



CINIO

Tan 2yp

Bwrddau (gf ar gais)

Dewiswch un £8.60 | Dewiswch ddau i rhannu £16

Bwrdd Plowman (v) (gf ar gais)

Caws Cenarth Pel Las, cheddar aeddfed Dragon, Caws Cenarth Perl Wen, caws Snowdonia Red Devil, craceri Cradocs, dail cymysg, ffrwythau ffres & sych, siytni betys Y Sied, cnau siwgrog, hadau cymysg

Bwrdd Cig (gf ar gais)

Cymysgedd o charcuterie, bara Y Sied, olew yr olewydd a finegr balsamig, dail cymysg, ffrwythau ffres & sych, cnau siwgrog, hadau cymysg a olewydd

Bwrdd Fegan (vg) (gf ar gais)

Falafel a hummus Y Sied, bara Y Sied, olew yr olewydd a finegr balsamig, dail cymysg, ffrwythau ffres & sych, cnau siwgrog, hadau cymysg a olewydd

Swp y dydd (vg)(gf ar gais) £5.95

gweinir gyda bara Y Sied

Cawl Cymraeg (gf ar gais) £7.70

gweinir gyda bara Y Sied

Ychwanegwch Caws Cymreig Y Ddraig +0.95

Brechdanau (gf/vg/v ar gais) £8.50

Wedi gweni gyda colesalw a creision.

Dewiswch allan o rhain:

-Ciabatta Nadolig: Cyw iâr, bacwn, saws llugaeuron, dail cymysg, picl bresych coch Y Sied a mayo mwstard

- Bagel caws hufen, eog wedi'i ffigu, dail cymysg, picl bresych coch Y Sied

- wrap falafel, hummus, roced, picl bresych coch

Bacwn a Wyau £8.95

(gf ar gais)

Bara Y Sied, llond llaw o sbigoglys, 2 wy maes, bacwn wedi melysu, tomato wedi'i rhostio, a hadau cymysg

Pancws Sawrus £6.75

3 pancws trwchus gyda caws meddal, cig moch wedi melysu gyda surop masarn, surop masarn ychwanegol a hadau cymysg

Pancws Banana(vg) £7.20

3 pancws trwchus gyda iogwrt cnau coco, ffrwythau tymhorol ffres, surop masarn, hadau cymysg a cnau Ffrengig wedi ei felysu

Wyau wedi'i botsio ar dost £7.95

(v) (gf on request / ar gais)

bara Y Sied, llond llaw o sbigoglys, afo wedi malu, 2 wy maes, briwsioni o feta wedi gorffen gyda ychydig o tsili. gyda eog wedi'i ffigu +£2.50



LUNCH

until 2pm

Graze Boards (gf upon request)

Choose one £8.60 | Choose two to share £16

Ploughman's Board (v) (gf on request)

Caws Cenarth Perl Las, Dragon mature cheddar, Caws Cenarth Perl Wen, Snowdonia Red Devil cheese Cradocs crackers, mixed leaves, dried & fresh fruit, Y Sied beetroot chutney, sugared nuts, mixed seeds

Mediterranean Board (gf on request)

A mix of charcuterie, Y Sied bread, olive oil & balsamic dip, mixed leaves, dried & fresh fruit, sugared nuts, mixed seeds & olives

Middle Eastern Board (vg) (gf on request)

Y Sied falafel & hummus, Y Sied bread, olive oil & balsamic dip, mixed leaves, dried & fresh fruit, sugared nuts, mixed seeds & olives

Soup of the day (vg)(gf upon request) £5.95

Served with Y Sied Bread

Traditional Welsh Ham Cawl (gf upon request) £7.60

Served with Y Sied Bread

Add Welsh Dragon Cheddar +0.95

Y Sied Sandwiches (gf/vg/v upon request) £8.60

Served with homemade coleslaw and crisps

Choose from bellow:

- Christmas Ciabatta: Chicken, streaky bacon, stuffing and cranberry sauce, mixed leaves, Y Sied red cabbage pickle & mustard mayo Ciabatta
- Cream cheese, smoked salmon, mixed leaves, Y Sied red cabbage pickle Bagel
- Falafel, hummus, rocket, red cabbage pickle wrap

Maple Bacon and Poached Eggs £8.95

(gf on request)

Y Sied bread with a handful of spinach, 2 local free-range eggs, maple back bacon, roasted tomato, and a sprinkling of mixed seeds.

Savoury Pancakes £6.75

3 thick pancakes with cream cheese, maple smoked streaky bacon, a drizzle (or two or three 😊) of maple syrup and a sprinkling of mixed seeds

Banana Pancakes (vg) £7.25

3 thick banana pancakes with coconut yogurt, fresh seasonal fruit, a drizzle (or two or three 😊) of maple syrup, a sprinkling of mixed seeds and a few sugared walnuts

Poached Eggs on Toast £7.95

(v) (gf on request / ar gais)

Y Sied bread with a handful of spinach, smashed avo, 2 local free-range eggs, crumbled feta and topped few slices of chili with smoked salmon +£2.50