

#### ALERGENAU BWYD

Mae rheolau'r UE yn gofyn inni nodi'r 14 alergen bwyd canlynol ar y fwydlen neu ar daflen ar wahân: Seleri, Grawnfwyd efo glwten, Cramenogion, Wyau, Pysgod, Byseidd y blaidd, Llefrith, Molysgiaid, Mwstard, Cnau, Pysgnau, Hadau sesame, Soia, Syllffwr deuocsid.

Mae'r bwyd yn cael ei baratoi mewn ceginau lle mae rhai o'r alergenau uchod yn bresennol ond ni allwn gynnwys manylion pob un o'r cynhwysion ar y fwydlen. Felly ceir gwybodaeth am alergenau bwyd ar daflen ar wahân, gofynnwch i aelod o'r staff os hoffech gopi.

Os oes gennych alergedd bwyd rhowch wybod inni cyn ichi archebu.

#### FOOD ALLERGENS

EU regulation require food businesses to list the use of the following 14 food allergy items on menus or on a separate sheet: Celery, Cereals containing gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame seeds, Soya, Sulphur dioxide.

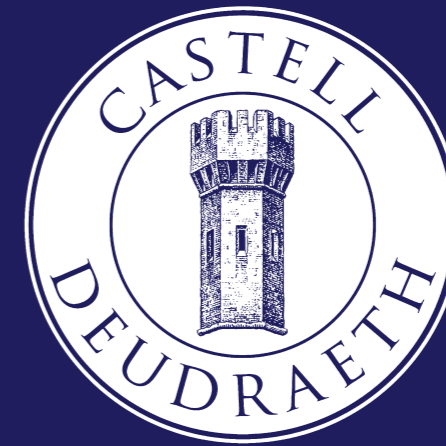
Food is prepared in kitchens where the above food allergens are present however our menu descriptions cannot include details of all ingredients. A separate sheet is available with details of all food allergens used in each dish, please ask for a copy if required.

If you have a food allergy please make this known to us before ordering.



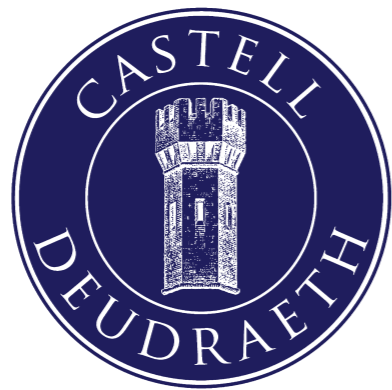
CASTELL DEUDRAETH

01766 772400



## BWYDLEN FEGAN VEGAN MENU

DAU GWRS £28.00  
TRI CHWRS £34.00



TWO COURSES £28.00  
THREE COURSES £34.00

Soup of the day  
Cawl y dydd

Salad merllys gyda chnau pîn, berwr y gerddi a brenhinllys  
Salad of asparagus, pine nuts, rocket and basil

Afocado pob, tomato, corbwmpen a chrwst perlysiog  
Baked Avocado, tomato, courgette with a herb crust

Madarchen fflat gydag olew garleg a pherlysiâu, tatws a berw dŵr  
Grilled Flat mushroom with garlic and herb oil, potatoes and watercress

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Crymbl llysiau rhost canoldiroedd gyda thatws ifainc a salad  
Roasted Mediterranean vegetable crumble, with baby potatoes and salad

Lobsgóws madarch gwyllt a ffa gyda reis a salad  
Wild mushroom and bean stew with rice and salad

Wyls pob gyda cous cous Moroccaidd, tomato rhost, berwr y gerddi a brenhinllys  
Baked aubergine with Moroccan cous cous, roasted tomato, rocket and basil

Cyri ffacbys a blodfresych gyda reis a salad  
Chickpea and cauliflower curry with rice and salad

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Crymbl afal pob gyda hufen iâ fegan  
Baked apple crumble with dairy free ice cream

Pwdin taffi gludiog gyda saws cyflaith menyn a hufen iâ  
Sticky toffee pudding with butterscotch sauce and ice cream

Meringue mafon gyda mwylar  
Raspberry meringue with berries

Triawd hufen iâ fegan a sorbet  
Trio of dairy free ice cream and sorbet