|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Lunchtime Menu** | | | | |
| Caws Macaroni 2,696kJ, 641kcal | | £2.20 | Saws Cyrri  1,526kJ, 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 Iâr  1,011kJ, 242kcal | | £2.20 |  |  |
| Samosas Llysiau x 2 319kJ, 76kcal | | £2.00 |  |  |
| Wrap Cyw Iâr Cajwn 1,390kJ, 330kcal | | £2.20 |  |  |
|  | |  |  |  |
| **Pethau ar yr ochr** | | | **Detholiad o datws wedi'u llenwi** | |
| Sglodion  1,711kJ, 408kcal | | £1.40 | Ffa  989.2kj, 234.4kcal | £1.80 |
| Tatws Pob  616kJ, 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 | | | | |