



## BWYDLEN CINIO

### Ciabattas cynnes

Gyda salad bychan a colslo cartref - bara brown neu bara di-glwten ar gael

Caws a picl pinafal - £5.50 ychwanegwch ham - £6.50

Tiwna a caws - £6

Caws Brie, cig moch wedi'i fygau a saws tsili - £6.50

Eidion a madarch mewn saws Dijon a hufen - £9.25

Cyw iar, chorizo ag aioli - £6.50

Brecwast; cig moch, selsig ag wy di ffrio - £7

Twrci, llugaeron a stwffin - £6.50

### Salad/ Prydau Ysgafn

2 cutlet cig oen o Gymru mewn sbeisys, saws tzatiki, bara pita, salad a colslo - £9.50

Salad cyw iar, cig moch, mel, leim a mwstard graean, colso a deiliach - £8.50

CrancTudweiliog gyda gorgimychiaid mewn mayonnaise lemon, cymysgedd o ddeiliach, colslo a bara - £9

Plowman – ham, caws Pont Gar a Caerffili, shytni pinafal, bara, salad bychan a colslo - £9

Salad eog cynnes mewn sbeisys Cajun, salad, cous-cous ag aioli - £11.90

Caws Halloumi wedi ffrio, betys a gwygbys - £8

Cacennau pysgod eog, coriander a nionyn cynnar, salad bychan, colslo, saws tsili melys - £9

Welsh Rarebit Cwrw Llyn a caws Llyn ar dost gyda salad bychan a colso - £5.50 – gyda ham - £6.50

Taten drwy'i chroen gyda ham a caws, salad bychan a colslo - £6

Omelette caws, salad bychan a coleslaw - £5.50 holwch am lenwadau eraill sydd ar gael

### Ychwanegol

Sglodion Cartref - £3.50

Sglodion cartref a caws neu mayo garlleg neu saws tsili - £3.90

Sglodion tatws melys - £3.70

Ciabatta garlleg - £3.70

Ciabatta garlleg a caws - £3.90

Powlenad o olewydd - £3.90

Bara ychwanegol – £1.50

Gadewch i'r staff wybod os oes gennych unrhyw alergedd bwyd neu anghenion deiet arbennig

### I ddechrau/Plat bach

Cawl y dydd gyda bara - £5

Pate iau cywiwr, Tequila a leim, confit nionyn coch a bara wedi'i dostio - £7

CrancTudweiliog, gorgimychiaid mewn mayonnaise lemwn, balsamig a bara – £7.70

Gorgimychiaid mawr mewn unai menyn garlleg **NEU** saws cnau coco, tsili a coriander ar ciabatta wedi'i thostio - £7.70

Darnau o gyw iar mewn bara a persli, colslo, saws barbaciw afal – bach £7.50 – mawr £9.90

Taco agored gyda llysiau, quinoa a beans, radish wedi'i biclo a saws cashew a garlleg - £6.90

### Cinio

Risotto madarch, hufen, parmesan a pys, berwr Caersalem a balsamig – £10.20 ychwanegwch £11.50 os am gywiwr neu gorgimychiaid mawr

Ham, wy a sglodion cartef gyda picl pinafal – bach £8.50 mawr a 2 wy £9.90

Lasagne llysiau Mor y Canoldir a salad - £11.90

Gammon 10 owns, 2 wy a sglodion cartref gyda picl pinafal - £11.90

Pei Eidion wedi'i goginio'n araf mewn Cwrw Llŷn gyda mash - £12.90

Pei pysgod, hadog wedi'i fygau, penfras a gorgimychiad mawr a mash caws - £13.50

Cyri blodfresych a gorbys, reis a bara naan - £12.50

Brest cyw iar wedi'i stwffio gyda cennin, caws a cig moch, saws gwin gwyn a sglodion cartref - £14.90

Byrgar cig oen gan cigydd Ederm a salad bychan mewn bap brioche, sglodion cartref a mayo garlleg - £11.90

Byrgar stec eidion gan cigydd Ederm a salad bychan mewn bap brioche, sglodion a saws tomato a tsili - £11.50

**Yn ychwanegol i'r byrgars am - £1.50 yr un –**

**Cylchoedd nionod, caws neu cig moch**

Syrloin 8 owns; cylchoedd nionod cartef; tomato a sglodion cartref - £18.90

Rump 8 owns, sglodion cartref - £15.90

**Saws pupur du neu menyn garlleg - £2**

Am bwdin holwch am y fwydlen.



## LUNCH MENU

### Warm Ciabattas

Served with a small salad and homemade coleslaw – brown bread or gluten free bread available

Cheese and pineapple chutney - £5.50 add ham - £6.50

Brie cheese, smoky bacon and a chilli and orange jam - £6.50

Tuna melt - £6

Hot beef and mushrooms in a Dijon and cream sauce - £9.25

Chicken, chorizo & aioli - £6.50

Breakfast; bacon, sausages and fried egg - £7

Turkey, cranberry & stuffing - £6.50

### Salads/Light Meals

2 Welsh lamb cutlet marinated in spices with a tzatziki sauce, pitta bread, served with salad & coleslaw - £9.50

Warm salad of chicken, bacon & honey, lime & grainy mustard, mixed leaves & coleslaw - £8.50

Tudweiliog crab, prawn and lemon mayonnaise, balsamic reduction, mixed leaves, coleslaw & bread - £9

Halloumi cheese, beetroot & chickpeas - £8

Ploughman's – ham, Pont Gar & Caerffili cheese, pineapple chutney, bread, small salad & coleslaw - £9

Warm Cajun salmon, cous-cous, salad & aioli - £11.90

Salmon, spring onion & coriander fish cakes served with a small salad, coleslaw, sweet chilli sauce - £9

Welsh Rarebit with Cwrw Llyn & local cheddar, on toast with a small salad & coleslaw - £5.50 with ham £6.50

Jacket potato with ham & cheese, small salad & coleslaw - £6

Omelette with cheese, small salad & coleslaw - £5.50

Other fillings available for jacket potato & omelettes

### Extras/Bar snacks

Homemade chips - £3.50

Homemade chips with cheese or garlic mayo or chilli sauce - £3.90

Sweet potato chips - £3.70

Garlic ciabatta - £3.70

Garlic ciabatta with cheese - £3.90

Bowl of olives – £3.90

Extra bread – £1.50

Please inform the staff if you have any allergies or diet requirements,

### Starters/Small Plate

Soup of the day with bread - £5

Tequila & lime chicken liver pate, red onion confit and toasted bread - £7

Tudweiliog crab & prawn cocktail with lemon mayonnaise, balsamic reduction & bread - £7.70

King prawns in garlic butter **OR** coconut, chilli & coriander sauce served on a toasted ciabatta – £7.70

Chicken strips coated in parsley & breadcrumbs served with coleslaw & apple barbecue sauce – small £7.50 – large £9.90

Open taco with veg, quinoa & beans, pickled radish and a garlic & cashew sauce - £6.90

### Mains

Mushrooms, parmesan, cream & pea risotto with rocket and a balsamic reduction – £10.20 (add £1.50 for chicken or king prawns)

Ham, egg & homemade chips with pineapple chutney – small £8.50/large £9.90

Mediterranean vegetable lasagne & salad - £11.90

10oz Gammon, 2 eggs and chips with pineapple chutney - £11.90

Slow cooked beef & Cwrw Llyn ale pie, served with mash - £12.90

Fish Pie - smoked haddock, cod & king prawns topped with cheese mash - £13.50

Chicken supreme stuffed with leeks, cheese & bacon with white wine sauce & chips - £14.90

Cauliflower, sweet potato & chickpea curry, rice & naan bread - £12.50

Lamb burger by the butcher in Edern, small salad in a brioche bap; homemade chips; garlic mayo - £11.90

Steak burger by the butcher in Edern, small salad in a brioche bap, homemade chips, tomato & chilli sauce - £11.50

**With extras at £1.50 each – cheese, onion rings or bacon**

8oz sirloin steak; homemade onion rings; tomato & homemade chips - £18.90

8oz rump steak, homemade chips - £15.90

**Black-pepper sauce or garlic butter - £2 extra**

Sweets menu available.