



Bwyty a Bar
Restaurant & Bar

***Bwydlen
Menu***

www.parcgwledigpenbre.cymru

www.pembreycountrypark.wales

Bwydlen : Menu

BRECWAST / BREAKFAST

10am - 12pm

Brecwast Penodol (Mae selsig HG ar gais)	£6.75	Set Breakfast (Gluten Free Sausages available on request GF)
Brecwast (Fegan)	£6.25	Vegan Breakfast V
Brecwast penodol ar gyfer plant (Selsig, bacwn, ffa pob a thost)	£4.00	Children's set breakfast (Sausage, bacon, beans and toast)
Ffa ar Dost	£3.50	Beans on Toast V (GF on request)
Baguette Facwn (Rhôl HG ar gais)	£4.50	Bacon Baguette (GF roll on request)
Baguette Selsig (Rhôl HG ar gais)	£4.50	Sausages Baguette (GF roll on request)
Tost gyda menyn a jam (LI)	£1.85	Toast with Butter and Jam (V)
Croissant gyda menyn a jam (LI)	£1.85	Teacake with Butter and Jam (V)
Teisen degyda menyn a jam (LI)	£1.85	Croissant with Butter and Jam (V)
Crempogau wedi'u gweini â chompot ffrwythau (LI)	£4.00	Pancakes served with fruit compote (V)
logwrt Groegaidd 'Llaeth y Llan' gyda chompot ffrwythau a cheirch wedi'i dostio ar ei ben (LI)	£4.00	'Llaeth Y Llan' Greek Yoghurt topped with a fruit compote and toasted oats (V)

DIOD / DRINKS

Americano	£2.25	Coke/7 Up/Fanta/Dr Pepper/	£1.50
Latte	£2.50	Lemonade	
Mocha	£2.75	Diet Coke/Coke Zero/7Up Zero/	£1.30
Cappuccino	£2.50	Diet Oran /Orange Tango	
Te/Tea	£2.00	Sudd Ffrwyth /Fruit Juice	£0.70
Siocled Poeth /Hot Chocolate	£2.50	Ysgytlaeth / Milkshake	£1.00
Siocled Poeth Moethus / Deluxe Hot Chocolate	£3.00	Dŵr /Water	£1.30
		Dŵr Pefriog / Sparkling Water	£1.30

Alargeddu ac Anoddefiadau Bwyd, dywedwch wrth aelod o staff cyn archebu a gofynnwch am unrhyw wybodaeth
Food allergies and Intolerances, please tell a member of staff before ordering and ask for any information.

BWYD YSGAFN

Brechdanau Baguette Tato pob

Ham	£4.25	£4.75	£6.50
Siytni Caws a Nionyn Coch (Llysieuol)	£4.25	£4.75	£6.50
Tiwna Mayo	£4.50	£4.95	£7.25
Saws Corgimychiaid a Marie Rose	£4.95	£5.95	£7.95
Cyw lâr Cajun wedi'i grilio gyda dresin mintys	£4.50	£4.95	£7.25
Gwygbys Coroniad (Fegan)	£4.25	£4.75	£6.50
Caws a Ffa (taten drwy'i chroen yn unig)			£5.50

Rholiau Heb Glwten ar gael ar gais

PRIF BRYD

Pysgod mewn Cytew Cartref a Sglodion	£10.75
Lasagne wedi'i weini gyda salad a bara garlleg	£9.50
Byrger Cyw lâr mewn Fara Bun Brioche, gyda ochr o saws barbeciw a sglodion	£9.95
Pasta Spaghetti Pêl Cig Cartref wedi'i weini gyda bara Garlleg	£9.50
Cyrri Cyw lâr Cartref, wedi'i weini â reis, sglodion, neu hanner a hanner (GF)	£9.50
Cyrri Llysiau Fegan Thai Cartref, wedi'i weini â reis, sglodion, neu hanner a hanner (Fegan) (GF)	£9.50
Falafel Tacos Fegan, wedi'i weini gyda Salad a dresin mintys (Fegan)	£9.50

BWYDLLEN PLANT - £4.95 (GYDA DIOD FFRWYTHAU)

Nuggets Cyw lâr

Bysedd Pysgod

Selsig

Pizza Tedi (llysieuol)

Bocs cinio - Frechdan Ham, Caws (V) neu Jam(V), creision, danteithion melys.

Pasta ffordd chi, wedi'i weini â bara garlleg, dewiswch o:

• Plaen gyda chaws (llysieuol)

• Saws Tomato (llysieuol)

• Pelenni cig

PIZZA

Margherita (LI) (Fegan ar gais)	£9.50
Ham & Pinafal	£10.50
Pepperoni	£10.95

YCHWANEGION

Sglodion - Rheolaidd (Fegan) (GF)	£2.95
Sglodion - Mawr (Fegan) (GF)	£3.95
Bara Garlleg (llysieuol)	£2.95
Bara Garlleg Caws (V)	£3.50
Salad Ochr (Fegan) (GF)	£2.50
Coleslo (llysieuol)	£2.00
Modrwyau Nionyn (Fegan)	£2.95
Saws Barbeciw (Fegan)	£1.00

LITE BITES

	Sandwich	Baguette	J/Potato
Ham	£4.25	£4.75	£6.50
Cheese and Red Onion Chutney (Vegetarian)	£4.25	£4.75	£6.50
Tuna Mayo	£4.50	£4.95	£7.25
Prawn and Marie Rose Sauce	£4.95	£5.95	£7.95
Grilled Cajun Chicken with a mint dressing	£4.50	£4.95	£7.25
Coronation Chickpea (Vegan)	£4.25	£4.75	£6.50
Cheese and Beans (Jacket potato only)			£5.50

Gluten Free Rolls Available on request

MAINS

Homemade Battered Fish, peas, and chips	£10.75
Lasagne served with salad and garlic bread	£9.50
Breaded Chicken Burger in a Brioche Bun, served with a side of BBQ sauce and chips	£9.95
Homemade Meatball Spaghetti Pasta served with Garlic bread	£9.50
Homemade Chicken Curry, served with rice, chips, or half and half (GF)	£9.50
Homemade Vegan Vegetable Thai Curry, served with rice, chips, or half and half (V, GF)	£9.50
Vegan Falafel Tacos, served with Salad and a mint dressing (Vegan)	£9.50

KIDS MEALS - £4.95 (INC SQUASH)

Chicken Nuggets

Fish Fingers

Sausage

Teddy Pizza (V)

Lunchbox- Ham, Cheese (V) or Jam(V) Sandwich, Crisps, sweet treat.

Pasta your way, served with garlic bread, choose from :

- Plain with cheese (Vegetarian)
- Tomato Sauce (Vegetarian)
- Meatballs

PIZZA

Margherita (V) (Vegan on request)	£9.50
Ham & Pineapple	£10.50
Pepperoni	£10.95

SIDES

Chips - Regular (Vegan) (GF)	£2.95
Chips - Large (Vegan) (GF)	£3.95
Garlic Bread (Vegetarian)	£2.95
Cheesy Garlic Bread (V)	£3.50
Side Salad (Vegan) (GF)	£2.50
Coleslaw (Vegetarian)	£2.00
Onion Rings (Vegan)	£2.95
BBQ Sauce (Vegan)	£1.00

Digwyddiadau a Gweithgareddau

Events & Activities

Mae Parc Gwledig Pen-bre yn cynnal
amrywiaeth o ddigwyddiadau a
gweithgareddau yn y parc drwy gydol y
flwyddyn

I gael y wybodaeth ddiweddaraf am ein
digwyddiadau ac i archebu eich
gweithgareddau, cliciwch ar y codau QR isod

*Pembrey Country Park have an array of
events and activities within the park
throughout the year*

*To keep up to date with our events and
to book your activities, click QR codes
below*

Digwyddiadau
Events



Gweithgareddau
Activities



BAK

CWRW : BEER

Peroni Nastro Azzuro NRB 5.1%	£4.00
Gower Gold Ale 4.5%	£4.00
Lighthouse Lager 4.5%	£4.00

SEIDR : CIDER

Gwynt Y Ddraig Orchard Gold 4.9%	£4.00
Gwynt Y Ddraig Black Dragon 6.5%	£4.00
Thatchers Haze 4.5%	£4.00
Thatchers Rosé 4.0%	£4.00
Kopparberg Mixed Fruits 4.0%	£4.00
Kopparberg Strawberry & Lime 4.0%	£4.00

GWIN : WINE

Gwyn: White	Los Pastos Sauvignon Blanc 13.5%	£14.00 Potel/Bottle
	Woolloomooloo Chardonnay 12.5%	£14.00 Potel/Bottle
	Bear & Stag Pino Grigio 187ml 13%	£4.50 Gwydr/Glass
	Brisa Chardonnay 187ml 13%	£4.50 Gwydr/Glass
Coch : Red	Vistamar Brisa Merlot 13.0%	£15.00 Potel/Bottle
	Wildwood Shiraz 13.0%	£14.00 Potel/Bottle
	Bear & Star Merlot 187ml 13.5%	£4.50 Gwydr/Glass
	Bear & Star Shiraz 187ml 13.5%	£4.50 Gwydr/Glass
Rosé :	Pink Fox Zinfandel 11.0%	£14.00 Potel/Bottle
	Bear & Stag White Zinfandel 187ml 10.5%	£4.50 Gwydr/Glass

GWIRODYDD / SPIRITS

Barti Rum 25ml 35%	£3.00
Brecon Five Vodka 25ml 43%	£3.00
Penderyn Legend Whiskey 25ml 41%	£4.00
Gordon Pink Gin 25ml 37.5%	£2.50
Aberfalls Dry Gin 25ml 41.3%	£3.00
Red Label Smirnoff Vodka 25ml 37.5%	£2.50
Jack Daniels 25ml 40%	£2.60
Captain Morgan 25ml 40%	£2.50