

# FFRESH

CEGIN | BAR | KITCHEN

Siarad Cymraeg? Mae bwydlen Gymraeg ar gael.

## SMALL PLATES

Lemon and lime salmon fishcake with tomato salsa £7

Battered Brie wedges with an apricot compote [v] £6.50

Parsnip and mushroom nut bombe with fire roasted tomato [ve] £6.50

Asian salad with charred tofu [ve] or chicken £7.50

Calamari and cheese coated with rice noodles £7.50

## LARGE PLATES

(all served with potato cake and green beans)

Baked salmon fillet with parsley sauce £14

Nut roast of chestnuts, brown rice, mushrooms and cranberries [ve] £14

Bacon wrapped turkey breast, stuffed with pork, sage and onion with cranberry sauce £14

Giant pig in blanket with creamy mashed potato and peas £14

## SIDES

Twisted curly fries £4

Sweet potato fries £5

Onion rings £5

## CHILDREN

Cheese and tomato ciabatta (v) £5.50

Fish bites with curly fries £5.50

Chicken breast with curly fries £5.50

## DESSERTS

Chocolate brownie (gf) £5

Caramelised biscuit  
cheesecake (ve) £5.50

[ve = vegan, v = vegetarian, gf = gluten free]

Please let your server know in advance of any allergies or dietary requirements.

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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## PLATIAU BACH

Picen bysgod eog, leim a lemnw gyda salsa tomato £7

Cegeidiau Brie gyda saws bricyll [ll] £6.50

'Bombe' cnau panas a madarch gyda thomato wedi'i rostio [f] £6.50

Salad Asiaidd gyda thoffw [f] neu gyw-iâr golosgedig £7.50

Calamari a chaws wedi'u caenu â nwdls reis £7.50

## PLATIAU MAWR

(wedi'u gweini gyda chacen datws a ffa gwyrdd)

Ffiled eog wedi'i bobo gyda saws persli £14

Rhost cnau castan, reis brown, madarch a llugaeron [f] £14

Brest twrci wedi'i lapio â bacwn a'i stwffio â phorc, saets a winwns gyda saws llugaeron £14

Mochyn mewn blanced mawr gyda thatws stwnsh a phys £14

## AR YR OCHR

Sglodion tenau cyrliog £4

Sglodion tenau tatws melys £5

Cylchoedd winwns £5

## I BLANT

Ciabatta caws a thomato (ll) £5.50

Cegeidiau pysgod a sglodion tenau cyrliog £5.50

Brest cyw iâr a sglodion tenau cyrliog £5.50

## PWDINAU

Browni siocled (rh) £5

Cacen gaws a bisged  
wedi'i charameliddio (f) £5.50

[f = figanaidd, ll = llysieuol, rh = rhydd o glwten]

Rhowch wybod i'ch gweinydd o flaen llaw os oes gennych chi unrhyw alergeddau neu ofynion dietegol.

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



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