

Yr Orsaf

Bwyty a Bar

Bwydlen

parcgwledigpenbre.cymru



Pasteiod a Rhywbeth Bach

Croissant	£2.00
Pan Au Chocolat	£2.00
Tost, Menyn a Jam/Marmalêd	£1.50
Cacen de wedi ei thostio Menyn a Jam/Marmalêd	£2.00
Pot Uwd, Jam (F)	£2.50

Myffins a Chacennau

(Gofynnwch am ddetholiadau heddiw)

Donyts	£2.00
Myffin duon bach	£2.50
Myffin Siocled Gwyn Mafon	£3.00
Myffin Siocled Dwbl	£3.50
Myffin Caramel Halt	£4.00
Cacen Sbwng Victoria	£4.00
Cacen Siocled Heb Glwten	£4.00
Cacen Arbennig	£4.00
Pastai Meringue lemwn	£4.00
Cacen Gaws y Dydd	£4.00

Cychwyn Melys

Crempogau neu Wafflau

Gyda Bacwn brith a Surop Masarn	£7.00
Gydag Aeron a Hufen neu Bisgoff (LI)	£7.00

Ar Dost

Dewis o Dost Brown neu Gwyn

Caws (LI)	£3.50
Ffa (F)	£3.50
2 wy, (wedi'u sgramblo neu eu ffrio)	£4.50
Madarch (F)	£4.50

Brecwast

Brecwast Bach £6.00

Bacwn, Wy wedi'i Ffrio, Ffa Pob, Hash Browns Bach a Thost

Brecwast Llawn £9.00

Bacwn, selsig, wy, tomato, madarch, ffa Pob, Hash Brown a Thost

Rholiau Brecwast

Bara a rholiau heb glwten ar gael ar gais

Bacwn	Rholyn £4.50 / Baguette £5.00
Selsig	Rholyn £4.50 / Baguette £5.00
Bacwn ac Wy	Rholyn £5.00 / Baguette £6.00
Selsig ac Wy	Rholyn £5.00 / Baguette £6.00
Bacwn a Selsig	Rholyn £5.50 / Baguette £6.50
Wy, Madarch ac Afocado (LI)	Rholyn £5.00 / Baguette £6.00

Deiet Fegan

Selsigen Lysieuol (F)	Rholyn £4.50 / Baguette £5.00
Brecwast Fegan	£10.00
Selsig Llysiau, Tomato, Madarch, Ffa Pob, Afocado, Darnau bach o Hash Brown a Thost	
Burrito Ffa Fegan	£10.00
Ffa Cymysg, Reis, Saws Fajita a Saws Piri Piri mewn Lapiad Sbigoglys, Salad Bach	

Bwyd Cymreig



Brecwast Cymreig	£11.00
Cocos wedi'u Ffrio, Bara Lawr, Bacwn Cefn, Selsig Porc a Chennin, Wy wedi'i Ffrio, Tomato, Madarch a Bara wedi'u Ffrio	



Rhywbeth Bach

Powlen o Olifau (F, HG)	£4.00
Amrywiaeth o Fara, Olew a Balsamaidd (F)	£3.00
Bara Garleg, ychwanegu caws +£0.50 (F,LI)	£3.00
Ffrio, ychwanegu caws +£1 (F,LI)	£3.00
Sglodion Tato Melys (F)	£3.50
Cylchoedd Winwns (F)	£3.00

Saladau

Salad Cesar	£8.00
Letys Romane, Tomatos Bach, Padano, Crutoms, Dresin Caesar. Ychwanegu Cyw lâr +£3	
Corgimychiaid ac Afocado,	£13.00
Nwdls Oer, Pupur, Bresych Coch, Moron, Dresin Sesame Sbeislyd	
Orzo a Falafel Groegaidd (LI)	£12.00
Caws Ffeta, Olifau, Tomatos Bach, Ciwcymbr, Dresin Perllysiau a Lemwn	
Cyw lâr Haf Indiaidd a Quinoa	£13.00
tomatos, Ffa Llydan, Ffacbys, Pupurau Cymysg, Dresin Cyri, Bara Naan, Bhaji Winwns	

Pizzas

Pizza HG a chaws LI ar gael ar gais

Margarita (LI)	£9.50
Pepperoni	£11.50
Cig a mwy o gig- Pepperoni, Ham,	£14.00
Bacwn, Cyw lâr Cajun	
Llysieuwyr - Madarch, Puprau,	£12.50
Olewydd (LI)	

Byrgyrs

Rholiau HG ar gael ar gais

Gyda Sglodion a Cholslo	
Byrgyr Cig Eidion	£10.00
Letys a Tomato, Ychwanegu bacwn £1, ychwanegu caws £1	
Byrgyr Cyw lâr Cajun,	£13.50
Brest Cyw lâr Blackened, Letys, Picls, Saws Remoulade	
Byrgyr Ffa Fegan (F)	£13.50
Halloumi*, Afocado, Jam Tsili Sir Gaerfyrddin	
*Nid yw ein Halloumi yn Fegan, gellir gwneud hyn gyda cheddar fegan	



Bwyd Cymreig



Cocos wedi'u ffrio	£6.00
Bwrdd Caws Cymreig	£17.50
200g o Gawsiau Cymreig Amrywiol, Siytni Tomato a Chwrrw a Chracys Halen y Môr	
Byrgyr Cig Oen	£16.00
Caws Caerffili, Sampier wedi'i Piclo, Jam Tsili Sir Gaerfyrddin, Sglodion	

Prif Gwrs

Pysgod a Sglodion	£14.00
Pys, Saws Tartar	
Tsili Cig Eidion (HG)	£12.00
Reis, Sglodion neu 1/2 & 1/2	
Cyw lâr Cyri,	£13.00
Reis, Sglodion neu 1/2 a 1/2 (HG - heb Naan)	
Ffacbys, Tatws Melys a Sbigoglys,	£13.00
Reis, Sglodion neu 1/2 & 1/2 (HG - heb Naan)	

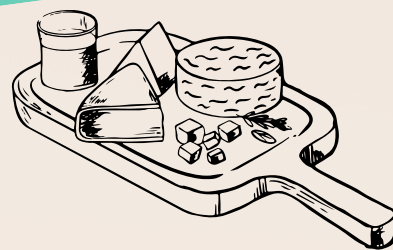
Brechdanau

Dewis o fara gwyn neu frown neu baguette, Salad Bach a Cholslo	
Caws a Tomato neu Siytni Nionyn	£5.00
Ham a Chaws neu Domato	£5.50
Tikka Cyw lâr	£5.75
Ffacbys y Coroni (F)	£5.75

Gofynnwch i ni am ein Cynigion Arbennig Dyddiol!

Alergeddau ac Anoddefiadau Bwyd, dywedwch wrth aelod o staff cyn archebu a gofynnwch am unrhyw wybodaeth.

HG - Heb Glwten
LL - Lllys
F - Fegan



Rhywbeth Bach

Powlen o Olifau (F, HG)	£4.00
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Cylchoedd Winwns (F)	£3.00

Pizza

Margarita (LI)	£9.50
Pepperoni	£11.50
Cig a mwy o gig- Pepperoni, Ham,	£14.00
Bacwn, Cyw Iâr Cajun	
Llysieuwyr - Madarch, Puprau,	£12.50
Olewydd (LI)	

Saladau

Salad Cesar	£8.00
Letys Romane, Tomatos Bach, Padano, Crutons, Dresin Caesar. Ychwanegu Cyw Iâr +£3	
Corgimwch ac Afocado,	£13.00
Nwdls Oer, Pupur, Bresych Coch, Moron, Dresin Sesame Sbeislyd	
Orzo a Falafel Groegaidd (LI)	£12.00
Caws Ffeta, Olifau, Tomatos Bach, Cwycymbr, Dresin Perlysiau a Lemwn	
Cyw Iâr Haf Indiaidd a Quinoa	£13.00
Tomatos, Ffa Llydan, Ffacbys, Puprau Cymysg, Dresin Cyri, Bara Naan, Bhaji Winwns	

Byrgyrs

Gyda Sglodion a Cholslo	
Byrgyr Cig Eidion	£10.00
Letys a Thomato. Ychwanegu bacwn +£1, ychwanegu caws + £1	
Byrgyr Cyw Iâr Cajun	£13.50
Brest Cyw Iâr Blackened, Letys, Picls, Saws Remoulade	
Byrgyr Ffa Fegan (F)	£13.50
Halloumi*, Afocado, Jam Tsili Sir Gaerfyrddin	
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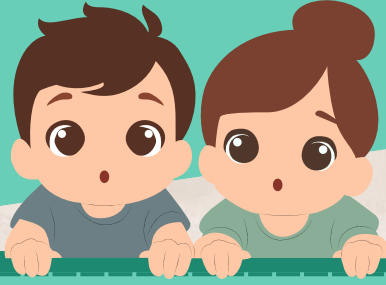
Prif Gwrs

Pysgod a Sglodion	£14.00
Pys, Saws Tartar	
Cyri fegan neu Gyw Iâr (HG - heb Naan)	£13.00
Reis, Sglodion neu 1/2 & 1/2	
Penfras gyda chorgimychiaid (HG)	£15.00
Tatws Newydd â Menyn, brocoli. Saws Hufen Corgimychiaid	
Bol Porc Rhost	£15.00
Tato Potsh Chorizo, Moron wedi'u Rhostio, Brocoli, Piwrî Afal a Jus Gwin Coch	
Stêc Sylwyn (HG)	£17.00
Tomato wedi'i rostio, Madarch Portobello, Saws Puprenau, Sglodion	

Gofynnwch i ni am ein Cynigion Arbennig Dyddiol!

Alergeddau ac Anoddefiadau Bwyd, dywedwch wrth aelod o staff cyn archebu a gofynnwch am unrhyw wybodaeth.

HG - Heb Glwten,
LL - Llys,
F - Fegan



PRYDAU ! • BLANT •

£5.00 yr un

Ar gael o 9:30yb – 11:30yb

BRECWAST

Wy a Ffa Pob ar Dost (HG/LI)

**Brecwast Bach, Bacwn neu Selsig, Wy a
Ffa Pob, Hash Browns Bach**

Mae pob pryd yn dod gyda bocs sudd neu wydraid o
laeth a darn o ffrwythau

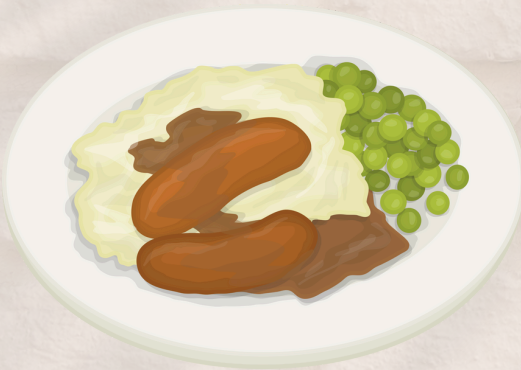


Ar gael 12yp – Cau

CINIO / SWPER

- Selsig, Tato Potsh a Phys
- Bysedd Pysgod, Tatws â Menyn a Phys (HG)
- Nygets Cyw Iâr a Sglodion
- Pizza Tedi Bêr a Bach o Salad Gwyrdd
- Salad Cesar Cyw Iâr Bach (HG)

Pob pryd yn dod gyda bocs sudd

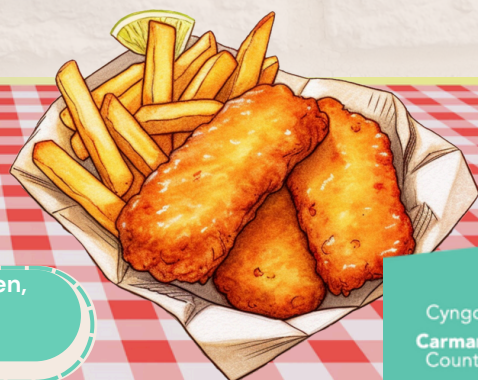


Ar gael 12yp – Cau

BOCS CINIO

Bara HG ar gael

**Brechdan Ham, Caws neu Jam
gyda Chreision a Freddo
a bocs sudd**



HG – Heb glwten,
LL – Lllys
F – Fegan

Diod Poeth | Hot Drinks



Americano	£2.70
Espresso Dwbl / Double Espresso	£3.10
Latte	£2.90
Mocha	£3.20
Cappuccino	£2.90
Coffi Gwyn Fflat / Flat White	£2.90
Te/Tea	£2.20
Siocled Poeth / Hot Chocolate	£2.90
Siocled Poeth Moethus / Deluxe Hot Chocolate	£3.40

Diod Meddal | Soft Drinks

Coke/7 Up/Fanta/Dr Pepper/Ginger Beer	£1.60
Diet Coke/Coke Zero/7Up Zero/Diet Oran /Orange Tango	£1.50
Sudd Ffrwyth /Fruit Juice	£1.00
Ysgytlaeth / Milkshake	£1.00
Dŵr /Water	£1.50
Dŵr Pefriog / Sparkling Water	£1.50



Hufen lâ | Ice Cream

Magnum Classic	£3.50
Magnum White	£3.50
Magnum Vegan	£3.50
Cornetto	£3.00
Callipo	£2.50
Mario Tubs	£2.50
Feast Original	£2.50
Solero Exotic	£3.00
Twister	£2.50



Cacennau | Cakes

(Gofynnwch am ddetholiadau heddiw)	(Ask for today's selections)
Donyts	£2.00 Donut
Myffin duon bach	£2.50 Blueberry Muffin
Myffin Siocled Gwyn Mafon	£3.00 Raspberry White Choc Muffin
Myffin Siocled Dwbl	£3.50 Double Choc Muffin
Myffin Caramel Halt	£4.00 Salted Caramel Muffin
Cacen Sbwng Victoria	£4.00 Victoria Sponge Cake
Cacen Siocled Heb Glwten	£4.00 Choc Fudge Cake (GF)
Cacen Arbennig	£4.00 Special Cake
Pastai Meringue lemwn	£4.00 Lemon Meringue Pie
Cacen Gaws y Dydd	£4.00 Cheesecake of the Day



Utterly Mutterly £2.50



Hufen lâ | Ice Creams



£3.50

£3.50

£3.50

£2.50



£3.00



£3.00



£3.00



£2.50



£2.50



£2.50



£2.50



£2.50



£2.50



£3.00



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