



ffresh.

Restaurant & Lounge Bar
at Wales Millennium Centre

*20% off your total food & drink bill with this voucher **

ffresh restaurant & lounge bar, the home of great food and dining at Wales Millennium Centre, is the place for delicious locally sourced food and our reputation is growing...

"If you want something extra special then you need look no further than ffresh"

South Wales Echo

"The best of Welsh food, in the best cultural venue in Wales. What could be better?"

Catrin Finch

"With this sort of quality and a very affordable menu, take a break from the norm at Cardiff Bay and enjoy a meal at ffresh. Quality ingredients and a very warm welcome"

Trip Advisor

We're open for lunch everyday from 12pm and for dinner from 6pm on Thursdays, Fridays and Saturdays. Our seasonal menus are created by the ffresh team and Shaun Hill of the Walnut Tree Abergavenny. Check ffresh.org.uk for up-to-date menus.

** Terms & Conditions apply: 20% discount off your total bill (food & drink). Must be redeemed between 18 March & 10 April '10. Excludes pre theatre meals & Sunday 4 April '10. Not be used in conjunction with any other offer or discount. This voucher has no cash value and can only be redeemed once. Please present this voucher when ordering. Only one voucher per-table will be accepted. Maximum table size of 8. Photocopies or electronic versions of the voucher will not be accepted. All items on the menu are subject to availability. We will process any personal data in accordance with our privacy policy which can be viewed at wmc.org.uk. ffresh reserves the right to withdraw or amend this offer at any time and without prior notice.*

to book a table
029 2063 6465
ffresh@wmc.org.uk
ffresh.org.uk



ffresh.



CANOLFAN
MILENIWM
CYMRU
WALES
MILLENNIUM
CENTRE®



ffresh.

Bwyty a Bar Lolfa
yng Nghanolfan Mileniwm Cymru

*20% oddi ar eich bwyd a diod gyda'r daleb yma **

Bwyty a bar lolfa ffresh yw cartref bwyd ffein a bwyta'n dda yng Nghanolfan Mileniwm Cymru. Mae'n le hyfryd i fwynhau bwyd lleol a thymhorol, ac mae gan sawl un arall bethau da i ddweud amdanom ni hefyd...

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Rydyn ni ar agor am ginio bob dydd o 12pm ac am swper o 6pm ar nosweithiau lau, Gwener a Sadwrn. Mae tîm ffresh, gyda'r cogydd Shaun Hill o'r Walnut Tree yn y Fenni, yn creu ein bwydlenni tymhorol, Cymreig. Ewch i ffresh.org.uk i weld y bwydlenni diweddaraf.

* Ceir Telerau ac Amodau: Gostyngiad o 20% oddi ar eich bil terfynol (bwyd a diod). Rhaid ei ddefnyddio rhwng 18 Mawrth a 10 Ebrill '10. Nid yw'n cynnwys prydau cyn sioe na dydd Sul 4 Ebrill '10. Ni ellir ei ddefnyddio ar y cyd ag unrhyw gynnig neu ostyngiad arall. Does dim gwerth arian i'r daleb yma, ac unrwaith yn unig y gellir ei defnyddio. Cyftwynwch y daleb yma wrth archebu. Un daleb i bob bwrdd yn unig. Bwrdd o 8 ar y mwyaf. Ni dderbynnir llungopiau na fersiynau electronig o'r daleb yma. Pob eitem ar y fwydlen yn amodol ar argaeledd. Byddwn ni'n prosesu unrhyw ddata personol yn unol â'n polisi preifatrwydd, sydd i'w weld ar yganolfan.org.uk. Mae ffresh yn cadw'r barwl i ddiddymu neu newid y cynnig yma ar unrhyw adeg, a heb hysbysu o flaen llaw.

i gadw bwrdd
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