



## BOWL FOOD MENU SUMMER 2026

### MEAT

Welsh beef meatballs, tomato sauce, orzo pasta, parmesan  
Chicken shawarma, fragrant rice, pitta bread, garlic yogurt  
Maple glazed belly pork, mac and cheese

### FISH

Teriyaki glazed salmon, egg noodles, pak choi  
Fish fingers, minted mushy peas, crispy potato (NGCI)  
Prawn paella, saffron, peas, roasted peppers (NGCI)

### VEGETARIAN

Pea and mint risotto (V)(NGCI)  
Crispy gnocchi, tomato salad, pesto (V)  
Roast courgette, golden sultana chimichurri, aubergine (VG)(NGCI)

### DESSERT

Buttermilk pannacotta, strawberries, granola  
Whipped cheesecake, poached peach, shortbread crumb (V)  
Chocolate mousse, salted caramel, brownie (V)(NGCI)

£24 per person - choose one from 3 of the sections above

£29 per person - choose one from each section above

Any extra added bowls priced at £6

Minimum 12 covers - no maximum

(NGCI) non gluten containing ingredients (V) vegetarian (N) nuts (VG) vegan  
Please ask a team member for any allergen or intolerance information before ordering.

(DCCG)dim cynhwysion yn cynnwys glwten (LL) llysiuol (C) cnau (FG) fegan  
Gofynnwch i aelod o'r tîm am unrhyw wybodaeth am alergenau neu anoddefgarwch cyn archebu.



## BWYDLEN BWYD BOWLEN HAF 2026

### CIG

Peli cig eidion Cymreig saws tomato, pasta orzo, permesan  
Cyw iar shawarma, reis persawrus, bara pita, iogwrt garlleg  
Porc bol porc wedi'i wydro â surop masarn, macaroni a chaws

### PYSGOD

Eog wedi wydro gyda teriyaki, nwdls wy, pak choi  
Bysedd pysgod, pys mintys wedi eu malu, tatws crimp (DCCG)  
Paella corgimychiaid, saffrwm, pys, pupurau wedi'u rhostio (DCCG)

### LLYSIEUOL

Risotto pys a mintys (LL)(DCCG)  
Gnocchi crimp, salad tomato, pesto (LL)  
Corbwmpen wedi'i rhostio, chimichurri syltanas euraidd (FG)(DCCG)

### PWDIN

Pannacotta llaeth enwyn, mefys, granola  
Cacen caws wedi chwipio, eirin gwlanog, briwsion bisged frau (LL)  
Mws siocled, caramel hallt, browni (LL)(DCCG)

£24 y pen - dewis un pryd o dri adran uchod  
£29 y pen – dewis un pryd o phob adran uchod

Ychwanegu unrhyw bryd ir pecyn am £6

Isafswm o 12 o bobol – dim uchafswm

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