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| **Lunchtime Menu** |
| Caws Macaroni 2,696kJ, 641kcal | £2.20 | Saws Cyrri1,526kJ, 362kcal | £0.50 |
| Tikka Cyw iâr 936kJ, 225kcal | £3.50 | Grefi 2,202kJ 527kcal | £0.50 |
| Tikka Llysiau 936kJ, 225kcal | £3.50 | Ffa pob 248.8kJ, 59.2kcal | £0.50 |
| Nygets Cyw Iâr1,011kJ, 242kcal | £2.20 |  |  |
| Samosas Llysiau x 2 319kJ, 76kcal | £2.00 |  |  |
| Wrap Cyw Iâr Cajwn 1,390kJ, 330kcal | £2.20 |  |  |
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| **Pethau ar yr ochr** | **Detholiad o datws wedi'u llenwi** |
| Sglodion1,711kJ, 408kcal | £1.40 | Ffa 989.2kj, 234.4kcal | £1.80 |
| Tatws Pob616kJ, 146kcal | £1.30 | Caws 1822kJ, 437kcal | £2.00 |
| Salad ar yr ochr134kJ, 37kcal |  | £1.90 | Colslo 2210.8kJ, 533.2kcal | £2.00 |
|  |  | Tiwna gyda mayonnaise ysgafn 1337.5kJ, 317.5kcal | £2.10 |
|  |  | Tikka Cyw iâr 1954kJ, 468.4kcal | £2.60 |
|  |  | Cyw Iâr gyda mayonnaise ysgafn 1321.39kJ, 314.26kcal | £2.60 |
|  Pob eitem wedi'i chyfrifo fesul dogn, cymeriant dyddiol argymelledig 2000 i fenywod, 2500 i ddynion |