



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	Toast (GF option available) £1.50 Fresh white or brown toast (2 rounds) with butter and homemade jam
Organic porridge £2.50 (V) (Soya milk available) Organic porridge with fresh honey	Free-range egg omelette (GF) £5.00 Fresh free-range egg omelette of your own design (2 fillings). Choose from the following fresh ingredients;
Pain au chocolat £1.60 Freshly baked pain au chocolat	<i>Mushroom</i> <i>Smoked salmon</i> <i>Onion</i> <i>Tomato</i>
Butter croissant £1.60 Freshly baked butter croissant	<i>Cheese</i> <i>Ham</i> <i>Chicken</i> <i>Spinach</i>

Light bites Available from 11am - 5pm

Soup of the day £4.85 (V, GF option available) Served with homemade mini bread and Welsh butter	3 cheese omelette (V, GF) £7.50 Free range egg omelette with Welsh Celtic Promise, Dragon mature cheddar and Danish Gouda cheese served with sweet potato fries and side salad
Sun blushed tomato tart (V) £6.95 Roasted sweet potato, sun blushed tomato and feta tart with side salad	Haddock omelette £7.75 Free range egg omelette with smoked haddock, chives and spring onion served with sweet potato fries and side salad
Souvlaki chicken salad £7.50 Greek marinated chicken breast, cherry tomato, red onion, couscous and tzatziki dressing	Teras very own burger £8.95 6oz Welsh black beef burger, bacon, Emmental cheese, beef tomato and red onion served with spicy hand cut wedges Choose your own sauce: Tomato chutney Caramelised onion chutney Barbecue sauce
Avocado salad (Vegan, GF) £7.25 Butternut squash, roast broccoli, pomegranate, puy lentils, avocado and crushed pistachio nuts, with tahini dressing	Mountain veggie burger £8.95 (Vegan) Mushroom, beetroot and onion burger with beef tomato, caramelised onion chutney served with hand cut spicy wedges
Wild mushroom risotto £6.50 Starter £8.50 Main (Vegan option available, GF) Sautéed Portobello, Chestnut, Oyster mushrooms and Cavolo Nero risotto topped with grated Grana Padano cheese and micro chard	Thai green vegetable curry (Vegan) £8.95 Thai green tofu and green vegetable curry with fragrant jasmine rice Add chicken for an extra £1.00
Beef risotto (GF) £6.95 Starter £8.95 Main Slow cooked pulled beef brisket risotto, chargrilled shallot topped with parmesan and micro chard	Beetroot and egg toast topper £6.95 Beetroot and grilled Welsh goats cheese, crispy onions, free range poached egg and side salad
Tortelloni pasta (V) £7.95 Spinach and ricotta Tortelloni pasta, roasted vegetables, pesto and cream sauce with garlic and herb bruschetta	Chicken toast topper £6.95 Slices of freshly cooked chicken breast, pesto, roast peppers and rocket served with side salad
New York deli sandwich £7.50 Sliced pastrami, roast ham slice, Emmental cheese, tomato, lettuce and classic yellow mustard, layered in toasted malted bloomer bread served with seasonal salad	

Table d'hôte Available from 11am - 5pm

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



Starters

Roasted sweet potato and red pepper soup served with homemade bread and butter (Vegan, GF available)	£5.50
Pan fried scallops, prosciutto shard, lime mayonnaise and pea shoots (GF)	£5.50
Smoked duck and ham terrine, arugula leaves, mustard dressing (GF)	£5.50

Main courses

Paupiette of turkey breast with cranberry, rosemary and chestnut stuffing, roast and mashed potato and seasonal vegetables	£13.50
Baked seabass fillet, Bombay potato, grilled asparagus, chard and puttanesca purée (GF)	£13.50
Wild mushroom & walnut nut roast, tomato coulis, roast carrots and parsnips, and roasted potatoes (Vegan)	£13.50

Desserts

Rum and raisin bread and butter pudding with homemade clotted vanilla ice cream (V)	£5.50
Vanilla panna cotta with blackberry compote and sugar curls (Vegan option available)	£5.50
Mincemeat & cranberry Bakewell tart served with Amaretto custard (V)	£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 (GF option available)	£2.50	Side salad	£2.50

Afternoon tea £9.50

from 2pm (GF option available)
Enjoy the full afternoon tea experience with a hot drink and tiered stand featuring the sandwich of your choice and selection of sweet treats.

Includes:

- Snowdonia pickle power cheddar savoury muffin (V)
- Roast vegetable, chive and feta tartlet (V)

Choose from the following sandwiches:

- Dragon mature cheddar and Welsh Ale chutney (V)
- Chicken and ham mayo
- Avocado, tomato and rocket (Vegan)

Followed by sweet treats:

Bara brith, homemade scone with clotted cream and jam, homemade mini macaroons filled with chocolate mousse

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

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	



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.