



# T E R A S



## Breakfast

Available until 11am

### Eggs benedict

£5.95

Toasted muffin topped with dry cured bacon, free-range poached egg and hollandaise sauce



### Organic porridge

£2.25

(V) (Soya milk available)  
Organic porridge with fresh honey

### Pain au chocolat

£1.50

Freshly baked pain au chocolat

### Butter croissant

£1.50

Freshly baked butter croissant

### Toast (GF option available)

£1.40

Fresh white or brown toast (2 rounds) with butter and homemade jam

### Free-range egg omelette (GF)

£4.75

Fresh free-range egg omelette of your own design (2 fillings). Choose from the following fresh ingredients;



*Mushroom*      *Smoked salmon*  
*Onion*            *Tomato*  
*Cheese*          *Ham*  
*Chicken*          *Spinach*

## Light bites

Available from 11am - 5pm

### Soup of the day

£4.75

(V, GF option available)  
With homemade mini loaf and Welsh butter

### French onion tart (V)

£6.75

Sliced French onion and beetroot tart with Caerphilly cheese and side salad

### Seafood linguine

£7.95

Linguine with prawns, mussels and clams in a garlic and parsley sauce with rocket leaves

### Middle Eastern salad (Vegan, GF)

£7.25

Warm roasted sweet potato, kale, dried cranberry, quinoa and toasted pine nuts tossed with aromatic paprika and lime dressing

### Chicken Caesar salad

£7.25

Classic salad with slices of chicken breast, anchovy, garlic croutons, cherry tomatoes, crispy bacon and gem lettuce drizzled with homemade Caesar dressing

### Tomato risotto (V, GF)

£6.25

Starter

Vegan option available)  
Sun blushed tomato and spinach risotto, basil oil topped with vegetarian parmesan and micro basil

£8.25

Main

### Smoked haddock risotto

£6.50

Starter

Smoked haddock and prawn risotto, free range poached egg drizzled with extra virgin olive oil and rocket

£8.50

Main

### Tortellini (V)

£7.95

Pea and mint tortellini, pea and cream sauce, micro mint

### Chicken and mushroom omelette

£6.75

Free-range egg omelette with pulled chicken and wild mushrooms, sweet potato fries served with salad garnish



### Italian tricolore omelette (V, GF)

£6.75

Italian tricolore, free-range egg omelette filled with mozzarella, basil and sun blushed tomato, sweet potato fries served with salad garnish



### Welsh lamb casserole (GF)

£8.95

Slow cooked Welsh lamb casserole with creamy mashed potato and roast chantenay carrot

### BBQ pork toast topper

£6.25

Hand cut slice of toasted homemade bread topped with barbecue pulled pork and Monterey Jack cheese served with side salad

### Mexican toast topper (V)

£6.25

Hand cut slice of toasted homemade bread topped with spicy five bean chilli and grated vegetarian cheese served with side salad

### Teras very own burger

£8.25

6oz Welsh black beef burger, bacon, Welsh mature cheddar, beef tomato and red onion served with spicy hand cut wedges

Choose your own sauce:

Blue cheese dressing  
Tomato chutney  
Caramelised onion chutney  
Barbecue sauce

### Spicy bean burger (Vegan)

£7.95

Kidney beans, sweetcorn and potato burger with beef tomato, caramelised onions served with hand cut spicy wedges

## Table d'hôte

Available from 11am - 5pm

2 course **£18.50** | 3 course **£22.50**



## Starters

Roast red pepper and tomato soup with basil oil served with homemade bread and butter (Vegan, GF available) £5.50

Smoked salmon mousse with horseradish crème fraîche and beetroot tapenade (GF) £5.50

Shredded confit duck leg, thyme infused barley with warm spiced pear purée £5.50

## Main courses

Pancetta wrapped turkey breast with lemon, thyme and pine nut stuffing served with roast and mashed potato and seasonal vegetables £13.50

Oven baked salmon fillet with lemon and basil hollandaise, wild rice timbale and wilted greens (GF) £13.50

Beetroot, sun blushed tomato and thyme tart tatin served with warm Puy lentil and fennel salad drizzled with balsamic jus (Vegan) £13.50

## Desserts

Chocolate and cherry Christmas pudding with Crème Anglaise (V) £5.50

Plum and cinnamon pudding with vanilla ice cream (Vegan) £5.50

Salted caramel and popcorn panna cotta with toffee sauce (V, GF) £5.50

Selection of Welsh cheeses and pickles served with Welsh chutney £5.50

## Side orders

New potatoes with butter £2.50 Triple cooked chips £2.50

Medley of vegetables £2.50 Sweet potato fries £2.75

Homemade bread and Welsh butter £2.50 Side salad £2.50

(GF option available)

## Afternoon tea £8.95

from 2pm  
(GF option available)

Enjoy the full afternoon tea experience with a hot drink and a tiered stand featuring the sandwich of your choice and a selection of sweet treats.

Includes:

- Snowdonia smoked cheddar savoury muffin (V)
- Broccoli and Perl Las quiche slice (V)

Choose from the following sandwiches:

- Smoked salmon and cucumber
- Chicken, bacon and mayonnaise
- Brie and cranberry (V)

Followed by sweet treats:

Bara brith, homemade scones and Halen Môn salted caramel macaroons

GF treats: Meringue nest, cream and fresh fruit; Halen Môn salted caramel macaroons

## Desserts and cakes

Available all day

Bara brith £2.25  
With Welsh butter

Scones £2.25

Served with homemade jam and cream

Homemade chocolate brownie £2.25

Cake of the day £2.50

Vegan carrot cake (V) £2.25