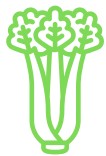


Yr 14 prif alergen



Seleri



**Grownfwydydd
sy'n cynnwys
glwten**



Cramenogion



Wyau



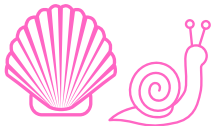
Pysgod



**Bysedd y
blaidd**



Llaeth



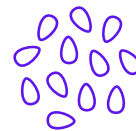
Molysgiaid



Mwstard



Pysgnau



**Hadau
sesame**



Soia



**Sylffwr
Deuocsid**



Cnau coed