

## Bwyty a Bar

Ar agor o 8am - 9pm bob dydd.

Mae ein prydau ffres wedi'u paratoi yn darparu ar gyfer pob chwaeth. Nid oes angen archebu, dewch draw a gadewch i ni ofalu amdanoch chi

# Caban

Bwyty & Bar

Ar Gael 8yb - 11.30 yb

## Brecwast

Dechreuwch eich diwrnod gyda choffi barista blasus yn y bore neu frecwast wedi'i goginio neu ail-lenwi amser cinio gyda rhai seigiau clasurol ac mae'n lle perffaith i ymlacio gyda'r nos ar ôl diwrnod o weithgareddau.

### Brecwast llawn wedi'i goginio ..... £7.00

bacwn trwchus, selsigen (GF), ffa pob, tomato wedi'i grilio, madarch, hash browns bach, wy wedi'i ffrio, a thost (ar gael heb glwten ar gais)

### Brecwast fegan ..... £7.00

2 selsigen Quorn, ffa pob, tomato wedi'i grilio, madarch, hash browns bach a thost (ychwanegwch wy i gael brecwast llysiuol)

### Brecwast i blant ..... £4.00

selsigen arferol (ar gael heb glwten ar gais), ffa pob, bacwn, a thost (ar gael heb glwten ar gais)

#### Baguette brecwast – dewiswch o :

Bacwn.....	£4.50
Selsig.....	£4.50
Selsig fegan.....	£4.50
Llenwad ychwanegol.....	£1.00
Tost neu croissant fegan .....	£2.50

gyda menyng a jam neu farmaalêd (tost heb glwten ar gael)

#### Crempogau Americanaidd .....£4.50

pentwr bach o gremmogau llaeth enwyn gyda bacwn wedi'i dorri a surop masarn ar ei ben

#### logwrt Groegaidd .....£4.50

with banana and honey

#### Porridge ..... £4.50

gyda banana a mêl

#### Uwd plaen.....£3.50

### .....Diodydd Poeth.....

Americano.....	£2.80
Latte.....	£2.90
Mocha.....	£3.20
Cappuccino.....	£2.90
Flat White.....	£2.90
Te.....	£2.50
Te Ffrwythau .....	£2.50
Siocled Poeth.....	£2.90
Siocled Poeth Moethus .....	£3.40

(llaeth soia neu geirch/siocled poeth fegan ar gael)

### .....Diodydd Meddal.....

Coke.....	£1.70
Tango.....	£1.70
Dr Pepper.....	£1.70
Lemonêd Cymylog .....	£1.70
Coke Zero.....	£1.60
7up Zero.....	£1.60
Carton Sudd afal/oren .....	£1.00
Carton Ysgytlaeth .....	£1.00
Dŵr Llonydd/Pefriol .....	£1.50

### .....Coffi a Chacen.....

#### Coffi a Chacen .....£5.50



Gofynnwch i aelod o staff am opsiynau dyddiol (surop/siocled poeth moethus 50c ychwanegol) ..... +50p

Alargeddu ac Anoddefiadau Bwyd, dywedwch wrth aelod o staff cyn archebu a gofynnwch am unrhyw wybodaeth.

HG – Heb Glwten,  
LL – Llys, F – Fegan

Bwyty a Bar  
Ar agor o 8am - 9pm bob dydd.  
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# Caban

Bwyty & Bar

Ar gael 12pm - 9pm

Dechreuwch eich diwrnod gyda choffi barista blasus yn y bore neu frecwast wedi'i goginio neu ail-lenwi amser cinio gyda rhai seigiau clasurol ac mae'n lle perffaith i ymlacio gyda'r nos ar ôl diwrnod o weithgareddau.

## Rhywbeth Ysgafn

	Baguette (gyda garnais salad)	Salad	Taten Bob (gyda garnais salad)
Ham Sir Gaerfyrddin.....	£6.00	£7.00	£7.00
Ham Sir Gaerfyrddin a Chaws.....	£6.50	£7.50	£7.50
Caws/caws fegan.....	£6.00	£7.00	£7.00
Tikka cyw iâr .....	£6.50	£7.50	£7.50
Tiwna a mayonnaise .....	£6.50	£7.50	£7.50
Ffa pob a chaws.....	----	----	£7.50
Caws a cholslo .....	£6.50	£7.50	£7.50

### Brechdan Boeth

Cyw iâr Barbeciw .....	£7.50
Tiwna a Chaws .....	£7.50
Caws a ham Sir Gaerfyrddin.....	£7.50

### Sglodion wedi'u Llwythi

Sglodion llawn caws a ffa (LI/HG)	£7.50
Sglodion llawn caws a bacwn (HG)	£8.00

### Pizza

Margherita (LI).....★	£12.50
Llysiau.....★	£13.00
(winwns, puprynnau, madarch, tomato(LI))	
Ham and Madarch.....★	£13.50
Pepperoni.....★	£13.50
Gwledd gig .....★	£14.00
(pepperoni, ham, cyw iâr tandoori)	

### Prydau i blant £4.90

- Salad ham Sir Gaerfyrddin - gyda hanner baguette (bara HG ar gael)
- Darnau penfras mewn cyteu - gyda sglodion neu daten bob, pys neu ffa pob (HG)
- Darnau o ffyled cyw iâr - gyda sglodion neu daten bob, pys neu ffa pob
- Selsig porc trwchus - gyda sglodion neu daten bob, pys neu ffa pob (HG) (selsig fegan ar gael)
- Caws Macaroni gyda thafell o fara garlleg

### Ychwanegion

Bara garlleg (LI) £3.00 | Bara garlleg cawslyd (LI) 3.50 | Tater tots (LI/HG) £3.50 | Sglodion (LI/HG) £3.00 | Cylchoedd nionyn wedi'u cyteu (LI) £3.00 | Coleslo cartref (LI) £1.50 | Rholiau gwanwyn llysiau (LI) £7.00 | Stribedi cyw iâr wedi'u ffrio yn null y de £7.00

2 brif gwrs am £22

Cymysgwch a chyfatebwch o unrhyw un



Alergeddau ac Anoddefiadau Bwyd, dywedwch wrth aelod o staff cyn archebu a gofynnwch am unrhyw wybodaeth.

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## Bwyty & Bar

Ar gael 12pm - 9pm

## Prif Bryddau

Dechreuwch eich diwrnod gyda choffi barista blasus yn y bore neu frecwast wedi'i goginio neu ail-lenwi amser cinio gyda rhai seigiau clasurol ac mae'n lle perffaith i ymlacio gyda'r nos ar ôl diwrnod o weithgareddau.

<b>Lasagne cig eidion Prydeinig</b> .....	<b>£13.50</b>
Saws bolognaise rhwng haenau o basta, gyda saws béchamel a chaws ar ei ben. Gyda salad a bara garlleg	
<b>Lasagne llysiau</b> .....★	<b>£13.00</b>
Llysiau Môr y Canoldir cymysg mewn saws tomato rhwng haenau o basta, gyda saws béchamel a chaws ar ei ben (V/GF)	
<b>Cyri cyw iâr cartref</b> .....🌶️🌶️★	<b>£13.50</b>
Darnau cyw iâr mewn saws winwns, puprynnau a thomato, gyda reis neu sglodion. Uwchraddio i hanner a hanner am £1 (HG)	
<b>Sgampi mewn briwsion</b> .....★	<b>£13.50</b>
Sgampi mewn briwsion gyda phys gardd a sglodion	
<b>Cebab shawarma cyw iâr</b> .....🌶️🌶️	<b>£14.00</b>
darnau o gyw iâr wedi'u marinadu mewn iogwrt a sbeisys. Wedi'i weini mewn bara fflat Libanaidd gyda salad, iogwrt mintys, saws tsili a sglodion	
<b>Cebab falafel tatws melys</b> .....	<b>£13.50</b>
falafel ffacbys a thatws melys â thamaid o sbeis . Wedi'i weini mewn bara fflat Libanaidd gyda salad, iogwrt mintys, saws tsili a sglodion	
<b>Stribedi cyw iâr Southern Fried</b> .....★	<b>£13.50</b>
ffiledi cyw iâr bach gyda salad, sglodion, saws barbeciw myglyd, a cholslo cartref	
<b>Darnau penfras</b> .....	<b>£13.50</b>
darnau penfras blasus wedi'u gweini gyda sglodion a salad	
<b>Salad ffeta</b> .....	<b>£13.50</b>
salad gyda chwiwbiau o gaws ffeta a thomatos ag olew basil, wedi'i weini gyda bara crystiog a menyn (V)(GF ar gael)	
<b>Salad ffalafel</b> .....★	<b>£13.50</b>
salad cymysg gyda thatws melys ah iogwrt mintys a saws tsili wedi'i weini gyda bara crystiog a menyn (fegan heb iogwrt mintys GF Ar gael)	
<b>Byrgyr cyw iâr Southern Fried</b> .....★	<b>£13.50</b>
Bynen brioche yn llawn ffiledi cyw iâr bach, salad, a chaws a saws barbeciw ar ei ben	
<b>Salad eog</b> .....	<b>£14.50</b>
ffiled eog wedi'i bobî, a salad cymysg gyda bara crystiog a menyn (GF ar gael)	
<b>Caws Macaroni</b> .....	<b>£13.50</b>
pasta mewn saws caws gyda chaws wedi'i doddi gyda salad a bara garlleg (V)	
<b>PLAT TERAS CABAN</b> .....	<b>£19.50</b>
Rhannu plat o gyw iar wedi'i ffrio yn y dull deheuol, crempogau llysiau, falafel tatws melys, darnau penfras, sglodion, salad a chylchoedd winwns	

## 2 brif gwrs am £22

Cymysgwch a chyfatebwch o unrhyw un



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Ar gael 8am- 9pm

Diod

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Americano.....	£2.80
Latte.....	£2.90
Mocha.....	£3.20
Cappuccino.....	£2.90
Flat White.....	£2.90
Te.....	£2.50
Te Ffrwythau .....	£2.50
Siocled Poeth .....	£2.90
Siocled Poeth Moethus .....	£3.40

(llaeth soia neu geirch/siocled poeth fegan ar gael)

Coke.....	£1.70
Tango.....	£1.70
Dr Pepper.....	£1.70
Lemonêd Cymylog .....	£1.70
Coke Zero.....	£1.60
7up Zero.....	£1.60
Carton Sudd Afal/Oren .....	£1.00
Carton Ysgytlaeth.....	£1.00
Dŵr Llonydd/Pefriol .....	£1.50



Coffi a chacen .....£5.50

Gofynnwch i aelod o staff am opsiynau dyddiol  
surop/siocled poeth moethus 50c ychwanegol .....+50p

Alergeddau ac Anoddefiadau Bwyd, dywedwch wrth aelod o staff cyn archebu a gofynnwch am unrhyw wybodaeth.

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Restaurant & Bar  
 Open from 8am - 9pm daily.  
 Our freshly prepared meals cater for all  
 tastes. No need to book, just turn up and let  
 us look after you

# Caban

Available 8am- 11.30am

Start your day with a delicious barista  
 morning coffee or cooked breakfast or  
 refuel at lunchtime with some classic  
 dishes and it's the perfect place to relax  
 in the evening after a day of activities.

## Breakfast

### Full cooked breakfast..... £7.00

Thick cut bacon, sausage(GF), baked beans, grilled tomato, mushrooms, mini hash browns, fried egg, and  
 toast (GF available on request)

### Vegan breakfast..... £7.00

2 Quorn sausage, baked beans, grilled tomato, mushrooms, mini has browns, and  
 toast (add egg for vegetarian)

### Children's breakfast..... £4.00

Sausage (GF on request) baked beans, bacon, and toast (GF on request)

#### Breakfast Baguette – choose from:

- Bacon..... £4.50
- Sausage..... £4.50
- Vegan sausage..... £4.50
- Extra filling..... £1.00
- Toast or vegan croissant ..... £2.50  
 with butter and jam or marmalade (GF toast available)

#### American style pancakes..... £4.50

Mini stack of buttermilk pancakes topped with chopped  
 bacon and maple syrup

#### Greek style yoghurt ..... £4.50

with banana and honey

#### Porridge ..... £4.50

with banana and honey

#### Plain porridge..... £3.50

### Hot Drinks

- Americano..... £2.80
- Latte..... £2.90
- Mocha..... £3.20
- Cappuccino..... £2.90
- Flat White..... £2.90
- Tea..... £2.50
- Fruit Tea..... £2.50
- Hot Chocolate..... £2.90
- Deluxe Hot Chocolate..... £3.40  
 (soya or oat milk/ vegan hot choc available)

### Cold Drinks

- Coke..... £1.70
- Tango..... £1.70
- Dr Pepper..... £1.70
- Cloudy Lemonade..... £1.70
- Coke Zero..... £1.60
- 7up Zero..... £1.60
- Apple/orange juice carton... £1.00
- Milkshake carton..... £1.00
- Still/sparkling water..... £1.50

### Coffee & Cake

#### Coffee and Cake.....£5.50



Ask a member of staff for daily options

add syrup or swap to deluxe hot choc ..... + 50p

Food allergies and Intolerances, please tell a member of staff  
 before ordering and ask for any information.

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## Light Bites

	<b>Baguette</b> with side salad	<b>Salad</b>	<b>Jacket Potato</b> with side salad
Carmarthenshire Ham.....	£6.00	£7.00	£7.00
Carmarthenshire Ham & Cheese..	£6.50	£7.50	£7.50
Cheese/Vegan Cheese.....	£6.00	£7.00	£7.00
Chicken Tikka.....	£6.50	£7.50	£7.50
Tuna Mayo.....	£6.50	£7.50	£7.50
Beans & Cheese.....	----	----	£7.50
Cheese & Coleslaw.....	£6.50	£7.50	£7.50

### Toasted Baguettes

BBQ Chicken.....	£7.50
Tuna & Cheese .....	£7.50
Carmarthenshire Ham & Cheese.....	£7.50

### Loaded Fries

Cheese and beans loaded fries (V/GF)	£7.50
Cheese and bacon loaded fries (GF)	£8.00

### Pizza

Margherita (V)★.....	£12.50
Vegetable.....★.....	£13.00
(onions, peppers, mushrooms, tomatoes (V))	
Ham and Mushroom.....★.....	£13.50
Pepperoni.....★.....	£13.50
Meat Feast ...★.....	£14.00
(pepperoni, ham, cyw iâr tandoori)	

### Children's Meals £4.90

- Carmarthenshire Ham salad – served with half a baguette (GF bread available)
- Battered Cod Goujons– served with chips or jacket, beans or peas (GF)
- Chicken Fillet Bites - served with chips or jacket, beans or peas
- Thick Pork Sausages - served with chips or jacket, beans or peas (GF) ( V sausage available)
- Jacket Potato with cheese and beans
- Macaroni cheese with a slice of garlic bread

### Sides & Extras

Garlic bread (V) £3.00 | Cheesy garlic bread (V) 3.50 | Tater tots (V/GF) £3.50 | Chips (V/GF) £3.00 | Battered onion rings (V) £3.00 |  
 Homemade coleslaw (V) £1.50 | Vegetable spring rolls (V) £7.00 |  
 Chicken strips fried southern style £7.00

**2 Main Meals £22**  
 Mix and match from any



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## Main Meal

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<b>British Beef Lasagne</b> .....	<b>£13.50</b>
Rich bolognaise sauce layered with pasta sheets, topped with bechamel sauce and cheese. Served with salad and garlic bread	
<b>Vegetable Lasagne</b> .....★	<b>£13.00</b>
Mixed Mediterranean vegetables in tomato sauce, layered with pasta and topped with bechamel sauce and cheese (V/GF)	
<b>Homemade Chicken Curry</b> .....🌶️🌶️★	<b>£13.50</b>
Chicken pieces in fragrant sauce of onions, peppers and tomato, served with rice or chips. Upgrade to half and half for £1 (GF)	
<b>Breaded Scampi</b> .....★	<b>£13.50</b>
Wholetail scampi encased in crispy breadcrumbs with garden peas and chips	
<b>Chicken Shawarma Kebab</b> .....🌶️🌶️	<b>£14.00</b>
Succulent pieces of chicken thigh marinated in yoghurt and spices. Served in a Lebanese flatbread with salad, mint yoghurt, chilli sauce and fries	
<b>Sweet Potato Falafel Kebab</b> .....	<b>£13.50</b>
Mildly spiced sweet potato and chickpea falafel. Served in a Lebanese flatbread with salad, mint yoghurt, chilli sauce and fries	
<b>Southern Fried Chicken Strips</b> .....★	<b>£13.50</b>
Crispy southern fried mini fillets, with salad, chips, smokey BBQ sauce and homemade coleslaw	
<b>Battered Cod Goujons</b> .....	<b>£13.50</b>
Crispy cod fillet goujons served with fries and dressed salad	
<b>Greek Feta Salad</b> .....	<b>£13.50</b>
Mixed salad leaf topped with feta cheese and tomatoes drizzled with basil oil, served with crusty bread and welsh butter (V) (GF available)	
<b>Falafel Salad</b> .....★	<b>£13.50</b>
Mixed leaf salad with sweet potato falafels, drizzled with mint yoghurt and chilli sauce, served with crusty bread and welsh butter (V) (Vegan without mint yoghurt) (GF Available)	
<b>Southern Fried Chicken Burger</b> .....★	<b>£13.50</b>
Brioche style bun loaded with mini chicken fillets, salad, and topped with cheese and BBQ sauce	
<b>Salmon Salad</b> .....	<b>£14.50</b>
Baked salmon fillet, flaked over a mixed leaf salad, served with crusty bread and welsh butter (GF Available)	
<b>Macaroni Cheese</b> .....	<b>£13.50</b>
Pasta in a smooth cheese sauce topped with melted cheese, served with salad and garlic bread	
<b>CABAN TERRACE PLATTER</b> .....	<b>£19.50</b>
A sharing platter of southern fried chicken, vegetable spring rolls, sweet potato falafel, cod goujons, fries, salad and onion rings	

**2 mains for £22**  
Mix and match from any



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## ..... Drinks .....

Americano.....	£2.80
Latte.....	£2.90
Mocha.....	£3.20
Cappuccino.....	£2.90
Flat White.....	£2.90
Tea.....	£2.50
Fruit Tea.....	£2.50
Hot Chocolate.....	£2.90
Deluxe Hot Chocolate.....	£3.40

(soya or oat milk/ vegan hot choc available)

Coke.....	£1.70
Tango.....	£1.70
Dr Pepper.....	£1.70
Cloudy Lemonade.....	£1.80
Coke Zero.....	£1.60
7up Zero.....	£1.60
Fruit Juice Carton - Orange/Apple .....	£1.00
Milkshake Carton.....	£1.00
Water/Sparkling Water .....	£1.50



**Coffee and Cake.....£5.50**  
 Ask a member of staff for daily options  
 add syrup or swap to deluxe hot choc ..... + 50p

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# Caban

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## Bar

### ...Cwrw : Beer/Lager...

Madri 4.6% ..... £4.50

Madri Alcohol Free 0%..... £4.00

#### Welsh Products

Gower Lighthouse Lager 4.5%... £5.00

Gower Gold Ale 4.5%..... £5.00

Gower Shipwreck 4.4% ..... £5.00

Evans Evans Cwrw 4.1%..... £5.00

### ...Seidr : Cider...

Thatchers Haze 4.5%.....£5.00

Thatchers Zero 0% ..... £4.50

#### Welsh Products

Black Dragon 6.5% .....£5.00

Redhog Summer Berry 4% ..... £5.00

### Gwin / Wine



		187ml	75cl
Gwyn/White	Bear & Star Pinot Grigio 11% .....	£6.00	£18.00
	Bear & Star Sauvignon Blanc 11%.....	£6.00	£18.00
Coch / Red	Bear & Star Merlot 13.5% .....	£6.00	£18.00
	Bear & Star Shiraz 11%.....	£6.00	£18.00
	Bear & Star Zinfandel 8.5% .....	£6.00	£18.00
Prosecco	Il Caggio 10.5%.....	200ml £7.50	£20.00

### Gwirodydd / Spirits

#### Welsh Products

Barti Rum 25ml 35% ..... £4.00

Penderyn Whiskey 25ml 46% ..... £5.00

Brecon Botanicals Gin 25ml 40% ..... £4.00

Gwyr Gin 25ml 43% ..... £4.00

Merlyn Welsh Cream 17% 50ml ..... £4.00

Caswell Bay Coconut Rum 14.9% 50ml.. £4.00

Jack Daniels 25ml 40%..... £4.00

Smirnoff Vodka 25ml 37.5%..... £3.70

Archers 50ml 18% ..... £3.70

QC Sherry 50ml 15% ..... £3.70

Bacardi 37.5% 25ml ..... £4.00

Gordons Pink Gin 25ml 37.5%.... £3.70