

EGWYL CANOL BORE

FFRES AC OER

Potyn Pinafal

Potyn Grawnwin

Granola, logwrt a Chompot
Aeron

Eirin Gwlanog, Granola ac
logwrt

Ffyn Ciwcymbr gyda Hwmws

Ffyn Moron gyda Hwmws

CALONNOG A PHOETH

Myffin Cig Moch ac Wy

Myffin Sbigoglys ac Wy

Bagel Pitsa Margherita

Panini Caws

Pasta Pesto

Waffl

SYMLA BLASUS

Brechdan Gaws a Ham

Brechdan Gyw Iâr

Brechdan Gaws

Baguette Ham

Baguette Tiwna a Mayo



Fruity!



Nutritionist's Choice



Vegetarian



Oily Fish



Wholegrain



Halal