)...£5.25

Bowl of 'Heinz' tomato soup – served with bread & butter (V,G,D)...£5.25

Goujons penfras cartref mewn cyteu (P,G,Su) ...£7.50

Homemade fish goujons (F,G,Su) ...£7.50

Bysedd pysgod di glwten (P)...£6.75

Gluten free fish fingers (F)...£6.75

Darnau o gyw iâr mewn cyteu (G, all gynnwys cnau daear)...£6.75

Battered chicken nuggets (G, may contain peanuts) ...£6.75

Selsig cig moch G,So,Su)...£6.75

Pork sausages (G,So,Su)...£6.75

5" Pitsa caws a thomato (LI,CII,G)...£6.75

5" Cheese & tomato pizza (V,D,G)...£6.75

*(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 cartref, sglodion a phys (G,CII,W,H) ...£7.25

Homemade Beef lasagne served with chips and peas (G,D,E,Ce) ...£7.25

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)...£5.50

Cheese sandwich (G,D)...£5.50

Brechdan tiwna (G,CII,Mw,W,P)...£5.50

Tuna sandwich (G,D,Mu,E,F)...£5.50

Brechdan ham (G,CII)...£5.50

Ham sandwich (G,D)...£5.50

Ar yr ochr - Side orders

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

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

Salad cymysg (LI)...£4.50

Fresh side salad (V)...£4.50

Dysglaid o lysiau (LI)...£3.95

Garden vegetables of the day (V)...£3.95

Colslo cartref (LI,CII,W,Mw)...£2.50

Homemade coleslaw (V,D,E,Mu)...£2.50

Dysglaid o gylchoedd nionod (LI,G)...£3.75

Bowl of onion rings (V,G)...£3.75

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

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

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

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