

FFRESH

CEGIN | BAR | KITCHEN



CANOLFAN MILENIWM CYMRU
WALES MILLENNIUM CENTRE

CROESO

Croeso i'n bwydlen o blatiau bychain. Mae wedi ei chynllunio ar gyfer rhannu a rhoi cynnig ar flasau newydd.

Yn debyg i'r perfformwyr ar ein llwyfan, mae ein bwyd yn canu.

Y rhan orau? Mae'r fwydlen yn 100% rhydd o glwten, yn 50% figan a llysieuol, ac mae'r cynnyrch bron i gyd yn tarddu o Gymru.

GWNEWCH NOSON OHONI

Ewch i flaen y ciw trwy archebu eich diod ar gyfer yr egwyl nawr, ac fe ychwanegwn hyn at eich bil.

Welcome to our small plate menu. It's designed for sharing and trying new flavours.

Just like the performers on stage, we like to make food that sings.

The best bit? It's 100% gluten free, 50% vegan and vegetarian and all supplied or sourced from Wales.

MAKE A NIGHT OF IT

Jump the queue and pre-order your interval drink now and we'll just add it to your bill. Easy.

PLATIAU BACH, HWYLIAU MAWR

Os yw'r cysyniad yma'n newydd i chi, beth am roi cynnig ar ein bwydlen flasu 5 cwrs, neu fel arall rydym yn argymhell 2 neu 3 o blatiau bychan fesul person.

SMALL PLATES, BIG SMILES

If you're new to the concept try our tasting menu, otherwise we recommend 2 to 3 small plates per person.

GWYBODAETH DDEFNYDDIOL



Platiau 3 am bris 2



Archebwch ddetholiad o 3 math o win, sydd wedi eu paru gyda'ch platiau, am ddim ond 9 (75ml)



Platiau sy'n cynnwys cig halal

GOOD TO KNOW



3 for the price of 2 plates



We've paired a wine for each small plate. Order a flight of 3 wines paired for each of your dishes for just 9 (75ml).



Plates using halal meat

Gadewch i ni wybod os oes gennych unrhyw alergedd

Please let us know if you have any allergies

EIN BWYDLEN FLASU

24

RAP BWDHA

Afocado, betys, sbigoglys a chorbwmpen mewn rap tortilla

neu

RASAM MECRYLL

Cyrri tatws sbeisiog gyda mecryll wedi'u grilio

SALAD FFENIGL, OREN A CHWINOA

Salad sitrws ysgafn gyda chnau Ffregig

BARA GWASTAD GYDA CHIG OEN O GYMRU

Cig oen gyda sbeis ras el hanout, ffeta a iogwrt mintys

neu

CEGAID MORON A FFA

Byrgyrs bychain wedi eu gwneud o foron, cwmin a ffa coch, wedi'u haddurno â salsa tomato

ROWNDEN POLENTA GYDA MADARCH GWYLLT

Dwy rownden polenta gyda madarch gwyllt a winwns wedi eu caramelleiddio

TEISEN SIOCLED FIGANAIDD ^{neu} PWDIN ARBENNIG Y DYDD



Ychwanegwch ddetholiad o 3 o winoedd am 9

OUR TASTING MENU

24

BUDDHA WRAP

Avocado, beetroot, spinach and courgette tossed in a tortilla wrap

or

MACKEREL RASAM

Spiced potato curry served with grilled mackerel

FENNEL, ORANGE AND QUINOA SALAD

A light mixed zesty and citrus salad toasted with walnuts

WELSH LAMB FLATBREAD

Lamb spiced with ras al hanout, feta and mint yoghurt

or

CARROT & BEAN SLIDER

Mini burgers of carrots, cumin and kidney beans, garnished with tomato salsa

POLENTA ROUND WITH WILD MUSHROOM

Two rounds of polenta topped with wild mushrooms and caramelised onion

VEGAN CHOCOLATE FUDGE CAKE or DESSERT OF THE DAY



Add a wine flight of 3 wines for 9

FIGANAIDD

RAP BWDHA

Afocado, betys, sbigoglys a chorbwmpen mewn rap tortilla

 6

Prosecco spumante doc Borgo Alato, Veneto, yr Eidal

ROWNDEN POLENTA GYDA MADARCH GWYLLT

Dwy rownden polenta gyda madarch gwyllt a winwns wedi eu carameleiddio

 6

St Marc Reserve Cabernet Sauvignon, Languedoc, Ffrainc

CEGAID MORON A FFA

Byrgys bychain wedi eu gwneud o foron, cwmin a ffa coch, wedi'u haddurno â salsa tomato

 6.50

Marques de Caceres Excellens Crianza, Rioja, Sbaen

SALAD FFENIGL, OREN A CHWINOA

Salad sitrws ysgafn gyda chnau Ffrengig

6

Domaine du Seuil Bordeaux, Ffrainc

'PHISH' TEMPURA A SGLODION

Cymysgedd o bupurau, wylsiau a llysiau gwyrdd mewn cyteu gyda sglodion tenau

7

Villa Molino Pinot Grigio IGT, Veneto, yr Eidal

VEGAN

BUDDHA WRAP

Avocado, beetroot, spinach, and courgette tossed in a tortilla wrap



6

Prosecco spumante doc Borgo Alato, Veneto, Italy

POLENTA ROUND WITH WILD MUSHROOM

Two rounds of polenta topped with wild mushrooms and caramelised onion



6

St Marc Reserve Cabernet Sauvignon, Languedoc, France

CARROT AND BEAN SLIDER

Mini burgers of carrots, cumin and kidney beans, garnished with tomato salsa



6.50

Marques de Caceres Excellens Crianza, Rioja, Spain

FENNEL, ORANGE AND QUINOA SALAD

A light mixed zesty and citrus salad toasted with walnuts

6

Domaine du Seuil Bordeaux, France

TEMPURA FISH AND CHIPS

Lightly battered mix of peppers, aubergines and greens, served with skinny fries

7

Villa Molino Pinot Grigio IGT, Veneto, Italy

LLYSIEUOL

PARMIGIANA WYLYSIAU

Wyllys wedi ei bobî gyda haenau o saws tomato gyda pherlyisiau a chaws tawdd
6.50

Picada P15 Patagonia Malbec, Patagonia, Yr Ariannin

PENNE LEMON, SBIGOGLYS A GARLLEG GYDAG ALMONAU CRAS

Penne cymysg gyda saws mwstard ysgafn
6.50

Prosecco spumante doc Borgo Alato, Veneto, yr Eidal

BARA GWASTAD GYDA BLODFRESYCH SBEISIOG

Blodfresych rhost sbeisiog ar haenen o hwmws gyda ffeta ar ei ben
 7.50

St Marc Reserve Syrah Rose, Languedoc, Ffrainc

PLATAID O GAWSIAU CYMREIG GYDA BARA CEIRCH

Llechen o gawsiau Gorwydd Caerffili, Tintern, Perl Las a Pherl Wen gyda bara ceirch a chatwad perllan
7

Domaine du Seuil Bordeaux, Ffrainc

CEGEIDIAU O BRIE BRICYLL

Brie wedi ei ffrio'n ddwfn gyda gorchudd o gyffaith bricyll
7.50

Marques de Caceres Excellens Crianza, Rioja, Sbaen

VEGETARIAN

AUBERGINE PARMIGIANA

Baked aubergine with layers of herbed tomato sauce and melted cheese

6.50

Picada P15 Patagonia Malbec, Patagonia, Argentina

LEMON, SPINACH AND GARLIC PENNE WITH TOASTED ALMONDS

Tossed penne bound with a light mustard sauce

6.50

Prosecco spumante doc Borgo Alato, Veneto, Italy

SPICED CAULIFLOWER FLATBREAD

Spice roasted cauliflower layered on a hummus spread and topped with feta

 7.50

St Marc Reserve Syrah Rose, Languedoc, France

WELSH CHEESE PLATTER WITH OAT CAKES

Slate of Gorwydd Caerphilly, Tintern, Perl Las, Perl Wen cheeses served with oat cakes and orchard chutney

7

St Marc Reserve Cabernet Sauvignon, Languedoc, France

MINI APRICOT BRIE BITES

Deep fried brie coated in apricot preserve

7.50

Marques de Caceres Excellens Crianza, Rioja, Spain

PYSGOD

RASAM MECRYLL

Cyrri tatws sbeisiog gyda mecryll wedi'u grilio

6

St Marc Reserve Chardonnay, Languedoc, Ffrainc

FFRITERS PENFRAS HALLT GYDAG AIOLI

Penfras Caribiaidd sbeisiog wedi'i ffrio'n ddwfn gyda mayonnaise garlleg



6

Domaine du Seuil Bordeaux, Ffrainc

CIGWAIN CORGIMYCHIAID MAWR GYDA THOMATO, TSILI A SAWS SINSIR

Cebab corgimychiaid a phupurau gyda saws tomato, tsili a sinsir

6.50

Allan Scott Estate Sauvignon Blanc, Marlborough, Seland Newydd

MÔR-LAWES GYDA FFACBYS, BRWYSGEDLYS A MINTYS

Salad cynnes gyda ffa gwyrdd, pupur coch a saws chermoula

6.50

Paso Ancho Sauvignon Blanc Reserva, Central Valley, Chile

MERFOG MÔR GYDA DASHI, SINSIR A SHIBWNS

Cawl gwymon gyda moron wedi eu stemio, cennin a shibwns

6.50

Villa Molino Pinot Grigio IGT, Veneto, yr Eidal

FISH

MACKEREL RASAM

Spiced potato curry served with grilled mackerel

6

St Marc Reserve Chardonnay, Languedoc, France

SALT COD FRITTERS WITH AIOLI

Deep fried Caribbean spiced flakes of cod with garlic mayonnaise



6

Domaine du Seuil Bordeaux, France

KING PRAWN SKEWER WITH TOMATO, CHILLI AND GINGER SAUCE

A grilled prawn and pepper kebab with a tomato, chilli and ginger sauce

6.50

Allan Scott Estate Sauvignon Blanc, Marlborough, New Zealand

SQUID WITH CHICKPEAS, CORIANDER AND MINT

Warm salad with green beans, red pepper and a chermoula sauce

6.50

Paso Ancho Sauvignon Blanc Reserva, Central Valley, Chile

BREAM WITH DASHI, GINGER AND SPRING ONION

Seaweed broth with steamed carrots, leek and spring onion

6.50

Villa Molino Pinot Grigio IGT, Veneto, Italy

CIG

BARA GWASTAD GYDA CHIG OEN O GYMRU

Cig oen gyda sbeis ras el hanout, ffeta a iogwrt mintys
7

Marques de Caceres Excellens Crianza, Rioja, Sbaen

RENDANG CIG EIDION O GYMRU GYDA NASI GORENG

Reis Indonesaidd gyda chig eidion cnau coco wedi ei frwysio'n araf
8.50

Picada P15 Patagonia Malbec, Patagonia, Yr Ariannin

SALAD CYW IÂR SESAME

Cyw iâr Asiaidd gyda chosletys a salad cymysg
6.50

St Marc Reserve Chardonnay, Languedoc, Ffrainc

EIDION SAQAAR LAHOOH

Cig eidion Somaliaidd traddodiadol wedi ei gyflwyno ar grempog
 6

St Marc Reserve Syrah Rose, Languedoc, Ffrainc

CEGEIDIAU JAMAICAIDD

Dwy gegaid o gyw iâr jerk gyda salsa pinafal
6.50

Montepulciano D'Abruzzo Caleo, Abruzzo, yr Eidal

MEAT

WELSH LAMB FLATBREAD

Lamb spiced with ras al hanout, feta and mint yoghurt

7

Marques de Caceres Excellens Crianza, Rioja, Spain

WELSH BEEF RENDANG WITH NASI GORENG

Indonesian rice and slowly braised coconut beef

8.50

Picada P15 Patagonia Malbec, Patagonia, Argentina

SESAME CHICKEN SALAD

Lightly tossed Asian chicken with cos and mixed salad

6.50

St Marc Reserve Chardonnay, Languedoc, France

BEEF SAQAAR WITH LAHOOH

Traditional Somalian beef served on a pancake base

 6

St Marc Reserve Syrah Rose, Languedoc, France

JAMAICAN SLIDERS

Two jerk chicken sliders accompanied with pineapple salsa

6.50

Montepulciano D'Abruzzo Caleo, Abruzzo, Italy

I BLANT

BARA GWASTAD CAWS A THOMATO

'Pitsa' Cheddar Cymreig a thomato

5.50

CEGEIDIAU PENFRAS A SGLODION TENAU

Pysgodyn wedi ei ffrio'n ddwfn gyda sglodion
tenau a phys

5.50

PENNE TOMATO GYDA PHERLYSIAU

Pasta wedi'i goginio mewn saws tomato
gyda chaws parmesan

5.50

BYRGYR LLYSIEUOL GYDA SGLODION TENAU

Byrgyr bychan wedi ei wneud o foron a
ffa gyda sglodion tenau

5.50

CIG EIDION CNAU COCO AR REIS

Cig eidion cnau coco mwyn ar wely o reis

5.50

CHILDREN

CHEESE AND TOMATO FLATBREAD

Welsh cheddar and tomato 'pizza'

5.50

MINI COD BITES WITH SKINNY FRIES

Deep fried fish with skinny
fries and peas

5.50

HERBED TOMATO PENNE

Pasta cooked in a tomato sauce
with parmesan cheese

5.50

VEGGIE BURGER WITH SKINNY FRIES

A mini carrot & bean burger served
with skinny fries

5.50

COCONUT BEEF ON RICE

Mild coconut flavoured beef on a bed of rice

5.50

AR YR OCHR

SGLODION TENAU

Côn o'n sglodion tenau o ansawdd uchel

4

SGLODION TENAU TATWS MELYS

Sglodion melys clasurol gyda dip Dijon

5

TŴR ROSTI TATWS MELYS

Tatws wedi eu rhathu a'u ffrio'n
grimp yn null Y Swistir

5

BASGED FARA

Dwy rôl fechan gyda menyn bara lawr,
olew a finegr balsamaidd

3.50

FFRWYTHAU'R OLEWYDD

Bowlen gymysg o ffrwythau'r
olewydd o'r Eidal

3

DETHOLIAD O WINOEDD

3 gwin wedi eu paru ar gyfer
eich 3 plât
9 (75ml yr un)

SIDES

SKINNY FRIES

A cone of our quality skinny fries

4

SWEET POTATO FRIES

Classic sweet potato fries with a Dijon dip

5

SWEET POTATO ROSTI TOWER

Swiss style crisp, grated,
fried potato

5

BREAD BASKET

Two mini slider rolls with laverbread butter,
oil and balsamic

3.50

OLIVES

Mixed bowl of Italian olives

3

WINE FLIGHT

Sample three of our wines
9 (75ml each)

PWDINAU

5.50

Gofynnwch am ein bord bwdinau.

Mae ein holl bwdinau yn ddi-glwten ac yn cynnwys dewisiadau figanaidd yn ogystal â rhai heb siwgr.

COCTELS PWDIN

7.50

Sychedig am eich pwdin? Beth am fwynhau un o'n coctels pwdin?

TIRAMISU

Coffi, fanila, amaretto, Baileys

MARMALÊD SIOCLED

Fodca, crème de cacao, Cointreau

ESPRESSO MARTINI CYMREIG

Merlyn, fodca, siwgr, coffi

CREAMSICLE MEFUS

Amaretto, llaeth, mefus

DESSERTS

5.50

Please ask to see our dessert board.

All our desserts are gluten free and include a choice of vegan and sugar-free options.

DESSERT COCKTAILS

7.50

Perfect for those with a full tummy and a sweet tooth.

TIRAMISU

Coffee, vanilla, amaretto, Baileys

CHOCOLATE MARMALADE

Vodka, crème de cacao, Cointreau

WELSH ESPRESSO MARTINI

Merlyn, vodka, sugar, coffee

STRAWBERRY CREAMSICLE

Amaretto, milk, strawberry puree

EIN GWINOEDD

F Fegan **LL** Llysieuol

125ml 175ml 250ml Potelaid

GWINOEDD GWYN

PASO ANCHO SAUVIGNON BLANC RESERVA, CENTRAL VALLEY, CHILE

Blasau ffrwythau sitrws a throfannol, afal gwyrdd a phinafal

4.25 4.95 6.50 18

ST MARC RESERVE CHARDONNAY, LANGUEDOC, FFRAINC **F** **LL**

Blasau afal aeddfed, gellyg a hufen o Dde Ffrainc

4.75 5.50 6.95 20

VILLA MOLINO PINOT GRIGIO IGT, VENETO, YR EIDAL **F** **LL**

Arogleuon iraidd, croyw, ffrwythog a chain gydag arlliwiau sitrws cynnil

4.75 5.50 6.95 20

DOMAINE DU SEUIL BORDEAUX BLANC, BORDEAUX, FFRAINC **F** **LL**

Arogleuon blodeuog a sitrysaidd, gydag arlliwiau eirin gwlanog a bricyll

5.50 7.50 9.75 28

ALLAN SCOTT ESTATE SAUVIGNON BLANC, MARLBOROUGH, SELAND NEWYDD

Blasau grenadin (passion fruit) trofannol, leim, ac eirin Mair gydag arlliw cynnil o berlysiau

5.95 7.95 9.95 29

OUR WINES

V Vegan **VG** Vegetarian

125ml 175ml 250ml Bottle

WHITE WINES

PASO ANCHO SAUVIGNON BLANC RESERVA, CENTRAL VALLEY, CHILE

Citrus and tropical fruit, green apple and pineapple flavours

4.25 4.95 6.50 18

ST MARC RESERVE CHARDONNAY, LANGUEDOC, FRANCE **VG** **V**

Ripe apple, pear and cream flavours from the south of France

4.75 5.50 6.95 20

VILLA MOLINO PINOT GRIGIO IGT, VENETO, ITALY **VG** **V**

Fresh, crisp and fruity, elegant bouquet with delicate citrus notes

4.75 5.50 6.95 20

DOMAINE DU SEUIL BORDEAUX BLANC, BORDEAUX, FRANCE **VG** **V**

Floral and citrus bouquet, with hints of peaches and apricots

5.50 7.50 9.75 28

ALLAN SCOTT ESTATE SAUVIGNON BLANC, MARLBOROUGH, NEW ZEALAND

Tropical passion fruit, lime and gooseberry flavours, with a subtle herbal edge

5.95 7.95 9.95 29

GWINOEDD ROSÉ

PASO ANCHO ROSE RESERVA, CENTRAL VALLEY, CHILE

Ysgafn ac iraidd gydag arogleuon mefus ac eirin twymol

4.25 4.75 5.95 18

ST MARC RESERVE CHARDONNAY, LANGUEDOC, FFRAINC F LL

Ffrwythog iawn gyda blasau mefus a mafon ffres

4.25 4.95 6.75 19.50

BERINGER CLASSIC CALIFORNIA ZINFANDEL, CALIFORNIA, UDA

Aeron cochion, sitrws a melon, gydag arlliwiau cynnil o nytmeg a chlofs

4.75 5.95 8.75 26

GWINOEDD COCH

PASO ANCHO MERLOT RESERVA, CENTRAL VALLEY, CHILE

Blasau mwyar a chwrens duon gyda thaninau wedi eu cymathu'n dda

4.25 4.75 5.95 18

ST MARC RESERVE CABERNET SAUVIGNON, LANGUEDOC, FFRAINC F LL

Aeron cochion a blasau cyfoethog cwrens du a cheirios

4.25 4.95 6.75 19.50

MONTEPULICIANO D'ABRUZZO CALEO, ABRUZZO, YR EIDAL

Canolig o ran cryfder ei flas gydag arogleuon ffrwythog. Sych gyda pheth asidrwydd ac arlliwiau eirin a ffrwythau cochion

4.75 5.95 8.75 26

ROSÉ WINES

PASO ANCHO ROSE RESERVA, CENTRAL VALLEY, CHILE

Light and fresh with lots of warming strawberry and plum aromas

4.25 4.75 5.95 18

ST MARC RESERVE SYRAH ROSE, LANGUEDOC, FRANCE

Very fruity with fresh strawberry and raspberry flavours

4.75 5.50 6.95 20

BERINGER CLASSIC CALIFORNIA ZINFANDEL, CALIFORNIA, USA

Red berry, citrus and melon, with subtle hints of nutmeg and clove

4.75 5.95 8.75 26

RED WINES

PASO ANCHO MERLOT RESERVA, CENTRAL VALLEY, CHILE

Blackberry and blackcurrant flavours, with well-integrated light tannins

4.25 4.75 5.95 18

ST MARC RESERVE CABERNET SAUVIGNON, LANGUEDOC, FRANCE

Red berry and rich flavours of blackcurrant and cherry

4.25 4.95 6.75 19.50

MONTEPULICIANO D'ABRUZZO CALEO, ABRUZZO, ITALY

Medium-bodied with a fruity bouquet. Dry with good acidity and hints of plummy and red fruit

4.75 5.95 8.75 26

MARQUES DE CACERES EXCELLENS CRIANZA, RIOJA, SBAEN  

Ceirios tywyll, eirin ac arlliw derw gyda thaninau mân, esmwyth
4.75 6.25 8.95 20

PICADA P15 PATAGONIA MALBEC, PATAGONIA, YR ARIANNIN 

Arogleuon ceirios morello ac eirin, gydag arlliwiau o fioled a fanila, o ganlyniad i
aeddffedu ysgafn mewn casgenni derw
5.50 6.75 9.95 29

PEFRIOG

PROSECCO SPUMANTE DOC BORGIO ALATO, VENETO, YR EIDAL  

Arogleuon ysgafn a chymhleth gydag arlliwiau o eirin gwlanog ac afalau gwyrdd, ac arlliwiau eilaidd
o acaia a lelog. Ir ac ysgafn ei flas, gydag ôl-flas hirbarhaol
5 24

LAURENT PERRIER LA CUVÉE BRUT, CHAMPAGNE, FFRAINC  

Steil nodweddiadol ysgafn Champagne. Arlliwiau cynnil o sitrws, tost a sbeis sydd fwyaf
blaenllaw gyda'r Champagne cytbwys iawn
69

LAURENT PERRIER ROSE, CHAMPAGNE, FFRAINC  

Ir iawn ac awchus gyda blasau mefus, cwrens cochion, mafon, a cheirios duon
89

MARQUES DE CACERES EXCELLENS CRIANZA, RIOJA, SPAIN VG V

Dark cherry, plum with a hints of oak spice with fine silky tannins and restrained oak notes

4.75 6.25 8.95 20

PICADA P15 PATAGONIA MALBEC, PATAGONIA, ARGENTINA V

Aromas of morello cherries and plums, with a subtle hint of violet and vanilla, imparted by light oak-ageing

5.50 6.75 9.95 29

SPARKLING

PROSECCO SPUMANTE DOC BORGO ALATO, VENETO, ITALY VG V

Delicate and complex bouquet with fruity notes of peach and green apple with secondary notes of acacia and lilac. Fresh and light on the palate, with a long finish

5 24

LAURENT PERRIER LA CUVÉE BRUT, CHAMPAGNE, FRANCE VG V

Light house style of Champagne. Subtle citrus, toast and spice predominate this well-balanced Champagne

69

LAURENT PERRIER ROSE, CHAMPAGNE, FRANCE VG V

Very crisp and fresh with strawberry, redcurrant, raspberry and black cherry flavours

89

COCTELS 2-4-I COCKTAILS

8

Maen nhw i gyd yn wych, ond dewiswch yr un coctêl os gwelwch yn dda \ They're all fabulous but please choose the same one

MOSCOW MULE

Fodca, diod sinsir Fevertree a mymryn o sudd leim \ Vodka, Fevertree Ginger beer & a dash of lime juice

APEROL SPRITZ

Aperol, prosecco a mymryn o soda Fevertree \ Aperol, Prosecco & a dash of Fevertree soda

LIMONCELLO SPRITZ

Limoncello, prosecco a mymryn o soda Fevertree \ Limoncello, prosecco & a dash of Fevertree soda

SICILIAN PIMMS

Pimms #1, ciwcymbr, oren a lemonêd Sisilaidd Fevertree \ Pimms #1, cucumber, orange & Sicilian Fevertree lemonade

CUBA LIBRE SBEISLYD

Rym sbeisiog Old J, coca-cola a mymryn o sudd leim \ Old J spiced rum, coca-cola and a dash of lime juice

DARK N STORMY

Rym tywyll, sudd leim a diod sinsir \ Dark rum, lime juice and ginger beer

CLASSIC MARGARITA

Tequila, triple sec, sudd leim \ Tequila, triple sec, lime juice

BERRY FRESH

Jin, purée mafon, sudd leim, a pheth prosecco ar ei ben \ Gin, raspberry puree, lime juice, topped with prosecco

FRUIT SURPRISE

Fodca, triple sec, lemonêd Sisilaidd Fevertree, Chambord \ Vodka, triple sec, Fevertree Sicilian Lemonade, Chambord