

# FFRESH

CEGIN | BAR | KITCHEN

## SMALL PLATES MENU

### 3 FOR £18

- Lemon and lime salmon fishcake with tomato salsa £7
- Courgetti salad with tofu or chicken [ve, gf] £7.50
- Pan-fried pollock with seasonal vegetables [gf] £7
- Battered cheese wedges with an apricot compote [v] £7.50
- Coconut curried Welsh beef or sweet potato with Indo-rice [ve] £8
- Parsnip and mushroom nut bombe with fire-roasted tomato [ve] £8.50
- Asian salad with charred tofu or chicken [ve, gf] £7.50
- Welsh lamb or spiced cauliflower ciabatta [ve, gf\*] £8
- Calamari and cheese, coated with rice noodles £8
- Dirty fries with chilli con carne or chilli tofu and cheese [ve, gf] £7

### SIDES

- Twisted curly fries £4
- Sweet potato fries £5
- Onion rings £5
- Garlic hummus with crudités £5

### CHILDREN

- Cheese and tomato ciabatta [v] £5.50
- Fish bites and curly fries £5.50
- Coconut chicken with rice £5.50

### DESSERTS

- Pineapple carpaccio with mango and raspberry sorbet [ve, gf] £4.50
- Mango delice [ve, gf] £4.50
- Chocolate brownie £4.50

[ve = vegan, v = vegetarian, gf = gluten free, gf\* = gluten free on request]

Your purchase helps us fire the imagination of young people  
in Wales through our learning projects



CANOLFAN MILENIWM CYMRU  
WALES MILLENNIUM CENTRE

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## BWYDLLEN PLATIAU BYCHAIN

3 AM £18

Picen Bysgod lemwn a leim gyda salsa tomato £7

Salad corbwmpen 'courgetti' gyda toffw neu gyw iâr [ll, rh] £7.50

Chwitlyn glas wedi'i ffrio gyda llysiau tymhorol [rh] £7

Darnau o gaws mewn cyteu gyda saws bricyll [ll] £7.50

Cig eidion Cymreig neu datws melys mewn cyri cnau coco reis Indonesia [f] £8

Bom cnau, panas a madarch gyda thomato wedi'i rostio [f] £8.50

Salad Asiaidd gyda thoffw neu gyw iâr [ll, rh] £7.50

Ciabatta cig oen Cymreig neu flodfresychen sbeislyd [f, rh\*] £8

Calamari a chaws wedi'u caenu â nwdls reis £8

Sglodion tenau budur gyda tsili con carne neu tsili toffw a chaws [f, rh] £7

### AR YR OCHR

Sglodion tenau cyrliog £4

Sglodion tenau tatws melys £5

Cylchoedd winwns £5

Hwmws gyda thafelli o lysiau amrwd £5

### I BLANT

Ciabatta caws a thomato [ll] £5.50

Cegeidiau pysgod a sglodion tenau  
cyrliog £5.50

Cyw iâr cnau coco gyda reis £5.50

### PWDINAU

Carpaccio pinafal gyda  
sorbet mango a mafon [f, rh] £4.50

Delice mango [f, rh] £4.50

Browni siocled £4.50

[f = figanaidd, ll = llysieuol, rh = rhydd o glwten, rh\* = rhydd o glwten yn bosib ar gais]

Mae eich pryniad yn ein helpu i danio dychymyg pobl ifanc  
yng Nghymru drwy ein prosiectau dysgu



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