



TERAS



Breakfast

Available until 11am

Eggs benedict

£5.95

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

Organic porridge

£2.50

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

Pain au chocolat

£1.60

Freshly baked pain au chocolat

Butter croissant

£1.60

Freshly baked butter croissant

Toast

(GF option available)

£1.50

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

Free-range egg omelette

(GF)

£5.00

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

Table d'hôte

Available from 11am - 5pm

Available from 6th of January



Starters

Squash, feta and olive terrine, homemade tomato salsa, baby coriander (V, GF)

£5.95

Pan seared scallops, smoked pancetta, cauliflower purée and curry oil (GF)

£5.95

Smoked duck, jewelled pomegranate, pea shoots, hoisin vinaigrette and baby chard (GF)

£5.95

Main courses

Sweet potato, celeriac and spinach pie served with tender stem broccoli, thyme roasted new potato and rich tomato sauce (Vegan)

£12.95

Grilled fillet of salmon, lemon crushed new potato, asparagus, pea and dill beurre blanc (GF)

£13.95

Slow cooked lamb shank with minted mashed potato, red currant jus, baby carrots (GF)

£13.95

Desserts

Ginger sponge pudding with syrup sauce and vanilla ice cream (Vegan)

£5.95

Rich chocolate mousse, orange curd, fresh orange segments and raspberry jus

£5.95

Tarte au citron with pink grapefruit and bergamot sorbet

£5.95

Selection of Welsh and continental cheeses served with biscuits, grapes and chutney

£6.95

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 (GF option available)

£2.50

Side salad

£2.50

Light bites

Available from 11am - 5pm

Soup of the day

£4.85

(V, GF option available)
Served with homemade mini bread and Welsh butter

Roast broccoli tart

(V)

£6.95

Roasted broccoli and Welsh Perl Lâs blue cheese tart with side salad

Cauliflower and lentil salad

(Vegan, GF)

£7.50

Roasted cauliflower, broccoli, spiced lentil, cherry tomato, mixed leaves and grilled tofu with sweet chilli and tahini dressing

Smoked mackerel salad

(GF)

£7.95

Smoked mackerel, curried new potato, cherry tomatoes, pickled red cabbage and wasabi mayonnaise

Saffron chicken risotto

(GF)

£6.95

Starter

Chicken breast, saffron and caramelised onion risotto topped with parmesan shavings and pea shoots

£8.95

Main

Pea and mint risotto

(V, GF)

£6.50

Starter

Garden green peas, asparagus and crumbled goats cheese risotto topped with micro chard

£8.50

Main

Pappardelle prawn pasta

£8.95

Pappardelle pasta, crème fraiche, lemon, courgette and king prawns with garlic and herb bruschetta

New York deli sandwich

(GF available)

£7.50

Sliced pastrami, roast ham slice, Emmental cheese, tomato, lettuce and classic yellow mustard, layered in toasted malted bloomer bread served with side salad

Cheese and leek omelette

(V)

£7.50

Free-range egg omelette, Dragon mature cheddar, sautéed leeks and fresh chives served with sweet potato fries and side salad

BBQ chicken and bacon omelette

£7.75

Free-range egg omelette, sliced chicken breast, bacon and barbeque sauce served with sweet potato fries and side salad

Teras very own burger

£8.95

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

Choose your own sauce:

Tomato chutney

Caramelised onion chutney

Barbecue sauce

Mountain veggie burger

(Vegan)

£8.95

Mushroom, beetroot and onion burger with beef tomato, caramelised onion chutney served with hand cut spicy wedges

Malabar Mangalore curry

(Vegan)

£8.95

Spicy authentic curry with sweet potato and chickpea served with wild basmati rice (add chicken for an extra £1.00)

Garlic mushroom toast topper

(V)

£6.95

Sautéed woodland mushrooms, creamy garlic and herb sauce, crispy onions and side salad

Spanish chicken toast topper

£6.95

Slices of freshly cooked chicken breast, chorizo, roast peppers and Manchego cheese served with side salad

All food is prepared in our kitchen where nuts, gluten and other allergens are present. Processes and training are in place in respect of allergen awareness. IF YOU HAVE A FOOD ALLERGY PLEASE LET US KNOW BEFORE ORDERING. Our menu descriptions do not include all ingredients. Full allergen information is available upon request.

Desserts and cakes

Available all day

Bara brith

£2.40

With Welsh butter

Scones

£2.40

Served with homemade jam and cream

Homemade chocolate brownie

£2.40

Cake of the day

£2.50

Vegan carrot cake

£2.25



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