

promise.
addewid

Ymaelodwch ag **Addewid**, sef cynllun aelodaeth Canolfan Mileniwm Cymru ac fe gewch **20% oddi ar eich bil bwyd a diod yma ym Mwyty a Bar ffresh.**

Ymaelodwch heddiw i fanteisio ar y cynnig nawr
– gofynnwch i aelod o staff.

Join **Promise**, Wales Millennium Centre's membership scheme, and get **20% off your food and drink bill here at ffresh Bar & Restaurant.**

Join today and take advantage of this offer now —simple ask a member of staff.



Bwydlen A La Carte Menu

I DDECHRAU

cawl y dydd gan y cogydd 5.50

cawl cig oen Cymreig traddodiadol 5.95

hyrddyn coch wedi'i grilio gydag ansiofis,
perlysiau meddal a crème fraiche 7.50

coes hwyaden wedi'i rhostio'n araf,
cassoulet ffa gwyn gyda phersli 6.95

bys pysgod moethus gyda sôs coch cartref 7.95

terîn gêm gyda chnau pistasio a siytnei ffrwythau 6.50

dau facrell: un wedi'i gochi ac un wedi'i biclo â blas melys,
gyda betys a dill 5.50

mousse caws glas Perl Lâs a phort eirin ysgaw,
gyda chyffion pys a chnau Ffrengig candi 5.95

TO START

chef's soup of the day 5.50

traditional Welsh lamb cawl 5.95

grilled red mullet with anchovies,
soft herbs and crème fraiche 7.50

slow roasted duck leg, cassoulet of white beans
with flat leaf parsley 6.95

posh fish finger with homemade ketchup 7.95

terraine of game with pistachios and fruit chutney 6.50

duo of mackerel: smoked and sweet pickled
with beetroot and dill 5.50

Perl Lâs blue cheese and elderberry port mousse
with pea shoots and candied walnuts 5.95

PRIF GYRSIAU

confit o fol porc gyda môr-lawes tsilis a garleg,
bok choi a soi 15.95

lwyn o gig carw gyda phiwrî sialóts a them
a thatws ffondant 17.50

escalope o eog, berdys brown a phys,
ac emwsiwn o fenyn Cymreig 14.50

suprême o gyw iâr, tatws melys a salsiffi 14.95

stecen llygad yr asen Gymreig 10owns,
tomato wedi'i rostio'n araf a sglodion trwchus 18.95

pwdin artisiog Jerusalem, sbigoglys a betys 11.95

lleden wedi'i grilio gyda bôn y gwt,
madarch gwyllt ac ewyn tryffl gwyn 16.25

rafioli sgwash cnau menyn a pesto tomatos heulgras 12.50

YNYCHWANEGOL

llysiau tymhorol wedi'u rostio 2.50, salad berwr a pharmesan 2.50
tatws stwnsh sir Benfro 2.50, sglodion tenau 2.50
bara wedi'i bobi'n ffres 1.50

MAIN COURSES

confit of belly pork with chilli and garlic squid,
bok choi and soy 15.95

loin of venison with shallot and thyme puree
and fondant potato 17.50

escalope of salmon, brown shrimps and peas,
and Welsh butter emulsion 14.50

supreme of chicken, sweet potato and salsify 14.95

10oz Welsh ribeye steak, slow roasted tomato
and fat chips 18.95

Jerusalem artichoke pudding, spinach and beetroot 11.95

grilled plaice with oxtail, wild mushrooms
and white truffle foam 16.25

butternut squash ravioli and sun blushed tomato pesto 12.50

SIDE ORDERS

roasted seasonal vegetables 2.50, rocket and parmesan salad 2.50
Pembrokeshire mashed potato 2.50, skinny chips 2.50
freshly baked bread 1.50

I ORFFEN

pwdin taffi gludiog gyda saws caramel
â halen môr wedi'i fygu 5.50

tarten lemwn â sglein, marmalêd jin Aberhonddu
a lemwn gyda crème Chantilly 5.50

mousse siocled â gwirod oren Da Mhile 5.50

knickerbocker glory ffresh 5.50

pannacotta fanila gyda compot llugaeron
ac orenau a theisen Berffro oren 5.50

dewis o dri hufen iâ 5.50

dewis o gawsiau Cymru Y Gwir Flas
gyda bara ceirch Daffodil Cottage 7.50

TO FINISH

warm sticky toffee pudding with a smoked sea salt
and caramel sauce 5.50

glazed lemon tart, Brecon gin and lemon marmalade
and crème Chantilly 5.50

chocolate and Da Mhile orange liqueur mousse 5.50

ffresh knickerbocker glory 5.50

vanilla pannacotta with cranberry and orange compote
and orange shortbread 5.50

selection of three ice creams 5.50

selection of Wales The True Taste cheese
with Daffodil Cottage oatcakes 7.50