



# T E R A S



## Breakfast

Available until 11am

### Eggs benedict

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

£5.95



### Organic porridge

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

£2.25

### Pain au chocolat

Freshly baked pain au chocolat

£1.50

### Butter croissant

Freshly baked butter croissant

£1.50

## Light bites

Available from 11am - 5pm

### Soup of the day

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

£4.75

### Smoked haddock tart

Smoked haddock, spring onion and spinach tart with side salad

£6.75

### Thai fish cakes

Homemade Thai salmon fishcakes with sweet chilli sauce dip and side salad

£7.25

### Crab salad (GF)

Crab meat salad, crunchy asparagus, radish, watercress, drizzled with mustard and crème fraiche dressing

£7.25

### Freekeh salad (Vegan)

Spiced homemade Freekeh pilaf, toasted pine nuts, nectarine, sultanas, cherry tomato salad with pomegranate syrup

£7.25

### Chicken risotto (GF)

Chicken breast and saffron risotto topped with parmesan and micro basil

£6.50

Starter

£8.50

Main

### Beetroot risotto (V, GF)

Roast beetroot, squash and cumin risotto topped with feta and rocket

£6.25

Starter

£8.25

Main

### Linguine pasta (V)

Linguine pasta, rich arrabiata sauce, quorn meatballs, topped with vegetarian parmesan cheese

£7.95

### Italian omelette (V, GF)

Free range egg omelette filled with Boccocini cheese, sun blushed tomato, spinach and basil, served with green leaves and sweet potato fries

£6.75



### Toast (GF option available)

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

£1.40

### Free-range egg omelette (GF)

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

£4.75



<i>Mushroom</i>	<i>Smoked salmon</i>
<i>Onion</i>	<i>Tomato</i>
<i>Cheese</i>	<i>Ham</i>
<i>Chicken</i>	<i>Spinach</i>

### Chorizo omelette (GF)

Free range egg omelette with chorizo, roasted red peppers, served with green leaves and sweet potato fries

£6.75



### Moroccan lamb

Diced shoulder of Spring lamb marinated in Moroccan spices, flatbread, lemon couscous and green leaves

£8.95

### Smoked mackerel toast topper

Slice of homemade bread with smoked mackerel fillet, drizzled with horseradish mayonnaise, cherry tomato, dill and side salad

£6.25

### Avocado and tomato toast topper

(Vegan)

Slice of homemade bread with avocado, beef tomato, rocket, humus with siranacha sauce and side salad

£6.25

### Teras very own burger

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

£8.25

#### Choose your own sauce:

Tomato chutney  
Caramelised onion chutney  
Barbecue sauce

### Spicy bean burger (Vegan)

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

£7.95

## Table d'hôte

Available from 11am - 5pm



## Starters

Warm goat's cheese salad, tapenade, beetroot purée and micro chard (V, GF)

£5.50

Chilli king prawns, pickled cucumber, radish and curry oil (GF)

£5.75

Chicken ballotine filled with mushroom, asparagus, tomato salsa and salad leaves (GF, Halal)

£5.95

## Main courses

Beef tournedos, grilled plum tomato, Welsh Penderyn whisky peppercorn sauce, tender stem broccoli, sautéed potatoes (GF)

£13.95

Herb crust baked salmon fillet, sauté new potatoes, green beans and dill white wine sauce

£12.95

Wild mushroom, squash, thyme and fresh lemon orzotto with cheese crisp and rocket leaves (V)

£11.95

## Desserts

Raspberry crème brûlée, with blackcurrant compote (GF)

£5.50

Chocolate mocha tart with homemade vanilla ice cream

£5.50

Lemon and passion fruit parfait with orange biscuit tuile (Vegan)

£5.50

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

£6.25

## 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

With Welsh butter

£2.25

### Scones

Served with homemade jam and cream

£2.25

### Homemade chocolate brownie

£2.25

### Cake of the day

£2.50

### Vegan carrot cake (V)

£2.25