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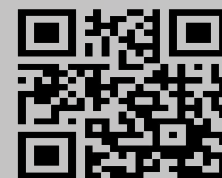
# Bwydlen

Bwydlen ar gael 10:30 – 3.30  
Diodydd a Theisennau tan 4.30



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# Menu

Menu available 10.30 - 3.30  
Drinks & Cakes until 4.30



Plis archebwch a thalwch am eich bwyd a diodydd wrth y til, diolch.

Dilynwch ni ar



Follow us on

Please order and pay for your food & drinks at the till, thank you.

## Prydau Ysgafn

- Cawl cartref a bara o'ch dewis (heb flawd ar gael) ✓
- Cawl a brechdan o'ch dewis
- Bacwn ac Wy mewn rhôl
- Falafel, llysiau wedi'w grilio â siytnei cartref ✓
- Selsig Morgannwg: ✓ Opsiwn a ar gael  
(Rysait draddodiadol Gymreig sy'n gyfuniad o gaws, cennin, briwsion bara ac wy, y cyfan wedi'w grilio)
- Hwmws Cartref a bara pita

## Light Meals

- Homemade Soup & bread of you choice ✓ £4.95
- Soup & sandwich of choice £8.25
- Bacon and Egg in large Bap £5.95
- Falafel patties, grilled veg & homemade chutney ✓ £6.95
- Glamorgan Sausages: ✓ Option & available  
(A traditional Welsh recipe containing cheese and leeks bound together with egg and breadcrumbs then grilled) £7.50
- Homemade Hummus & Pitta Bread £6.95

## Platiad i'w Rannu - £25.00 i ddau berson

Ham cartref, amrywiaeth o Gaws Rhyd Y Delyn, bara cartref Llynnon a siytnei cartref

NEU

Cig Eidion Pinc poeth a caws Môn Las wedi'i weini hefo bara Ciabatta Llynnon, llysiau wedi ei grilio a salsa mango

NEU

Ham Caerfyrddin, selsig morgannwg, Caws ffeta Cwt Caws wedi ei marineiddio, olewydd, tomato wedi ei rostio ar y winwydden gyda bara Llynnon



Mae amrywiaeth o winoedd a cwrw Lleol ar gael

## Sharing Platters - £25.00 for two people

Home Cooked Ham, selection of Rhyd Y Delyn cheese, homemade Llynnon bread & homemade chutneys

OR

Hot, Rare Beef and Môn Las Platter served on homemade Llynnon Ciabatta bread, grilled vegetables and mango salsa

OR

Camarthen Ham, Glamorgan sausages, marinated Cwt Caws Feta cheese, olives, roasted vine tomatoes with Llynnon bread

We also have a selection of wines and local craft beers available



## Tatws trwy'u Crwyn

- Tiwna gyda ffa gwyn a Nionyn
- Caws colfran a phinafal ✓
- Caws aeddfed Cheddar ✓
- Corgimychiaid gyda Saws Marie Rose
- Cyw iar cajun gyda bacwn

## Jacket Potatoes

- Tuna with whites beans & Onion £6.50
- Cottage cheese & pineapple ✓ £6.50
- Mature cheddar ✓ £6.50
- Prawns with Marie Rose Sauce £7.50
- Cajun chicken & Bacon £7.50

Holwch am frechdanau'r dydd

Please see board for Sandwich fillings

Am Gyngor Alergedd gofynnwch wrth y cownter  
Defnyddir cnau yn ein cegin.

Please ask at the counter for Allergy Advice.  
Nuts are used in our kitchen.

## Saladau

Ham Cartref  
Cyw Iar Cesar  
Eog wedi'i fygu â corgimwch  
Quiche Gartref ✓  
Caws Feta a Mango ✓ GF

## Ar yr Ochr

Bara a Menyn ✓  
Bara cras Garleg ✓  
Bara Garleg a chaws ✓  
Sglodion Talpiog cartref ✓ GF  
Sglodion Tatws Melys ✓ GF  
Cyfran o Golslo ✓  
Cylchoedd Nionod mewn Cytew Cwrw  
Olewydd wedi ei marineiddio ✓

## Prif Brydau

**Brecwast trwy'r dydd:** Bacwn, selsig lleol, madarch,  
pwdin gwaed, tomato, ffa pob ac wy gyda thôt  
**Cacen bysgod BLAS MWY:** Eog a hadog drwy fwg wedi  
ei gyfuno gyda thatws a pherlysiâu. Gweinir hefo meionês  
coriander a leim a salad Bach £6.25 Mawr £9.50

**Caws pôb Cymreig:** Mae cyfuniad o gawsiau lleol,  
mwstard a joch o gwrw yn rhoi 'Blas Mwy' arno, ar dôt  
trwchus a mymryn o salad ✓

Ychwanegwch dafell o ham trwchus neu wy am wledd!

**Byrger cig eidion Cymreig - 6owns:**

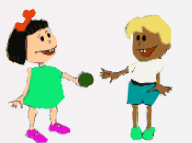
Wedi'i weini ar ciabatta gyda madarch, nionod mewn cytew  
cwrw a mymryn o sglodion talpiog, gyda jam tsili cartref  
Ychwanegwch facwn, caws Monterey Jack neu Môn Las

## Bargen i'r Plantos

- \* Brechdan/Toastie ham, gaws neu diwna gyda chreision,  
ffrwyth a iogwrt neu
- \* Selsig, sglodion a ffa pôb neu
- \* Goujons cyw iâr cartref, gyda sglodion a ffa pôb  
Gweinir hefo diod plentyn

## Children's Meal Deal

- \* Cheese, ham or tuna sandwich/toastie with crisps,  
fruit & yogurt or
- \* Sausage, chips & beans or
- \* Our own chicken goujons, chips & beans  
All served with child's drink



£5.50

Homebaked Ham £9.25  
Chicken Ceasar £10.50  
Smoked Salmon & Prawn £10.50  
Homemade Quiche ✓ £8.50  
Feta & Mango ✓ GF £9.25

## Sides

Bread & Butter ✓ £1.50  
Garlic Bread ✓ £2.50  
Cheesy Garlic bread ✓ £3.50  
Chunky Chips ✓ GF £3.50  
Sweet Potato Chips ✓ GF £3.50  
Portion of Coleslaw ✓ £1.00  
Onion Rings in Beer Batter £2.50  
Marinated Olives ✓ £1.95

## Main Meals

**All day Breakfast:** Bacon, sausage, tomato, beans mushrooms,  
black pudding & egg served with toast £8.25

**BLAS MWY Fishcake:** Salmon & smoked haddock bound  
together with potato & herbs served with lime & coriander  
mayonnaise & a side salad Small £6.25 Large £9.50

**Welsh Rarebit:** A blend of local cheeses, flour, mustard and  
a spot of local beer makes this dish very 'moreish' served on  
thick toast with a salad garnish ✓ £8.25

Add a thick slice of ham or an egg for a feast £9.25

**Welsh Black Beefburger - 6oz:**

Served on a ciabatta with mushrooms, beer battered onion rings  
and chunky chips served with chilli jam £10.50

Add bacon, Monterey Jack or Môn Blue Cheese add £1.00

Cofiwch ymweld a'n chwaer gaffi,

Blas Llynnon, Llanddeusant

LL65 4AB

Yr unig felin wynt weithredol yng Nghymru



Why not visit our sister cafe

Blas Llynnon, Llanddeusant

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The only working windmill in Wales

