

# FFREUTUR YSGOL GYFUN ABERAERON RHESTR PRISIAU 2020

## BEVERAGES

Coffi / Mwg o Goffi  
Tê / Mwg o De  
Sudd Frwythau  
Gwydraid o Ysgythaeth  
Sudd Frwythau  
Smoothies  
Dŵr â Blas  
Ysgythaeth Viva  
Siocled Poeth

## BRECHDANAU a BAGUETTES

Baguettes â Llenwad  
Panini â Llenwad  
Brechdanau â Llenwad  
Baps / "Wraps" â Llenwad  
Rhôl o Fara  
Tafell o Dost a Menyn  
½ Cacen De wedi'i Thostio  
½ Pizza ar Rhôl Fara

Rhôl Cig Moch

Ci Poeth

## LLYSIEUOL

Haen Caws a Tatws  
Tagliatelle Madarch  
Nwdls Llysiau  
Lasagne Llysiau  
Blodfresych â Chaws  
Pasta â Tomato Pob  
Caws Macaroni  
Reis wyau wedi'u ffrio  
Selsig Llysiau

## PYSGOD

2 Bysedd Pysgod  
Penfras  
Tiwna â Phasta wedi eu Pobi

## PRYDIAU SELSIG

Pasta a Selsig Pob  
Hash Selsig â Pha  
Selsig

## PRYDAU CAWS

Frittata / Quiches  
Pastai Caws a Thatws  
Pizza (15cm)  
Croquettes Caws

## PRYDAU CIG EIDION

Pastai Stêc a Winwns (Cartref)  
Casserol Cig Eidon  
Pastai'r Bwthyn  
Lasagne

## PANINI



## PRYDIAU AR BLÂT

1.00p Cyri , Reis a Bara Naan  
1.00p Cyw lâr mewn saws pupur hufennog a reis  
60p Spaghetti Bolognaise  
80p Porc/Cyw lâr Melys a Sur a Reis  
50p Cinio Selsig  
75p Cawl, Rhodyn Bara/Bara, Menyn a Chaws  
80p Pelenni Cig mewn Saws Tomato gyda Pasta  
70p Chilli Con Carne a Reis  
1.00p Fricassee & Reis  
Nwdls Barbeciw  
£1.90 Tagliatelle  
£1.80 Cinio Rhost  
£1.20 Haen Tatw a Bacwn  
£1.30 Cyw lâr a reis wyau wedi'u ffrio  
40p Cyw lâr a Phasta pob Tomato  
35p Brescast Mawr  
45p Moussaka  
65p Chausseur Cyw lâr

£1.25 Coesau Cyw lâr Tseiniaid

90p

## SALAD

Pot Mawr (Bar Salad )  
£1.60 Pot Canolig (Bar Salad )  
£1.60 Salad Caws  
£1.60 Salad Ham  
£1.60 Amrywiaeth - Coleslaw/Rice/Pasta/Cous Cous,  
£1.60 Salad ochr  
£1.60 Pasta Poeth (Bar Pasta)  
£1.60

## PRYDIAU OCHR

40p Sglodion  
Taten Bob â Llenwad  
Taten Bob  
80p Sgŵp o Datws  
£1.15 Llysiau Ffres a'i Rhewi  
£1.50 Ffa Pob  
Croquettes Tatw  
Llenwad  
£1.50 Cig Oer (50g)  
£1.50 1 sleisen o Cig Moch wedi grilio  
70p Caws wedi gratio  
Wŷ wedi ffreio  
Grefi

1.00 **FFRWYTHAU FFRES** – Yn amrywio / Prisiau Tymhorol (gofynwch i staff)

£1.20 Bag o Ffrwythau Ffres

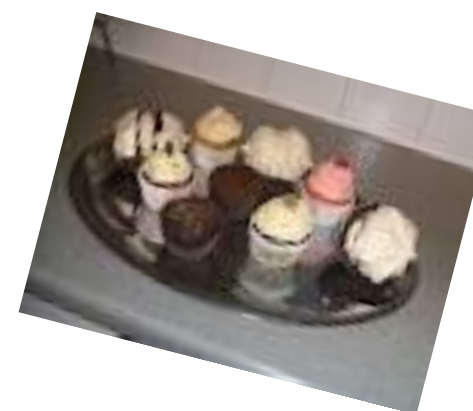
£1.10

## 60p CACENNAU A MELYSION

Cacennau /Muffins  
Cwcies  
1.05 Melysion  
£1.70 Jeli  
£1.70 Mousse a Jeli  
£1.70 logwrt  
Cwstard / Saws Gwyn neu Siocled

## £1.80 YN YCHWANEGOL

Vinegar  
Saws  
Menyn  
Jam



£2.30  
£1.90  
£2.40  
£2.00  
£2.00  
£1.60  
£1.80  
£2.20  
£1.90  
£1.50  
£1.50  
£2.50  
£1.50  
£1.50  
£1.50  
£1.50  
£1.50  
£1.80  
£1.15  
£1.75  
£1.30  
£1.30  
£1.30  
50p  
50p  
£1.45  
£1.15  
£1.25  
£1.55  
£1.00  
80p  
55p  
60p  
60p  
60p  
80p  
80p  
60p  
40p  
60p  
40p  
40p  
40p  
40p  
50-85p  
85p  
80p  
65p  
70p  
60p  
45p  
2p  
10p  
15p  
15p