



# M E N U

## BREAKFAST

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### ALL DAY BREAKFAST ROLLS

Bacon, sausage or veggie  
sausage - £4.45

Bacon & sausage (or veggie  
sausage) - £5.45  
(add an egg £0.50)

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### FFOREST BREAKFAST £8.95

Bacon, sausage or veggie sausage,  
egg, mushrooms, beans, tomato &  
toast. *Includes a cup of tea or coffee*

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### FRESH CROISSANTS £2.25

Please see selection at the counter

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### TOAST £1.95

Locally baked bread toasted with Welsh  
butter, jam, marmalade & honey

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## CHILDREN'S MENU

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### BEANS ON TOAST

£4.25 (v)

Granary or white locally baked  
bread with a pot of Welsh Cheddar  
cheese on the side to sprinkle

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### MINI FFOREST BEEF BURGER £5.95

Award winning 4oz local  
Welsh beef burger served on a  
sourdough bread roll with fries

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### MINI POSH FISH FINGER SANDWICH £5.95

Fish goujons served on a  
sourdough bun with fries

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All of our dishes are prepared with care,  
however we cannot guarantee that they  
do not contain traces of other products as  
they are all prepared in the same kitchen.  
If you have a food intolerance, please ask  
about our ingredients at the counter

## LUNCH *served from 11.30am*

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### HEARTY FFOREST SOUP £5.95

Homemade soup of the day (please see the board or ask a member  
of the team) served with white or brown bloomer bread

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### PIEMINISTER PIES £9.95

All served with mash, minted mushy peas, gravy & onion rings

Moo: British beef steak & ale

Mexicow: British beef, chilli & cheddar

Saag: Pea, paneer, spinach, potato, chilli & mango

Free Ranger: free range British chicken & ham hock, with leek & thyme

Heidi: Somerset goats' cheese, sweet potato, spinach, & red onion (V)

Kevin: A mushroom, tomato & red wine pie with baby onions & thyme,  
served with skin on fries, minted mushy peas, gravy & onion rings (Ve)

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### POSH FISH FINGER SANDWICH £8.95

Fish goujons served on a sourdough bun with  
fries and homemade coleslaw

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### 6oz FFOREST BURGER £10.95

Award winning local Welsh beef burger on a sourdough  
bread roll with tomato, gherkins, lettuce & served with  
sweet potato fries, homemade coleslaw & onion rings

*Include Welsh cheese for £1 extra*

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### HAM, EGGS AND CHIPS £8.95

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### CHICKEN BURGER £8.45

Chicken burger fried in a crispy coating on a sourdough bun with  
mayonnaise and lettuce served with fries and homemade coleslaw

*Add onion rings for £1*

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### FFOREST VEGGIE BURGER £8.95 (v)

A mixed bean & mozzarella burger served on a sourdough bread roll  
with tomato, lettuce, gherkins, homemade coleslaw & sweet potato fries

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### VEGGIE CHILLI, CHIPS & CHEESE £8.95 (v)

Mixed bean and vegetable chilli served with chips &  
sprinkled with cheese (v) (ve without the cheese)

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### FFOREST SALAD £7.95

Choose between ham or falafel (v) served on a bed of mixed salad leaves,  
grated carrot, cucumber, red onion, salad dressing & homemade coleslaw

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# DRINKS

## COFFEES

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**Americano** £2.50  
12oz double espresso with hot water  
served black or with cold milk on the side

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**Cappuccino** £2.80  
12oz double espresso with  
hot micro-foamed milk dusted  
with chocolate (foamy)

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**Café Latte** £2.80  
8oz double espresso with hot  
micro-foamed milk (milky)  
*add flavoured syrup (hazelnut,  
vanilla or caramel)* £0.45

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**Flat White** £2.80  
6oz cup double espresso with hot  
micro-foamed milk (strong)

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**Cortado** £2.40  
5oz double espresso with hot micro-  
foamed milk (strong). Small but mighty!

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**Espresso** £1.95  
Single or double espresso -  
short, straight & strong /£2.25

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**Espresso Macchiato** £2.25  
Single espresso made with  
micro-foamed milk (strong)

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**Coffee Mocha** £2.95  
Hot chocolate poured over a double  
espresso, dusted with chocolate

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**Hot Chocolate** £2.95  
Plain velvety hot chocolate  
*with cream and marshmallows* £3.25

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## LOOSE LEAF TEA

Heartland teas, infuse for 3-5 minutes.

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**Heartland English Breakfast Blend** £2.50  
A traditional blend of black  
teas. Full bodied, robust & rich.  
Served with or without milk

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**Earl Grey Excelsior** £2.75  
A Ceylon-Yunnan blend with  
Keemun & oil of Bergamot.  
Served with or without milk

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**De Caf Assam** £2.75  
Our classic decaffeinated black  
tea. Strong, dark & malty.  
Served with or without milk

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**Chamomile Flower** £2.75  
This delicate tea is famously known  
to help you relax - perfect after your  
adventures. Served without milk

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**Peppermint** £2.75  
A herbal tea that's naturally caffeine  
free. Served without milk

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**Turkish Apple** £2.75  
Naturally caffeine free with  
spiced apple pieces & sweet  
pineapple. Served without milk

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## COLD DRINKS

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We have a selection of drinks  
in the fridge including wine, gin,  
prosecco, Zip World lager & ale

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Plant based milk alternatives available (ve)

We use Heartland Coffee Espresso Blend, a local  
coffee roaster based in Conwy, North Wales

# B W Y D L E N

## BRECWAST

### RÔLS BRECWAST DRWY'R DYDD

Bacwn, selsig neu selsig llysieuol - £4.45  
Bacwn a selsig (neu selsig  
llysieuol) - £5.45  
(ychwanegu wy am £0.50)

### BRECWAST FFOREST £8.95

Bacwn, selsig neu selsig llysieuol, wy,  
madarch, ffa pob, tomato a thost.  
Yn cynnwys paned o de neu goffi

### CROISSANTS FFRES £2.25

Ewch i weld y dewis wrth y cownter

### TOST £1.95

Bara lleol wedi'i dostio efo menyn  
Cymreig, jam, marmalêd neu fêl.

## BWYDLEN PLANT

### FFA POB AR DOST £4.25 (II)

Bara lleol gwyn neu frown  
wedi'i weini efo pot o gaws  
Cheddar Cymreig

### BYRGYR BACH CIG EIDION FFOREST £5.95

Byrgyr 4 owns Cig Eidion Cymreig  
lleol o'r radd flaenaf ar rôl o fara  
surdoes efo sglodion tenau

### BRECHDAN BYSEDD PYSGOD FFANSI (BACH) £5.95

Goujons pysgod ar rôl o fara  
surdoes efo sglodion tenau

Caiff ein holl brydau eu paratoi â gofal,  
ond allwn ni ddyn gwarantu nad ydyn  
nhw'n cynnwys cynnyrch arall o gwbl  
gan eu bod nhw i gyd yn cael eu paratoi  
yn yr un gegin. Os oes bwyd nad  
ydych chi'n gallu ei fwyta, gofynnwch  
am ein cynhwysion wrth y cownter

## CINIO o 11.30am ymlaen

### CAWL CARTREF FFOREST £5.95

Cawl cartref y dydd (edrychwch ar y bwrdd neu ofyn  
i aelod o'r tîm) efo bara gwyn neu frown

### PEI PIEMINISTER £9.95

Pob un yn cael ei gweini efo tatws stwnsh, pys  
slwtsh mintys, grefi a chylchoedd nionyn

Moo: Cig eidion Prydeinig a chwrw

Mexicow: Cig eidion Prydeinig, tsili a chaws cheddar

Saag: Pys, paneer, sbigoglys, tatws, tsili a mango

Free Ranger: Cyw iâr buarth Prydeinig a ham hoc, efo cennin a them

Heidi: Caws gafr Gwlad yr Haf, tatws melys, sbigoglys a nionyn coch (II)

Kevin: Pei madarch, tomato a gwin coch efo nionod bach a them, efo  
sglodion yn eu croen, pys slwtsh mintys, grefi a chylchoedd nionyn (Ve)

### BRECHDAN BYSEDD PYSGOD FFANSI £8.95

Goujons pysgod ar rôl surdoes efo sglodion tenau a cholslo cartref

### BYRGYR 6owns FFOREST £10.95

Byrgyr Cig Eidion Cymreig lleol o'r radd flaenaf ar rôl o fara  
surdoes efo letys, tomato a gercins, wedi'i weini efo sglodion  
tatws melys tenau, colslo cartref a chylchoedd nionyn

Ychwanegu caws Cymreig am £1

### HAM, WY A SGLODION £8.95

### BYRGYR CYW IÂR £8.45

Byrgyr cyw iâr wedi'i ffrio mewn cyteu crensiog  
ar rôl o fara surdoes efo mayonnaise a letys, wedi'i  
weini efo sglodion tenau a cholslo cartref

Ychwanegu cylchoedd nionyn am £1

### BYRGYR LLYSIEUOL FFOREST £8.95 (II)

Byrgyr ffa cymysg a mozzarella ar rôl o fara surdoes  
efo letys, tomato, gercins, colslo cartref a sglodion tatws melys tenau

### TSILI LLYSIEUOL, SGLODION A CHAWS £8.95 (II)

Tsili llysiau a ffa cymysg efo sglodion wedi'u  
gorchuddio â chaws (II), (figan heb y caws)

### SALAD FFOREST £7.95

Gallwch ddewis ham neu falafel (II) ar wely o ddail salad cymysg, moron  
wedi gratio, ciwcymbr, nionyn coch, dresin salad a cholslo cartref

# DIODYDD



## COFFI

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<b>Americano</b>	£2.50
Espresso dwbl 12 owns efo dŵr poeth, ar gael yn ddu neu efo llefrith oer ar yr ochr	
<b>Cappuccino</b>	£2.80
Espresso dwbl 12 owns efo llefrith cynnes wedi'i ewynnu a'i orchuddio â siocled (ewynnog)	
<b>Café Latte</b>	£2.80
Espresso dwbl 8 owns efo llefrith cynnes wedi'i ewynnu (llaethog)	
<i>gallwch ychwanegu surop blas (cnau cyll, fanila neu garamel)</i>	£0.45
<b>Coffi Gwyn Fflat</b>	£2.80
Cwpan 6 owns o espresso dwbl efo llefrith cynnes wedi'i ewynnu (cryf)	
<b>Cortado</b>	£2.40
Espresso dwbl 5 owns efo llefrith cynnes wedi'i ewynnu (cryf). Pitw ond pwerus!	
<b>Espresso</b>	£1.95
Espresso sengl neu ddwbl	/£2.25
- bach, cryf a di-lol	
<b>Espresso Macchiato</b>	£2.25
Espresso sengl efo llefrith cynnes wedi'i ewynnu (cryf)	
<b>Mocha</b>	£2.95
Siocled poeth wedi'i dolli dros espresso dwbl, wedi'i orchuddio â siocled	
<b>Hot Chocolate</b>	£2.95
Siocled poeth plaen melfedaidd efo hufen a malws melys	
£3.25	

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## DAIL TE RHYDD

Te Heartland, gadewch iddo sefyll am 3-5 munud.

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<b>Te Brechwast Heartland</b>	£2.50
Cymysgedd traddodiadol o de du. Blas llawn, cryf a chyfoethog. Efo neu heb lefrith	
<b>Earl Grey Excelsior</b>	£2.75
Cymysgedd Ceylon-Yunnan efo Keemun ac olew Bergamot. Efo neu heb lefrith	
<b>Assam heb gaffein</b>	£2.75
Ein te du safonol heb gaffein. Cryf, tywyll a brag. Efo neu heb lefrith	
<b>Blodyn Camomeil</b>	£2.75
Mae'r te ysgafn hwn yn enwog am eich helpu i ymlacio - y baned berffaith ar ôl eich anturiaethau. Heb lefrith	
<b>Mintys Poethion</b>	£2.75
Te perlysieuol heb gaffein yn naturiol. Heb lefrith	
<b>Afal Twrcaidd</b>	£2.75
Dim caffein yn naturiol, efo darnau o afal sbeislyd a phinafal melys. Heb lefrith	

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## DIODYDD OER

Mae gennym ni ddewis o ddiodydd oer yn yr oergell, gan gynnwys gwin, gin, prosecco a chwrw Zip World

Llefrith planhigion ar gael (ve)

Rydyn ni'n defnyddio Coffi Heartland, coffi rhost lleol o Gonwy, Gogledd Cymru