



**Olives (gf&vg) £4**

**Salad Portion (v) (gf/vg on request) £4**

**Graze Board (gf upon request) £11ph**  
min 2 people

A mix of Trealy Farm charcuterie, Dragon mature cheddar, Snowdonia Red Devil Cheese, ciabatta, mixed leaves, fresh melon wedge, Y Sied beetroot chutney, sugared nuts, mixed seeds, olive oil & balsamic dip and olives

**Mezze Board (vg) (gf upon request) £11ph**  
min 2 people

Falafel, hummus, pomegranate seeds, carrot & cucumber sticks, ciabatta, mixed leaves, sugared nuts, mixed seeds, olive oil & balsamic dip, olives, tabbouleh salad, and artichoke heart

**Ploughman's (gf/v upon request) £8.50**

Dragon mature cheddar, ham, ciabatta, Y Sied beetroot chutney, pickle, pickled onion, apple & coleslaw.

You're welcome to exchange the ham for extra cheddar

**Y Sied Salad Bowl £9**

**(gf/vg/v upon request)**

A mix of salads made daily on premises and ciabatta.

Served with your choice from bellow:

- marinated chicken skewer
- ham & grated cheese
- falafel & hummus (vg)

**Y Sied Quiche (v) £9**

Served with a mix of salads made daily on premises

**Flatbread (vg) £9**

Flatbread with beetroot hummus roasted vegetables and vegan harissa mayo, served with a mix of vegan salads made daily on premises

**Add a chicken skewer or falafel +£2**

**Soup of the day £5.95**

**(vg)(gf upon request)**

Served with ciabatta

**Add Welsh Dragon Cheddar +0.95**

**Olewydd (vg & gf) £4**

**Portwn Salad (vg & gf) £4**

**Bwrdd Med (gf ar gais) £11ph**  
2 person min

Cymysgedd o charcuterie Trealy Farm, cheddar aeddfed Dragon, Caws Snowdonia Red Devil, ciabatta, dail cymysg, melon ffres, sigtini betys Y Sied, cnau siwgrog, hadau cymysg, olew yr olewydd a finegr balsamig a olewydd,

**Bwrdd Mezze (vg) (gf ar gais) £11ph**  
min 2 person

Falafel, hwmws, hadau pomgranad, ffyn moron a chiwcymbr, ciabatta, dail cymysg, cnau siwgr, hadau cymysg, olew olewydd a dip balsamig, olewydd, salad tabbouleh, a chalon artisiog

**Ploughman's (gf/v upon request) £8.50**

Cheddar aeddfed y ddraig, ham, ciabatta, sigtini betys Y Sied, picl, winwsyn wedi'i biclo, afal a choleslaw.

Mae croeso i chi gyfnwid yr ham am cheddar ychwanegol

**Bowlen Salad Y Sied Salad £9**

**(gf/vg/v upon request)**

Cymysgedd o saladau yn cael eu gwneud yn ddyddiol ar y safle a ciabatta.

Wedi'i weini gyda'ch dewis o'r isod:

- sgiwer cyw iâr wedi'i farinadu
- ham a chaws wedi'i gratio
- falafel a hwmws (vg)

**Y Sied Quiche (v) £9**

Wedi'i weini gyda chymysgedd o saladau yn cael eu gwneud yn ddyddiol ar y safle.

**Flatbread (vg) £9**

Bara gwastad gyda hwmws betys llysiâu rhost a fegan harissa mayo, wedi'i weini gyda chymysgedd o saladau fegan sy'n cael eu gwneud yn ddyddiol ar y safle.

**Ychwanegu sgiwer cyw iâr neu falafel +£2**

**Swp y dydd (vg)(gf ar gais) £5.95**

gweinir gyda bara Y Sied

**Ychwanegwch Caws Cymreig Y Ddraig +0.95**