

Grab & Go Menu

SANDWICHES	£3.50
Chicken tikka mayo sandwich	
Double cheese and spring onion sandwich	
Gluten free egg salad roll	
Chicken fajita wrap	
Meatius maximus wrap	
CRISPS	£1.20
CAKES & DESSERTS	
Cheesecake pot	£3.50
Tiramisu or trifle pot	£3.50
WGF bakewell or banoffee tartlet	£3.50
Caramel slice / Chocolate brownie	£2.50
Flapjack	£2.00
Shortbread	£2.00
COLD DRINKS	
Cans	£1.20
Heartsense	£1.50
Still water	£1.20
Milk cartons	£1.10
Drop Bear Beer Co. 0%	£3.50
HOT DRINKS	
Americano	£2.85
Cappuccino 8oz	£2.85
Cappuccino 12oz	£3.00
Cup of tea	£2.00
Pot of tea	£2.50
Hot chocolate	£3.00
Latte	£3.00
Espresso	£2.85
Flat white	£2.85
Mocha	£3.00
Syrup	£0.50
Alternative milk (soya, oat)	£0.50

Bwydlen Bwyd i Fynd

BRECHDANAU	£3.50
Brechdan tikka cyw iâr a mayo	
Brechdan dau gaws a shibwns	
Rhól salad wyau heb glwten	
Wrap cyw iâr fajita	
Wrap Meatius maximus	
CREISION	£1.20
CACENNAU & PHWDINAU	
Cacen gaws mewn pot	£3.50
Tiramisu neu dreiffl mewn pot	£3.50
Tarten fach bakewell neu fanoffi WGF	£3.50
Sleisen caramel / Browni siocled	£2.50
Fflapjac	£2.00
Teisen frau	£2.00
DIODYDD OER	
Caniau	£1.20
Heartsense	£1.50
Dŵr llonydd	£1.20
Cartonau llaeth	£1.10
Drop Bear Beer Co. 0%	£3.50
DIODYDD POETH	
Americano	£2.85
Cappuccino 8 owns	£2.85
Cappuccino 12 owns	£3.00
Paned o de	£2.00
Pot o de	£2.50
Siocled poeth	£3.00
Latte	£3.00
Espresso	£2.85
Gwyn fflat	£2.85
Mocha	£3.00
Surop	£0.50
Llaeth arall (soia, ceirch)	£0.50

{GF} Gluten free available {Ve} Vegan {V} Vegetarian Llysiuol

If you have any dietary requirements or need information about the ingredients in our meals, please do not hesitate to ask a member of the café staff they will be more than happy to advise you.

{GF} Heb glwten ar gael {Ve} Ffigan {V} Llysiuol

Os oes gennych unrhyw ofynion dietegol neu os oes angen gwybodaeth arnoch am y cynhwysion yn ein prydau bwyd, gofynnwch i oalod o staff y caffi, byddant yn fwy na pharod i'ch cynghori.