

# Saib

Pause · Rest · Time out

## Menu

### Bwydlen

#### Breakfast (until 11.30am)

##### Brecwast (tan 11.30yb)

Bacon/Sausage/Egg Sandwich/Bap £2.95

Bacwn/Selsig/Wy Brechdan/Bap £2.95

Bacon & Egg/ Bacon & Sausage/ Sausage & Egg Sandwich/Bap £3.25

Bacwn & Wy/ Bacwn & Selsig/ Selsig ac Wy Brechdan/Bap £3.25

Breakfast Sandwich/Bap £3.65

Brechdan/Bap Brecwast £3.65

Pembrokeshire breakfast with a tea or regular coffee (2 bacon, 2 sausage, hash brown, beans, fried/scrambled egg, 1/2 tomato and 2 slices of toast) £6.75

Brecwast Sir Benfro gyda the neu coffi arferol (2 bacwn, 2 selsig, hash brown, ffa, wy wedi'i ffrio/sgramblo, 1/2 tomato a 2 tafell o dost) £6.75

Extra: Bacon 70p, Sausage 70p, Mushrooms 70p, Egg 70p, Tomato 70p, Hash brown 70p

Yn ychwanegol: Bacwn 70c, Selsig 70c, Madarch 70c, Wy 70c, Tomato 70c, Hash brown 70c

Vegan breakfast (mushroom, beans, tomato, scrambled tofu, toast, hash browns) with a tea or coffee £5.50

Brecwast Fegan (madarch, ffa, tomato, tofu wedi'i sgramblo, hash brown) gyda te neu coffi £5.50

Extra: Mushroom 70p, Tomato 70p, hash brown 70p, scrambled tofu 70p

Yn ychwanegol: Madarch 70c, Tomato 70c, hash brown 70c, tofu wedi'i sgramblo 70c

Scrambled egg on toast £3.45 With avocado and salmon £8.50

Wy wedi'i sgramblo ar dost £3.45 Gydag afocado ac eog £8.50

Beans on toast £3.45

Ffa ar dost £3.45

Homemade granola with Greek yoghurt and fresh berries £3.50

Granola wedi'i wneud gartref gyda iogwrt Groegaidd ac aeron ffres £3.50

Toast with butter and Jam £1.65

Tost gyda menyn a jam £1.65

Toasted teacake £2.25

Cacennau te wedi'i tostio £2.25

**Lunch (from 11.30am until close)**  
**Cinio (o 11:30yb tan amser cau)**

**Jacket Potatoes**

**Tato Pob**

Cheese or Beans £4.50

Caws neu Ffa £4.50

Cheese and Beans £ 5.25

Caws a Ffa £5.25

Ham, Cheese and Beans £6.25

Ham, Caws a Ffa £6.25

Prawn Marie Rose £6.25

Corgimwch Marie Rose £6.25

Tuna and Cheese £5.25

Tiwna a Chaws £5.25

Tuna, cheese and beans £6.25

Tiwna, Caws a Ffa £6.25

Falafel salsa £5.25

Falafel salsa £5.25

*All served with side salad and homemade coleslaw.*

*Popeth wedi'i gweini gyda salad ar yr ochr a coleslaw wedi'i gwneud gartref.*

**Sandwiches or Baguettes/Wraps**

**Brechdanau neu Baguettes/Wraps**

Home cooked ham sand £5.25 bag £6.25

Ham wedi'i coginio gartref brech £5.25 bag £6.25

Home cooked Turkey sand £5.25 bag £6.25

Twrci wedi'i coginio gartref brech £5.25 bag £6.25

Homemade egg mayo sand £4.50 bag £5.25

Wy mayo wedi'i wneud gartref brech £4.50 bag £5.25

Homemade mixed cheese sand £4.75 bag £5.50

Caws cymysg wedi'i wneud gartref brech £4.75 bag £5.50

Homemade Tuna Mayo sand £4.50 bag £5.25

Tiwna Mayo wedi'i wneud gartref brech £4.50 bag £5.25

Mature Cheese sand £4.50 bag £5.25

Caws aeddfed brech £4.50 bag £5.25

Homemade Prawn Marie Rose sand £5.25 bag £6.25

Corgimwch Marie Rose wedi'i gwneud gartref brech £5.25 bag £6.25

Chicken Tikka sand £5.25 bag £6.25  
Cyw iâr gyda saws Tikka brech £5.25 bag £6.25

Falafel salsa sand £5.25 bag £6.25  
Falafel salsa brech £5.25 bag £6.25

Sweet chilli bhaji sand £5.25 bag £6.25  
Bhaji tshili melys brech £5.25 bag £6.25

*All served with side salad and homemade coleslaw.  
Popeth wedi'i gweini gyda salad ar yr ochr a coleslaw wedi'i gwneud gartref.*

## **Panini**

### **Panini**

Tuna and cheese melt £6.50  
Tiwna a chaws wedi toddi £6.50

Homecooked ham and cheese £6.50  
Ham wedi'i choginio gartref a caws £6.50

Cheese and tomato £6.00  
Caws a tomato £6.00

*All served with side salad and homemade coleslaw.  
Popeth wedi'i gweini gyda salad ar yr ochr a coleslaw wedi'i gwneud gartref.*

## **Plates**

### **Platiau**

Home cooked ham platter £7.95  
Dysgl ham wedi'i choginio gartref £7.95

Homemade chicken pasta £7.50  
Pasta cyw iâr wedi'i gwneud gartref £7.50

Steak, onion and mushroom baguette £7.95  
Baguette stêc, winwns a madarch £7.95

*All above plates served with salad, homemade coleslaw, pickles, cheese and fresh bread.*

*Pob plât uchod wedi'i gweini gyda salad, coleslaw wedi'i gwneud gartref, piclau, caws a bara ffres.*

## **Bowls**

### **Powlenni**

Soup of the week from £4.95 -£6.95  
Cawl yr wythnos o £4.95 -£6.95

*All bowls served with fresh crusty bread and cheese.  
Pob powlen wedi'i gweini gyda bara crofennog ffres a chaws.*

## **Hot Beverages**

### **Diodydd Poeth**

Americano £2.25

Latte £2.75

Cappuccino £2.75

Hot Chocolate £2.75

Siocled Poeth £2.75

Marshmallows 40p Cream 40p

Malws Melys 40c Hufen 40c

Mocha £3.20

Extra shot of coffee 45p

Llymaid ychwanegol o goffi 45c

Espresso £1.75

Tea £2.25

Te £2.25

## **Cold Drinks**

### **Diodydd Oer**

Coke £1.45

Diet Coke £1.45

Orange Tango £1.45

Sprite £1.45

Elderflower £2.95

Blodyn ysgaw £2.95

Appeltizer £2.20

Orange and apple juice £1.00

Sudd oren ac afal £1.00

Bottled water £1.25

Dŵr wedi'i poteli £1.25

## **Children's meals including a drink £4.95**

### **Prydau i blant, gan gynnwys diod £4.95**

Homecooked ham, potato waffle with beans

Children's lunch box £4.75 (sandwich, drink, crisps and chocolate biscuit bar)

Bocs bwyd i blant £4.75 (brechdan, diod, creision a bar bisgedyn siocled)

Jacket potato with cheese/ beans or both

Tato pobwith Caws neu Ffa/ Caws a Ffa

Weekly specials available in child portions

Arbenigion wythnosol ar gael fel dognau i blant

## **Cakes**

### **Cacennau**

Coffee/tea cake deal £4.95 (suitable for GF and vegan)

Dêl cacen â Coffi/te £4.95 (addas ar gyfer ddi-glwten a fegan)

Homemade Mars bar crispie cake £1.50

Caceni crisbi 'Mars bar' wedi'i gwneud gartref £1.50

Victoria sponge £3.45

Sbwng Fictoria £3.45

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Ring 07823649719 to place an order. Delivery available, please ask about availability.

## Takeaway Menu Bwydlen Tecawê

**Sandwich/Bap £2.50 Baguette/wrap £3.00 salad 30p extra**

**Brechdan/Bap £2.50 Baguette/wrap £3.00 salad 30c yn ychwanegol**

Ham

Ham

Turkey

Twrci

Chicken tikka

Cyw iâr gyda saws tikka

Egg mayo

Wy mayo

Tuna mayo

Tiwna mayo

Cheese

Caws

Mixed Cheese

Caws cymysg

**Sandwich £3.00 Baguettes/wraps £3.50 salad 30p extra**

**Brechdan/Bap £3.00 Baguette/wrap £3.50 salad 30c yn ychwanegol**

Prawn Marie Mayo

Corgimwch Marie Mayo

Falafel salsa

Falafel salsa

Sweet chilli bhaji

Bhaji tshili melys

Children's lunch box £3.50 (sandwich, crisps, drink, fruit or kit kat/penguin/iced gems)

Bocs bwyd i blant £3.50 (brechdan, creision diod, ffrwyth neu kit kat/penguin/iced gems)

Cheese portion 80p

Dogn o gaws 80c

## **Hot Rolls**

### **Rholiau Poeth**

Bacon, Sausage or Egg bap £2.00 bag £3.00

Bacwn, Selsig neu Wy bap £2.00 bag £3.00

Bacon and Egg or Sausage and Egg or Sausage and Bacon bap £2.50 bag £3.50

Bacwn ac Wy, neu Selsig ac Wy, neu Selsig a Bacwn bap £2.50 bag £3.50

Breakfast (bacon, sausage and egg) bap £ 2.95 bag £3.95

Brecwast (bacwn, selsig ac wy) bap £2.95 bag £3.95

Steak, Onion and Mushroom £4.95

Stêc, winwns a madarch £4.95

## **Pasta Pots**

### **Potiau Pasta**

Chicken or tuna pasta £3.25

Pasta cyw iâr neu tiwna £3.25

## **Salads**

### **Saladau**

Ham/Turkey/cheese/tuna £3.30

Ham/Twrci/Caws/Tiwna £3.30

Prawn, Falafel salsa, sweet chilli bhaji £3.80

Corgimwch, Falafel salsa, Bhaji tshili melys £3.80

Add in extras:

Ychwanegwch:

Beetroot salad 75p

Salad Betysen 75c

Italian chicken pasta 75p

Pasta cyw iâr Eidalaid 75c

Sliced Beetroot 30p

Betysen wedi'i sleisio 30c

Boiled egg 50p

Wy berw 50c

## **Jacket Potatoes**

### **Tato pob**

Cheese £3.50

Caws £3.50

Beans £3.50

Ffa £3.50

Cheese and beans £3.75

Caws a ffa £3.75

Tuna and cheese £3.75

Tiwna a chaws £3.75

Tuna, cheese and beans £4.00

Tiwna, caws a ffa £4.00

Prawn marie rose £4.00

Corgimwch marie rose £4.00

Falafel salsa £4.00

Falafel salsa £4.00

Sweet chilli Bhaji £4.00

Bhaji tshili melys £4.00

## **Bowls**

### **Powlenni**

Soup of the week £3.80-£5.50

Cawl yr wythnos

*All bowls served with fresh crusty bread and cheese.*

*Pob powlen wedi'i gweini gyda bara crofennog ffres a chaws.*

## **Panini**

### **Panini**

Ham and cheese £4.20

Ham a chaws £4.20

Tuna and cheese melt £4.20

Tiwna a chaws wedi toddi £4.20

Cheese and tomato £3.70

Caws a tomato £3.70

## **Pastries**

### **Toesau**

Pack of mini sausage rolls £1.50  
Pecyn o roliau selsig bychan £1.50

Pack of mini corned beef pasties £1.50  
Pecyn o bastai cornbiff bychan £1.50

Pack of mini cheese and onion pasties £1.50  
Pecyn o bastai caws a winwns bychan £1.50

No beef pasty £2.00  
Pastai dim cig eidion £2.00

Vegan sausage roll £1.50  
Rhôl selsig fegan £1.50

## **Hot beverages**

### **Diodydd Poeth**

Americano £1.75

Latte £2.30

Cappuccino £2.30

Hot chocolate £2.30  
Siocled Poeth £2.30

Cream 40p marshmallows 40p  
Hufen 40c Malws Melys 40c

Mocha £2.70

Extra shot of coffee 40p  
Llymaid ychwanegol o goffi 40c

Tea £1.75  
Te £1.75

## **Cold Drinks**

### **Diodydd Oer**

Cans/Caniau (coke, diet coke, coke zero, sprite, orange tango) £1.00

Bottles/Poteli (coke, coke zero, sprite, diet coke, sprite, ribena, orange tango) £1.65

Orange and Apple Juice £1.20  
Sudd Oren ac Afal £1.20

Elderflower £2.00  
Blodyn ysgaw £2.00

Appetizer £2.25

Water £1.00

Dŵr £1.00

Flavoured Water £1.45

Dŵr wedi'i cyflasu £1.45

## **Cakes**

### **Cacennau**

Homemade Victoria sponge £2.00

Spwng Fictoria wedi'i bobi gartref £.200

Chocolate fudge cake £2.00

Cacen cyffug siocled £2.00

GF carrot cake £2.00

Sleisen o gacen moron ddi-glwten £2.00

Homemade Mars bar crispy cake £1.00

Cacen crisbi 'Mars bar' wedi'i gwneud gartref £1.00