



T E R A S



Breakfast

Available until 11am

Eggs benedict Toasted Welsh muffin topped with dry cured bacon, free range poached egg and hollandaise sauce	£5.95	Toast (GF option available) Fresh white or brown toast (2 rounds) with butter and homemade jam	£1.40
Organic porridge (V) (Soya milk available) Organic porridge with fresh honey	£2.25	Free range egg omelette (GF) Fresh free range egg omelette of your own design (2 fillings) choose from the following fresh ingredients	£4.75
Pain au chocolat Freshly baked pain au chocolat	£1.50	<i>Mushroom</i> <i>Smoked salmon</i>	
Butter croissant Freshly baked butter croissant	£1.50	<i>Onion</i> <i>Tomato</i>	
		<i>Cheese</i> <i>Ham</i>	
		<i>Chicken</i> <i>Spinach</i>	

Light bites

Available from 11am - 5pm

Soup of the day (V, Vegan, GF option available) With homemade mini loaf and Welsh butter	£4.75	Avocado toast topper (Vegan) Diced avocado, mixed olives, lemon, paprika and side salad	£6.25
Welsh cheese salad (GF, V) Perl Wen, toasted walnuts and pickled red cabbage, cherry tomatoes and balsamic dressing	£7.25	Chicken risotto (GF) Shredded chicken breast, tarragon and crunchy asparagus topped with parmesan and baby basil	£6.50 Starter £8.50 Main
Tart (V) Leek, pea, and Caerphilly cheese tart served with mixed leaf salad	£6.75	Milanese risotto (V, GF, Vegan option available) Roasted tomato, peppers, saffron and grated vegetarian parmesan, pea shoots	£6.25 Starter £8.25 Main
Spring green Fattoush (Vegan, GF) A Middle Eastern classic salad made with broad beans, peas, quinoa, spring onion, lemon and fresh mint leaves, dressed with coriander and paprika oil	£7.25	Greek omelette (V) Sun-blushed tomato, Feta and mixed olives served with sweet potato fries and side salad	£6.75
Fishcakes Smoked haddock fishcakes with sundried tomato aioli and dressed salad	£7.25	Spanish omelette Chorizo, Manchego cheese, cherry tomatoes, served with sweet potato fries and side salad	£6.75
Parma ham salad (GF) Parma ham, arugula leaves, fresh mango, cherry tomatoes, bocconcini cheese, red onion, sprinkled with fresh basil	£7.25	Chicken provençal (GF) pan seared supreme of chicken cooked in red wine ratatouille served with crushed new potatoes	£8.95
Tagliatelle Classic carbonara, diced pancetta, parmesan cheese topped with garlic croutons and micro basil	£7.95	Teras very own burger 6oz Welsh black beef burger, bacon, Welsh mature cheddar and red onion served with spicy hand cut wedges	£8.25
Smoked salmon toast topper Smoked salmon, horseradish cream cheese with fresh dill, cherry tomato and side salad	£6.25	Choose your own sauce: Blue cheese dressing Tomato chutney Caramelised onion chutney Barbecue sauce	
Club sandwich (GF option available) Slice of roast chicken breast with grilled dry cured bacon, tomato, lettuce and mayonnaise, layered in toasted wholegrain bloomer, served with seasonal salad	£7.25	Spicy bean burger (Vegan) Sweet butternut squash and chickpea burger with beef tomato, caramelised onions served with hand cut spicy wedges	£7.95

Table d'hôte

Available from 11am - 5pm

2 course £15.95
3 course £18.95

Starters

Roast sweet potato soup served with homemade mini loaf and Welsh butter (Vegan, GF available)	£4.75
Chicken liver pâté with apple and saffron chutney served with homemade bread and Welsh butter	£5.50
Chilli king prawn noodle salad served with pineapple and rocket (GF)	£5.95
Duo of melon, fresh kiwi fruit served with mint and mango coulis (Vegan, GF)	£5.50

Main courses

Supreme of chicken with sweet red pepper and aubergine ragu, served with wild basmati rice (GF)	£12.95
Tagliatelle, mozzarella, cherry tomato, mixed olives and rocket drizzled with balsamic glaze (V, Vegan available)	£12.45
Pan seared loin of cod served on a lemon risotto topped with parmesan and rocket leaves (GF)	£13.95
Homemade roasted squash and beetroot burger served with hand cut spicy wedges and chef's salad (Vegan)	£12.45

Desserts

Eton mess drizzled with Grand Marnier and mango coulis (V)	£5.25
Blueberry and white chocolate cheesecake with Môn ar Lwy vanilla ice cream	£5.50
Summer fruit pudding with lemon curd Chantilly cream (GF)	£5.50
Selection of Welsh and continental cheeses served with biscuits, grapes and chutney	£6.25

Side orders

New potatoes with parsley butter	£2.50	Triple cooked chips	£2.50
Medley of vegetables	£2.50	Sweet potato fries	£2.75
Homemade bread and Welsh butter (GF option available)	£2.50	Side salad	£2.50

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 With Welsh butter	£2.25
Scones Served with homemade jam and cream	£2.25
Homemade chocolate brownie	£2.25
Cake of the day Served with whipped cream	£2.50
Vegan carrot cake (V)	£2.25