

Cinio

Lunch

Prydau Twym o / Hot Main Meals from...

£1.75

Prydau Pasta: Lasagne • Bolognaise Cig Eidion • Pasticcio

Pasta Dishes: Lasagne • Beef Bolognaise • Pasticcio

Cyrri • Melys a Sur • Chili Cig Eidion

Curry • Sweet and Sour • Beef Chili

Caserol / Casserole

Pastai'r Bwthyn • Pastai Cig / Cottage Pie • Meat Pie

Cinio Rhost Traddodiadol

Traditional Roast Dinner

£2.80

neu Ginio Llysieuol

or Vegetarian Dinner

£2.70

Dewisiadau Llysieuol o

Vegetarian Options from...

£1.50



Lasagne • Bolognaise • Pasta Pob

Lasagne • Bolognaise • Pasta Bake

Cyrri Llysieuol • Melys a Sur • Chili

Vegetarian Curry • Sweet & Sour • Chili



Caws Blodfresych • Pryd Ffa Pob • Pastai Caws a Thatws

Cauliflower Cheese • Bean Bake • Cheese & Potatoe Pie



Cyngor Sir Gâr
Carmarthenshire
County Council



Ar Gael
Bob Dydd

Available
Daily



Tato Pob Twyn ag amrywiaeth o lenwadau
Hot Jacket Potatoes with a variety of fillings

Tato Pob / Jacket Potato	£1.00
Caws / Cheese	£1.70
Ffa Pob / Beans	£1.60

Saws Cig Twym (Cyrrï, Chili, Bolognaise)
Hot Meat Sauce (Curry, Chili, Bolognaise)

£2.15

Saws Llysieuol (Cyrrï, Chili, Bolognaise)
Vegetarian Sauce (Curry, Chili, Bolognaise)

£2.10



Cyngor Sir Gâr
Carmarthenshire
County Council



Byrbrydau a Ffrynnautwym eraill

Other Hot Favourites & Snacks

Cawl â Rhôl Fara a Chaws / Cawl with Bread Roll & Cheese....	£1.85
Pysgodyn Mawr / Large Fish Portion	£1.75
Bys Pysgod Mawr / Large Fish Finger	£0.75
Pollock mewn Briwsion / Breaded Pollock Portion	£1.05
Byrgyr Twrci mewn Rhôl / Turkey Burger in a Roll	£1.55
Bara Ffrengig / French Bread Pizza	o/from £1.20
Pizza Mawr / Large Pizza	£1.65
Quiche Cig / Meat Quiche	£1.50
Selsig / Sausage	£0.70
Rhôl Cig Rost Twym / Hot Roast Meat Roll	£1.85
Baguette Selsig Fawr / Footlong Sausage Baguette	£2.05
Byrgyr Cyw Iâr wedi fara / Breaded Chicken Burger	£0.95
Baguette Cig Rhost Twym / Hot Roast Meat Baguette	£2.05
Panini Twym/ Hot Panini	o/from £2.15

Dewisiadau Llysieuol / Vegetarian Options

Byrgyr Llysieuol mewn Rhôl / Vegetable Burger in a roll.....	£1.40
Pryd Pob o Lysiau a Chaws mewn Briwsion /	
Breaded Vegetable and Cheese Bake.....	£1.00
Byrgyr Quorn / Quorn Burger.....	£0.95
Selsig Morgannwg / Glamorgan Sausage	£0.70
Selsig Llysieuol Heb Cig / Meat Free Vegetarian Sausage	£0.60
Quiche Llysiau / Vegetable Quiche	£1.55



Ychwanegion

Sides

Taten Bob / Jacket Potato	£1.00
Sglodion / Chips	£1.35
Taten Bob â Chaws (1/2)	
Cheese Filled Jacket Potato (1/2)	£1.00
Tato Potsh / Mashed Potatoes	£0.60
Wedi'u Berwi / Boiled Potatoes	£0.60
Ffa Pob / Baked Beans	£0.60
Dogn o Lysiau / Portion of Veg	£0.55
Grefi / Gravy	£0.50
Salad Ychwanegol / Side Salad	£0.80
Rhól Fara / Bread Roll	£0.50
Darn o Gaws / Cheese Portion	£0.70



Sawsiau / Sauce Portions

Marjaîn, Saws Tomato, Sawns Brown, Mayonnaise, Finegr

Margarine, Tomato Sauce, Brown Sauce, Mayonnaise, Vinegar



Pwdinau Twym ac Oer

Hot & Cold Desserts

Pwdin Twym neu Oer y Dydd Hot or Cold Pudding of the Day

95p

Pot Ffrwythau / Fruit Pot	£0.85
Myffin neu Sgon / Muffins or Scone	£0.80
Twb Hufen Iâ / Ice Cream Tub	£0.70
Bisgien / Biscuit	£0.50
Lolipop Ffrwythau / Fruit Ice Lolly	£0.60
Jeli / Jelly	£0.65
logwrt / Yoghurt	£0.70
Caws a Bisgedi / Cheese & Biscuits	£1.00

Ffrwythau Ffres Fresh Fruit

Prisiau Tymhorol Seasonal Prices



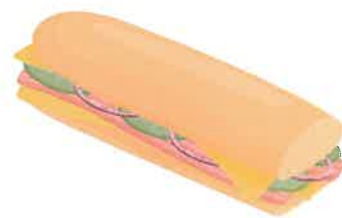
Bwydydd Ffres

Freshly Made

	Rolls	Baguettes
Ŵy a Mayonnaise / Egg Mayonnaise	£1.50	£2.00
Salad	£1.50	£1.95
Caws / Cheese	£1.50	£1.95
Tiwna / Tuna	£1.60	£2.05
Ham	£1.60	£2.05
Twrci / Turkey	£1.60	£2.05
Tikka Cyw Iâr, Mayo Cyw Iâr, Cyw Iâr Barbeciw / Chicken Tikka, Chicken Mayonnaise, BBQ Chicken	£1.70	£2.15

Lapiadau / Wraps

Lapiad Pizza / Pizza Wrap	£1.40
Cyw Iâr a Bacwn / Chicken & Bacon	£1.90
Tikka Cyw Iâr / Chicken Tikka	£1.90
Mayo Cyw Iâr / Chicken Mayonnaise	£1.90
Salad Ham / Ham Salad	£1.90
Salad Caws / Cheese Salad	£1.90



Cownter Bwydydd Oer

Cold Counter

Bwydydd Ffres / Freshly made

Rholiau / Rolls	o / from £1.50
Bocs Salad / Salad Box	o / from £1.90
Baguettes	o / from £1.95
Salad Pasta / Pasta Salad	o / from £2.15
Wraps	o / from £1.40
Cig Oer / Cold Meat	o / from £1.25



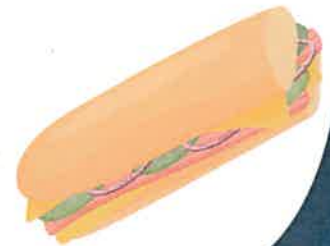
Pryd Bargaen Brechdanau Sandwich Meal Deal

**Baget â bisgiën gartref a dewis o photel o ddŵr 500ml neu
Ddam o ffrwyth**

Baguette with a homemade biscuit and choice of
500ml bottle of water or a piece of fruit

Bargaen, dim ond
Great value only

£2.80



Brecwast

Breakfast

Tost / Toast	£0.35
Caws ar Dost / Cheese on Toast	£0.80
1/2 Rhôl Pizza / 1/2 Pizza Bap	£0.75
Rhôn Facun / Bacon Roll	£1.00
Ŵy / Egg	£0.55
Ffa Pob / Baked Beans	£0.60
Crymped / Crumpet	£0.50
Cacen De / Tea Cake	£0.50

Ffrwythau ffresh / Fresh Fruit Prisiau Tymorol / Seasonal Prices

logurt / Yoghurt	£0.70
Rhôn Fara / Bread Roll	£0.50
Llaeth / Milk	£0.70
Ysgyblaeth / Milkshake	£0.80

Te / Tea	£0.80
Coffi / Coffee	£0.90



Diodydd

Drinks

Dŵr Pefriol / Sparkling Water.....	£0.60
Dŵr Llonydd / Still Water.....	£0.60
Cartonau 125ml / 125ml Cartons.....	£0.60
Cartonau 200ml / 200ml Cartons.....	£0.75
Sudd Oren 200ml / Orange Juice 200ml.....	£0.80
Sudd Afal 200ml / Apple Juice 200ml.....	£0.80
Sudd Ffrwythau Sun Magic / Sun Magic Fruit Juice 200ml.....	£1.05
Radnor Fruit Fizz 300ml.....	£1.00
Llaeth (Peint) / Milk (Pint).....	£0.70
Llaeth (189ml) / Milk (189ml).....	£0.50
Ysgyblaeth / Milkshake.....	£0.80

