



09.30 - 11:30

Brecwast | Breakfast

Please see display fridge and bar for cake and alternative daily options.
Gweler y bar a oergell am optiynau ychwanegol a chacennau.

Porridge £4.95
Uwd (V/VG)

Warm creamy porridge with Y Sied honey, seasonal fruit and a sprinkling of mixed seeds. Please ask for milk alternatives.
Uwd hufenog cynnes gyda mêl Y Sied, ffrwythau tymhorol, a hadau cymysg.
Gofynnwch am ddewisiadau llaeth gwahanol

Toast £2.50
Tost (V/VG)

With local Shirgar butter and Jam, Marmalade or Y Sied Honey.
Gyda menyng Shirgar lleol a'ch dewis o jam marmaled, neu mêl Y Sied

Savoury Pancakes £6.25
Pancws Sawrus

Maple bacon and cream cheese with a drizzle of maple syrup and a sprinkling of mixed seeds
Cig moch, a chaws meddal, surop masarn ac hadau cymysg

Sweet Pancakes £6.25
Pancws Melys

Llaeth y Llan yogurt with fresh seasonal fruit, a drizzle of maple syrup and a sprinkling of mixed seeds (V)
logwrt Llaeth y Llan gyda ffrwythau tymhorol ffres, surop masarn, ac hadau cymysg (V)

Y Sied Granola £3.75
Granola Y Sied (V)

Llaeth y Llan Yogurt with homemade granola and homemade fruit compote, sweetened with Y Sied honey
logwrt Llaeth y Llan gyda granola cartref, compot frwyth cartref â mêl Y Sied

Eggs on Toast £6.95
Wyau ar dost

free range eggs (any way) with smashed avocado and wilted spinach on Pitchfork & Provision sour dough
Wyau maes (unrhyw ffordd) gyda afocado wedi'i falu a sbigoglys ar does sur Pitchfork & Provision

Add maple bacon | ychwanegwch bacwn £1.5



12:00 - 15:00

Cinio | Lunch

**please see display fridge and bar for cake and alternative daily options
gweler y bar a oergell am optignau ychwanegol a chacennau**

Traditional Ham Cawl £8.00
Cawl ham traddodiadol

Served with homemade bread and Dragon Cheddar cheese
Wedi'i weini gyda bara cartref a chaws Cheddar y Ddraig

Mezze Board £8.00
Bwrdd Mezze

With homemade bread, antipasti, olives, hummus, habas fritas (Broad beans with a difference - these have been roasted and salted), olive oil and balsamic vinegar, dressed salad leaves
Gyda bara cartref, olewydd antipasti, hummus, habas fritas (Ffa - mae'r rhain wedi'u rhostio a'u halltu), olew olewydd a finegr balsamig, dail salada dresin

Soup of the Day £5.50
Cawl y Dydd (VG)

Please ask for today's option. Served with homemade bread.
Add Dragon Cheddar Cheese (+£0.80)
Gofynnwch am opsiwn heddiw. Wedi'i weini gyda bara cartref.
Ychwanegwch Gaws Cheddar y Ddraig £ 0.80

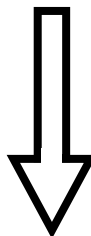
**Children
Plant**

we don't have a child's menu, all dishes can be adapted and suitable for children, please ask
Does dim fwydlen plentyn, ond gellir addasu pob pryd yn addas i blant, gofynnwch

Hot Meal of The Day £Varied
Pryd Poeth y Dydd £Amrywiol

Please ask | Gofynnwch

**More on the other side
Mwy Ar yr ochor arall**





Cinio | Lunch

Baked Whole Perl Wen £17.5

- To share

Perl Wen Cyfan wedi'i bobi

- I rhannu

served with homemade bread, carrots and celery

Wedi'i weini gyda bara cartref, moron a seleri

Welsh Cheese Board £12.50

- To share

Bwrdd Caws Cymreig

- I rhannu

with homemade bread, Cradocks crackers, Dragon Cheddar, Caws Cenarth Perl Las, Snowdonia Red Devil, walnuts, Y Sied chutney, fresh seasonal fruit, dressed salad leaves
Gyda bara cartref, cracys Cradocks, caws Cheddar y Ddraig, Caws Cenarth Perl Las, Caws Eryri Diafol Coch, cnau Ffrengig, siynti Y Sied, ffrwythau tymhorol ffres, dail salad a dresin

Why do we add seeds?

They are full of zinc which fights colds and infections, it also lowers your blood pressure.

Pam ydyn ni'n ychwanegu hadau?

Mae nhw'n llawn sinc sy'n ymladd annwyd a heintiau yn ogystal â gostwng eich pwysedd gwaed.

Food allergies and intolerances:

Please ask a member of staff if you need information on the ingredients in the food we serve.

Alergeddau ac anoddefiadau bwyd:

Gofynnwch i aelod o staff a oes angen gwybodaeth arnoch chi am y cynhwysion yn y bwyd rydyn ni'n ei weini.



Diodydd Poeth Hot Drinks

Coffee | Coffi

Espresso - Single/Double Sengl/Dwbl	£1.80
Americano	£2.00
Cappuccino	£2.65
Latte	£2.65
Flat White	£2.65
Hot Chocolate Siocled Poeth	£3.00
Deluxe Hot Chocolate Siocled Poeth moethus	£3.65
Mocha	£3.00
Pumpkin Spice Latte Sbeis Pwmpen Latte	£3.00
Beetroot Latte Betys Latte	£3.20
Full of vitamins (A&C), minerals (K, Ca, Fe) and packed with powerful antioxidants Llawr fitaminau (A&C) a mwynau (K, Ca, Fe) ac yn llawn gwrth-ocsidyddion pwerus	
Flavoured Latte Latte Ychwanegol	£3.15
Caramel, vanilla, hazelnut, others available / eraill ar gael Add extra shot, alternative milk, syrup, cream, marshmallows (+£0.50) Ychwanegwch shot ychwanegol, llaeth gwahanol, surop, hufen, malws melys (+ £ 0.50)	

Iced Coffee | Coffi Rhew

Americano	£2.50
Latte	£3.00
Mocha	£3.50
Chocolate Siocled	£3.50

Pot of Loose Leaf Tea | Pot o De Dail Rhydd

Fresh Mint Mintys Ffres	£2.65
Fresh Ginger & Lemon Sinsir a Lemwn Ffres	£2.65
Chamomile Chamri	£2.65
Welsh Breakfast Brecwast Cymru	£2.65
Green Gwyrdd	£2.65
Earl Grey	£2.65
Chai	£2.65
Pumpkin and Turmeric Pwmpen a Thymerig	£2.65



Diodydd Arbenig Drinks Specials

Christmas Specials / Arbenig i Nadolig

Mint, Chocolate Orange or Gingerbread Hot Chocolate Siocled Poeth Mintys, Siocled Oren neu Sinsir	£3.65
Hot Mulled Cider Seidr Sbeislyd Poeth	£3.65
Non-alcoholic Mulled Apple Afal Cynnes Sbeislyd	£3.00
Merlyn Welsh Cream Liqueur Hot Chocolate or Latte Merlyn's Siocled Poeth neu Latte	£4.65



Smwddis Smoothies

Energy Boost / Hwb Ynni

£3.50

kiwi + mango + spinach + apple juice + kale
ciwi + mango + sbigoglys + sudd afal + cêl

High in iron for energy and Vitamin K for bones

Uchel mewn haearn ar gyfer egni a Vit K ar gyfer esgyrn

Add Spirulina for added energy and anti-inflammatory properties (+£0.50)

Ychwanegwch Spirulina ar gyfer Ynni ychwanegol a gwrthlidiol (+ £ 0.50)

Skin Boost / Hwb Croen

£3.50

orange + pineapple + grapefruit + mango + goji berries
oren + pîn-afal + grawnffrwyth + mango + aeron goji

Full of natural Vitamin C from the fruit and goji berries that naturally protect the body against UV as well as helping mental wellbeing

Yn llawn o Fit C naturiol o'r aeron ffrwythau a goji sydd yn amddiffyn y corff rhag UV yn ogystal â helpu lles meddyliol

Add Baobab: full of added Vitamin C which creates and maintains collagen as well as providing extra energy (+£0.50)

Ychwanegwch Baobab sy'n llawn o Fit C sy'n creu ac yn cynnal collagen yn ogystal ag Ynni ychwanegol (+ £ 0.50)

Super Boost / Hwb Super

£3.50

grapefruit + blueberries + strawberry + raspberries + acai powder
grawnffrwyth + llus + mefus + mafon + powdr acai

Full of antioxidants, vitamins, minerals, and fibre, all vital for your immune system.

Grapefruit is perfect for weight loss

yn llawn gwrthocsidyddion, fitaminau, mwynau a ffibr, i gyd yn hanfodol i'ch system imiwnedd. mae grawnffrwyth yn berffaith ar gyfer colli pwysau

Add Chlorella for added detox. Binds with metals & chemicals in the body (+£0.50)

Ychwanegwch Chlorella ar gyfer dadwenwyno ychwanegol, ei rwymo â metelau a chemegau yn y corff (+£0.50)

Add chia or flax seeds to any smoothie - a natural cholesterol reducer (+£0.50)

Ychwanegwch hadau chia neu flax at unrhyw smwddi - lleihau'r colesterol naturiol (+£0.50)



Diodydd Meddal Soft Drinks

Heartsease Bottled Drinks | Diodydd Potel Heartsease

£2.50

Elderflower / Ginger Beer / Raspberry Lemonade
Blaenlys, Cwrw sinsir, Lemonâd Mafon

San Pellegrino

£2.20

Orange / Blood Orange
Oren, Oren Gwaed

Fentimans Bottled Drinks | Diodydd Potel Fentimans

£2.95

Curiosity Cola / Dandelion & Burdock
Cola / Dant y Llew a Burdock

Daioni Milkshakes | Ysgytlaeth Daioni

£2.20

Chocolate / Strawberry and banana
Siocled, Mefus a banana

Juice | Sudd

£2.00

Orange, apple, mango or grapefruit