

WEEK ONE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat Main £1.60	Chilli Con Carne & Rice	Chicken Chow Mein & Noodles	Roast Pork with Apple Sauce, Roast Potatoes, Vegetables & Gravy	Chicken Curry & Rice	Fish & Chips or Chicken Goujons
Meat Free Main £1.60	Vegetarian Chilli & Rice	Vegetarian Stir Fry With Noodles	Tofu & Aubergine Thai Curry & Rice	Spinach & Tomato Tart	Non-Chicken Nuggets & Chips
Sweetness £1.15	Banana Bread & Custard	Apple Crumble & Custard	Lemon Drizzle Cake & Custard	Pear & Cocoa Sponge & Custard	Rhubarb Crumble & Custard
Concept £1.95	Mexico Chicken Taco Or Butternut Squash Taco	Mexico Chicken Taco Or Butternut Squash Taco	Mexico Chicken Taco Or Butternut Squash Taco	Mexico Chicken Taco Or Butternut Squash Taco	Mexico Chicken Taco Or Butternut Squash Taco
Bowl & Co From £1.70	Tomato & Basil Pasta	Mac N Cheese	Tomato & Basil Pasta	Mac N Cheese	Tomato & Basil Pasta

ALLERGIES

Please speak to a member of our team if you have an allergy, and need to know what's in our food dishes so we can advise on your available choices

AVAILABLE DAILY

Baked Potatoes with a range of toppings.

Freshly Made Baguettes, Sandwiches, Wraps and Salads.

MEAL DEAL

Meat or Meat Free Main & Cookie or Jelly Pot
£1.75

Simple Sandwich or Baguette, 500ml Water & Cookie or Jelly Pot
£1.95

BWYDLEN WYTHNOS UN

	LLUN	MAWRTH	MERCHER	IAU	GWENER
PRIF GWRS GYDA CHIG £1.60	Tsili Con Carne gyda Reis	Chicken Chow Mein & Nwdls	Porc Rhost gyda Saws Afal, Tatws Rhost, Llysiau a Grefi	Cyri Cyw Iâr a Reis	Pysgod a Sglodion neu Goujons Cyw Iâr
PRIF GWRS DIM CIG £1.60	Tsili Llysieuol a Reis	Llysieuol wedi'i Dro-Frio Gyda Nwdls	Cyri Thai a Reis Tofu ac Aubergine	Tarten Sbigoglys a Tomato	Nuggets a Sglodion Heb Gyw Iâr
MELYSION £1.15	Bara Banana gyda Chwstard	Crymbl Afal gyda Chwstard	Cacem Lemwn gyda Chwstard	Sbwng Gellyg a Choco gyda Chwstard	Crymbl Riwbob
CONCEPT £1.95	Mecsico Taco Cyw Iâr Neu Taco Sboncen Cnau Menyn	Mecsico Taco Cyw Iâr Neu Taco Sboncen Cnau Menyn	Mecsico Taco Cyw Iâr Neu Taco Sboncen Cnau Menyn	Mecsico Taco Cyw Iâr Neu Taco Sboncen Cnau Menyn	Mecsico Taco Cyw Iâr Neu Taco Sboncen Cnau Menyn
BOWL & Co Oddiwrth £1.70	Pasta Tomato a Basil	Mac a Chaws	Pasta Tomato a Basil	Mac a Chaws	Pasta Tomato a Basil

ALERGEDDAU

Siaradwch ag aelod o'n tîm os oes gennych alergedd neu am restr o gynhwysion ein prydau bwyd. Gallwn gynnig cyngor ar y dewisiadau sydd ar gael.

AR GAEL YN DDYDDIOL

Tatws Pôb gyda detholiad o lenwadau
Brechdanau a Bagets Ffres

BARGEN-BRYD

Prif Gig neu Gig Di-Gig a Cwci neu Pot Jelly - £1.75
Brechdanau neu Baguette Syml, Dŵr a Chwcis 500ml neu Pot Jelly - £1.95

WEEK TWO MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat Main £1.60	Sausage & Mash	Lasagne & Garlic Bread	Roast Chicken, Roast Potatoes, Vegetables & Gravy	Cottage Pie	Fish & Chips or Chicken Goujon
Meat Free Main £1.60	Quorn Sausage & Mash	Mediterranean Vegetable Flatbread	Vegetable Lasagne	Root Vegetable Cous Cous	Southern Fried Quorn Fillet
Sweetness £1.15	Chocolate Orange Sponge & Custard	Fruit Cobbler & Custard	Sticky Toffee Pudding & Custard	Marmalade & Ginger Sponge & Custard	Banana Loaf & Custard
Concept £1.95	Sir Lankan Chicken Wrap or Sir Lankan Potato Spinach & Chickpea Wrap	Sir Lankan Chicken Wrap or Sir Lankan Potato Spinach & Chickpea Wrap	Sir Lankan Chicken Wrap or Sir Lankan Potato Spinach & Chickpea Wrap	Sir Lankan Chicken Wrap or Sir Lankan Potato Spinach & Chickpea Wrap	Sir Lankan Chicken Wrap or Sir Lankan Potato Spinach & Chickpea Wrap
Bowl & Co From £1.70	Tomato & Basil Pasta	Mac N Cheese	Tomato & Basil Pasta	Mac N Cheese	Tomato & Basil Pasta

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AVAILABLE DAILY

Baked Potatoes with a range of toppings.

Freshly Made Baguettes, Sandwiches, Wraps and Salads.

MEAL DEAL

Meat or Meat Free Main & Cookie or Jelly Pot
£1.75

Simple Sandwich or Baguette, 500ml Water & Cookie or Jelly Pot
£1.95

BWYDLEN WYTHNOS DAU

	LLUN	MAWRTH	MERCHER	IAU	GWENER
PRIF GWRS GYDA CHIG £1.60	Selsig a Stwnsh	Lasagne a Bara Garlleg	Cyw Iâr Rhost, Tatws Rhost, Llysiau a Grefi	Pastai Bwthyn	Pysgod a Sglodion neu Goujons Cyw Iâr
PRIF GWRS DIM CIG £1.60	Selsig Quorn a Stwnsh	Bara gwastad Llysiau Môr y Canoldir	Lasagne Llysiau	Gwraidd Llysiau Cous Graded	Ffiled Quorn Ffrio'r De
MELYSION £1.15	Sbwng Siocled Oren gyda Chwstard	Cobler Ffrwythau gyda Chwstard	Pwdin Taffi Gludiog gyda Chwstard	Sbwng Sinsir a Marmalêd gyda Chwstard	Bara Banana gyda Chwstard
CONCEPT £1.95	Lapiad Cyw Iâr Syr Lankan neu Sbigoglys Tatws a Chickpea Lapiad Cyw iâr Syr Lankan	Lapiad Cyw Iâr Syr Lankan neu Sbigoglys Tatws a Chickpea Lapiad Cyw iâr Syr Lankan	Lapiad Cyw Iâr Syr Lankan neu Sbigoglys Tatws a Chickpea Lapiad Cyw iâr Syr Lankan	Lapiad Cyw Iâr Syr Lankan neu Sbigoglys Tatws a Chickpea Lapiad Cyw iâr Syr Lankan	Lapiad Cyw Iâr Syr Lankan neu Sbigoglys Tatws a Chickpea Lapiad Cyw iâr Syr Lankan
BOWL & Co Oddiwrth £1.70	Pasta Tomato a Basil	Mac a Chaws	Pasta Tomato a Basil	Mac a Chaws	Pasta Tomato a Basil

ALERGEDDAU

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AR GAEL YN DDYDDIOL

Tatws Pôb gyda detholiad o lenwadau
Brechdanau a Bagets Ffres

BARGEN-BRYD

Prif Gig neu Gig Di-Gig a Cwci neu Pot Jelly - £1.75
Brechdanau neu Baguette Syml, Dŵr a Chwcis 500ml neu Pot Jelly - £1.95

WEEK THREE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat Main £1.60	Beef Burger, Wedges & Salad	Sausage & Mash	Roast Gammon, Roast Potatoes, Vegetables & Gravy	Chicken Curry & Rice	Fish & Chips or Chicken Goujon
Meat Free Main £1.60	Spiced Chickpea Burger, Wedges & Salad	Quorn Sausage & Mash	Root Vegetable & Chickpea Tagine	Vegetable Balti & Rice	Spinach & Tomato Tart with Salad
Sweetness £1.15	Pineapple Upside-Down Cake & Custard	Jamaican Ginger Cake & Custard	Apple Cinnamon & Date Crumble & Custard	Jam & Coconut Sponge & Custard	Coconut Rice Pudding
Concept £1.95	Mumbai Kitchen Chicken Tikka & Rice	Mumbai Kitchen Chicken Tikka & Rice	Mumbai Kitchen Chicken Tikka & Rice	Mumbai Kitchen Chicken Tikka & Rice	Mumbai Kitchen Chicken Tikka & Rice
Bowl & Co From £1.70	Tomato & Basil Pasta	Mac N Cheese	Tomato & Basil Pasta	Mac N Cheese	Tomato & Basil Pasta

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AVAILABLE DAILY

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Freshly Made Baguettes, Sandwiches, Wraps and Salads.

MEAL DEAL

Meat or Meat Free Main & Cookie or Jelly Pot
£1.75

Simple Sandwich or Baguette, 500ml Water & Cookie or Jelly Pot
£1.95

BWYDLEN WYTHNOS TRI

	LLUN	MAWRTH	MERCHER	IAU	GWENER
PRIF GWRS GYDA CHIG £1.60	Byrger Cig Eidion, Lletemau a Salad	Selsig a Stwnsh	Gamwn Rhost, Tatws Rhost, Llysiau a Grefi	Cyrri Cyw Iâr a Reis	Pysgod a Sglodion neu Goujons Cyw Iâr
PRIF GWRS DIM CIG £1.60	Byrger Chickpea Sbeislyd, Lletemau a Salad	Selsig Quorn a Stwnsh	Llysiau Gwraidd a Chickpea Tagine	Balti Llysiau a Reis	Tarten Sbigoglys a Thomato gyda Salad
MELYSION £1.15	Cacen Pinafal ben i lawr gyda Chwstard	Cacen Sinsir Jamaicaidd gyda Chwstard	Crybl Afal Sinamwn a Datys gyda Chwstard	Sbwng Cnau Coco a Jam gyda Chwstard	Pwdin Reis Cnau Coco
CONCEPT £1.95	Tikka Cyw Iâr Cegin Mumbai a Reis	Tikka Cyw Iâr Cegin Mumbai a Reis	Tikka Cyw Iâr Cegin Mumbai a Reis	Tikka Cyw Iâr Cegin Mumbai a Reis	Tikka Cyw Iâr Cegin Mumbai a Reis
BOWL & Co Oddiwrth £1.70	Pasta Tomato a Basil	Mac a Chaws	Pasta Tomato a Basil	Mac a Chaws	Pasta Tomato a Basil

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AR GAEL YN DDYDDIOL

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Brechdanau a Bagets Ffres

BARGEN-BRYD

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Brechdanau neu Baguette Syml, Dŵr a Chwcis 500ml neu Pot Jelly - £1.95

MID MORNING BREAK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Paninis £1.85	BBQ Chicken	Cheese & Red Onion	Tuna Melt	Cheese	Ham & Cheese
Toasties £1.40	Cheese	Ham & Cheese	Cheese & Tomato	Ham & Cheese	Cheese
Meat Pizza £1.40	Pepperoni Pizza Bagel	Pepperoni Slice	Pepperoni Pizza Bagel	Pepperoni Slice	Pepperoni Pizza Bagel
Meat Free Pizza £1.30	Margherita Slice	Cheese & Tomato Pizza Bagel	Margherita	Cheese & Tomato Pizza Bagel	Margherita Slice
Bowl & Co From £1.70	Ramen with Egg Noodles & Chicken	Cheesy Pasta	Ramen with Egg Noodles & Tofu	Tomato & Basil Pasta	Ramen with Egg Noodles & Chicken

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AVAILABLE DAILY

Waffles, Pancakes & Pretzels
Freshly Made Baguettes, Sandwiches, Wraps and Salads.

EGWYL CANOL BORE

	LLUN	MAWRTH	MERCHER	IAU	GWENER
Paninis £1.85	Cyw Iâr Barbeciw	Caws a Nionyn	Tiwna a Chaws	Caws	Caws a Ham
Toasties £1.40	Caws	Caws a Ham	Caws a Tomato	Caws a Ham	Caws
Pitsa Gyda Chig £1.40	Bagel Pizza Pepperoni	Sleisen Pepperoni	Bagel Pizza Pepperoni	Sleisen Pepperoni	Bagel Pizza Pepperoni
Pitsa Llysieuol £1.30	Sleisen Margherita	Bagel Pizza Caws a Tomato	Sleisen Margherita	Bagel Pizza Caws a Tomato	Sleisen Margherita
Bowl & Co Oddiwrth £1.70	Ramen gyda Nwdls Wy a Chyw Iâr	Pasta Caws	Ramen gyda Nwdls Wy a Chyw Iâr	Pasta Tomato a Basil	Ramen gyda Nwdls Wy a Chyw Iâr

ALLERGIES

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AR GAEL YN DDYDDIOL

Wafflau, Crempogau a Pretzels

Baguettes, Brechdanau, Wraps a Salad Wedi'u Gwneud yn Ffres.