

# BREAKFAST

10.00am-11.30am



- All Day Breakfast - £9.00
- Large Breakfast Bap - 2 x Bacon, 2 x Sausages, Hash Brown & Fried Egg - £6.00
- Large Bacon Bap - £3.75
- Large Sausage Bap - £3.75
- Vegetarian Options*
- Grilled Tomato, Egg, Mushroom, Hash Brown on a Large Bap - £4.50



# LUNCH

- All Day Breakfast £9.00
- Homemade Rarebit with Side Salad £8.95
- Ham, Egg and Home Cooked Chips £8.95
- Omelette with 2 Fillings with a Side Salad ( Ham, Mushroom, Tomatoes, Onions, Cheese) £7.95
- Cod, Home Cooked Chips and Peas £9.95
- Scampi, Home Cooked Chips and Peas £9.95
- Burger in a Bap with Onion Rings, Salad & Coleslaw with Home Cooked Chips £9.95
- Choice of Beef, Minted Lamb or Pork and Apple.*

# TOASTIES

- Paninis & Baguettes -£7.50**
- Multi Seed or White
- All toasties and sandwiches are served with a side salad.*
- Ham and Cheese
- Bacon, Brie and Cranberry
- Chicken and Stuffing
- Tuna and Cheese Melt
- Chicken with Lemon and Tarragon Mayo
- Cold Sandwich with Side Salad - £6.00
- Coronation Chicken
- Chicken Tikka Salad
- Turkey, Coleslaw and Cranberry
- Cheese & Spring Onion

# KIDS' MEALS

- Kids' Meals - £6.95**
- Includes a drink*
- Chicken Goujons, Sausage, Quiche.
- All of the above are served with chips or new potatoes and beans or peas.
- Kids' Sandwich £5.95**
- Includes a drink*
- Turkey
- Ham
- Tuna
- Cheese

*\*\* Please note children meals for aged 12 and under only. \*\**



- CAKES**
- Homemade Cakes- Please see specials board.
- Red Boat Ice Cream - £2.80

# JACKET POTATOES

- Jacket potato with a side salad - £ 6.95
- Bacon and Cheese Melt
- Cheese and Beans
- Tuna Mayo
- Prawn Marie Rose Sauce with Baby Leaf Lettuce

# SALAD

- £6.95
- Tuna Mayo
- Ham & Boiled Egg
- Chicken and Bacon
- Ploughman



# DRINKS



- Pot of Tea - £1.90
- Tea Infusions - £1.90
- Cappuccino - £2.55
- Americano - £2.40
- Flat White - £2.45
- Mocha - £2.90
- Decaffeinated Coffee - £2.65
- Hot Chocolate Plain £2.60
- Deluxe - £2.90

- Folkingtons Natural Juice - £2.55
- Heartsease Farm Juice - £2.65
- Arizona Teas - £2.95
- Wild Water Kids - £1.30
- Water - £1.30
- Fizzy Can - £1.50

**\*\* Please note our fryers are NOT gluten, fish or crustaceans free \*\***  
Please ask for allergy information.

# BRECWAST

10.00y.b-11.30y.b



Brecwast Mawr- £9.00

Bap Brecwast Mawr – 2 x Bacwn,  
2 x Selsig, 'Hash Brown' & Wŷy

wedi'i Ffrio – £6.00

Bap Bacwn Mawr – £3.75

Bap Selsig Mawr- £3.75

*Opsiwn Llysieuol*

Tomato, Wŷy gyda Madarch,  
'Hash Brown' ar Bap Mawr-  
£4.50



# CINIO

Brecwast Mawr £9.00

'Rarebit' Cymraeg gyda Salad £8.95

Ham, Wŷy a Sglodion Cartref £8.95

Omled gyda dau lenwad, wedi'i weini

gyda salad (Ham, Madarch, Tomato,

Nionyn neu Caws) £7.95

Penfras, Sglodion Cartref a Pys

£9.95

Scampi, Sglodion Cartref a Pys

£9.95

Byrgyr mewn Bap, Cylchredi

Nionyn, Salad a Colslo gyda Sglodion

Cartref £9.95

Gyda dewis o; Cig Eidion, Cig Oen

neu Porc a Afal.

# BRECHDAN WEDI'I DOSTIO

**Panini neu Bara Ffrenig -£7.50**

'Multi Seed' neu Bara Gwyn

*Bydd y brechdanau yn cael ei weini gyda  
salad bach.*

Ham a Caws

Bacwn, 'Brie' a Llugaeron

Cyw Iâr a Stwffin.

'Melt' Tiwna a Caws.

Cyw Iâr efo Lemwn a Mayo Taragon.

Brechdan Oer efo Salad - £6.00

Cyw Iâr 'Coroni'

Cyw Iâr 'Tikka' Salad

Twrci, Colslo a Llugaeron.

Caws a Nionyn.

# TATWS PÔB

Tatws Pôb gyda Salad - £ 6.95

'Melt' Caws a Bacwn.

Caws a Ffa Pôb

Tiwna a Mayo

Corgimwch mewn Saws

'Marie Rose' efo Letysen Fechan

# SALAD

- £6.95

Tiwna a Mayo

Ham a Wŷy wedi'i Ferwi.

Cyw Iâr a Bacwn

Aradwr

# BWYD PLANT

Bwyd Plant - £6.95

*gan gynnwys diod*

Stribedi Cyw Iâr,

Selsig,

'Quiche'.

Wedi'i weini gyda Sglodion

neu Tatws Newydd, Ffa Pôb

neu Pys

Brechdanau Plant £5.95

*gan gynnwys diod*

Twrci

Ham

Tiwna

Caws

*\*Prydau plant dim ond ar gael*

*i blant*

*12 oed ac iau\**



Tê- £1.90

Tê 'infusion'- £1.90

Cappuccino £2.55

Americano £2.40

Flat White £2.45

Mocha £2.90

Coffi Di-Gaffin- £2.65

Siocled Poeth Plaen £2.60

Moethus £2.90

**\*\*PWYSIG - NAD yw ein hoffer darparu bwyd yn rhydd o  
glwten, pysgod na chramenogion \*\***

**Gofynnwch am wybodaeth alergedd os gwelwch yn dda.**



# BWYDLEN



Hosbis Dewi Sant  
St David's Hospice

# CACENNAU

Cacennau Cartref-  
Gweler y bwrdd prydau  
arbennig.

Hufen Iâr Red Boat -  
£2.80

# DIODYDD



Folkingtons

Natural Juice -

£2.55

Heartsease Farm

Juice - £2.65

Arizona Teas -

£2.95

Wild Water Kids

£1.30

Dŵr - £1.30

Can o Pop - £1.50