



T E R A S



## EVENING MENU

FROM 5PM – 8PM

### Starters

<b>Soup of the day</b> (V, GF) £4.75 Soup of the day with homemade bread and welsh butter	<b>Goat cheese salad</b> (V, GF) £5.95 Warm goat cheese salad, tapenade, beetroot purée and shallot dressing
<b>Brie &amp; tomato tart</b> (V) £6.75 Brie, rocket and sun blushed tomato tart with seasonal crispy leaves	<b>Turkey rillettes</b> (GF available) £5.95 Potted turkey rillettes topped with cranberry jelly, toasted homemade bread and side salad
<b>Fish cakes</b> £6.50 Smoked haddock, spring onions and smoked cheese Panko breaded fish cakes served with side salad	<b>Smoked cod</b> £5.75 Smoked cod brandade, asparagus and radish

### Main course

<b>Cheese Salad</b> (V) £8.95 Quinoa, mixed leaves, pomegranate, red onions, cucumber, mint and Welsh Tintern, Perl Las and Mon Wen cheese served with homemade bread	<b>Seafood risotto</b> £8.50 Saffron and seafood risotto served with fresh rocket leaves
<b>Chicken salad</b> £8.50 Chicken, bacon, lettuce and trio of tomato salad featuring baby plum, yellow cherry and beef tomatos, served with garlic croutons and parmesan shavings	<b>Pea &amp; mint tortellini</b> (V) £8.75 Pea and mint tortellini served with pea and cream sauce and micro mint
<b>Honey roasted duck</b> (GF) £13.95 Honey roasted duck breast served with roasted carrots, fondant potato and griottine cherry jus	<b>Chicken Bonne Femme</b> (GF) £8.95 Sliced chicken breast, bacon, mushroom and shallot, white wine sauce, basmati rice and garlic bread
<b>Fried hake</b> (GF) £13.75 Pan fried hake with fennel purée, sautéed potato, samphire, sherry and dill sauce	<b>Teras burger</b> £8.75 Teras's very own beef burger served with bacon, cheese, beef tomato, red onion and hand cut spicy wedges <b>Choose your own sauce:</b> Blue cheese dressing Tomato chutney Mushroom sauce Caramelised onion chutney
<b>Mushroom, spinach and cheddar crumble</b> (V) £11.95 Wild mushroom, spinach and Welsh cheddar crumble, wilted greens and garlic chive sauce	<b>Squash and chickpea burger</b> (V) £8.25 Sweet butternut squash and chickpea burger With beef tomato, caramelised onions served with hand cut spicy wedges
<b>Bubble &amp; squeak risotto</b> (V) £8.25 Bubble and squeak risotto with free range poach egg	

### Side orders

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

### Dessert

<b>Turkish delight cheesecake</b> £5.50 Turkish delight cheesecake, rose jelly and rose coulis	
<b>Trio of chocolate</b> (V) £5.75 Rich dark chocolate sponge, homemade white chocolate ice cream and milk chocolate sauce	
<b>Apple &amp; elderflower sorbet</b> (V) £5.50 Pressed apple with homemade elderflower sorbet and hazelnut crumble	
<b>Apricot &amp; orange pudding</b> (V) £5.25 Apricot and orange pudding served with a sticky orange and Grand Marnier sauce	
<b>Cheese Selection</b> £6.25 Selection of Welsh, British and continental cheese served with biscuits, celery, grapes and chutney	

### Book Now:

01248 388686 | [teras@bangor.ac.uk](mailto:teras@bangor.ac.uk)

### Private Hire

Teras is also available for private hire at evenings and weekends. If you have a function you would like to hold at Teras Lounge please get in contact with us.

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**tripadvisor** favourite!



T E R A S



## B W Y D L E N G Y D A ' R N O S

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### Cwrs cyntaf

<b>Cawl y dydd</b> (LI, DG)	£4.75	<b>Salad caws gafr</b> (DG, LI)	£5.95
Cawl y dydd gyda bara cartref a menyn Cymreig		Salad caws gafr cynnes, tapenade, purée betys coch a dresin slots	
<b>Tarten Brie a thomatos</b> (LI)	£6.75	<b>Rillettes twrci</b> (DG ar gael)	£5.95
Tarten Brie, berwr a thomatos gyda dail salad tymhorol		Rillettes twrci mewn potyn gyda jeli llugaeron, bara cartref wedi ei dostio a salad bach	
<b>Cacennau pysgod</b>	£6.50	<b>Penfras mwg</b>	£5.75
Cacennau pysgod gyda hadog mwg, slots a chaws mwg mewn briwsion Panko a salad bach		Brandade penfras mwg, asbaragws a radis	

### Prif gwrs

<b>Salad chaws</b> (LI)	£8.95	<b>Risotto bwyd môr</b>	£8.50
Quinoa, dail cymysg, grawnafal, nionod coch, ciwcymbr, mintys a chaws Tyndyrn Cymreig, Per Las a chaws Mon Wen gyda bara cartref		Risotto bwyd môr a dail berwr	
<b>Salad cyw iâr</b>	£8.50	<b>Tortellini pys a mintys</b> (LI)	£8.75
Cyw iâr, cig moch, letys a thri math o salad domato (salad tomatos eirin bach, tomatos ceirios melyn a thomatos mawr) croutons garlleg a pharmesan		Tortellini pys a mintys, saws pys a hufen a mintys bach	
<b>Hwyaden wedi rhostio</b> (DG)	£13.95	<b>Cyw iâr Bonne Femme</b> (DG)	£8.95
Brest hwyaden wedi rhostio gyda moron wedi rhostio, tatws ffondant, saws ceirios griottine		Cyw iâr Bonne Femme, tafelli brest cyw iâr, cig moch, madarch a slots, saws gwin gwyn, reis basmati a bara garlleg	
<b>Cegddu wedi ei ffrio</b> (DG)	£13.75	<b>Byrgyr Teras</b>	£8.75
Cegddu wedi ei ffrio mewn padell gyda purée ffenigl, tatws wedi eu ffrio'n ysgafn, llyrllys a saws sieri a dil		Byrgyr arbennig y Teras, rhôl, cig moch, caws, tomato mawr, nionyn coch gyda thafelli tatws sbeislyd	
<b>Crymbl madarch gwyllt, sbigoglys a chaws Cheddar</b> (LI)	£11.95	<b>Dewiswch eich saws eich hun:</b>	
Crymbl madarch gwyllt, sbigoglys a chaws Cheddar Cymreig, llyisiau gwyrdd a saws garlleg a sifys		Dresin caws glas Siytni tomato Saws madarch Siytni nionyn wedi ei garameliddio	
<b>Risotto stwnsh tatws a chabaets</b> (LI)	£8.25	<b>Byrger cneuen wen a ffacys</b> (LI)	£8.25
Risotto stwnsh tatws a chabaets gydag wy maes wedi ei botsio		Gyda thomato fawr, caws Monterey Jack, nionod wedi'u caramelleiddio, a'i weini â coleslaw a naill ai sglodion tatws melys neu sglodion trwchus	

### Archebion ychwanegol

Tatws newydd gyda menyn persli	£2.50
Cymysgedd o lysiau	£2.50
Bara cartref a menyn Cymreig	£2.50
Sglodion a goginiwyd deirgwaith	£2.50
Sglodion tatws melys	£2.75
Salad bach	£2.50

### Pwdin

<b>Cacen gaws melysion Twrci</b>	£5.50
Cacen gaws melysion Twrci, jeli rhosyn a coulis rhosyn	
<b>Triawd siocled</b> (LI)	£5.75
Cacen sbwng siocled tywyll, hufen iâ siocled gwyn cartref gyda saws siocled llefrith	
<b>Afal wedi ei wasgu</b> (LI)	£5.50
Afal wedi ei wasgu gyda sorbet ysgawen cartref a chrymbl cneuen gollen	
<b>Pwdin bricyll ac oren</b> (LI)	£5.25
Pwdin bricyll ac oren, gyda saws oren a Grand Mariner	
<b>Dewis o gawsiau</b>	£6.25
Dewis o gawsiau o Gymru, Prydain a'r cyfandir gyda bisgedi, seleri, grawnwin a siytni	

## Archebwch nawr:

01248 388686 | [teras@bangor.ac.uk](mailto:teras@bangor.ac.uk)

### Logi Preifat

Mae Teras ar gael i'w logi gyda'r nos ac ar y penwythnosau. Os oes gennych ddiwyddiad hoffwch ei gynnal yn Lolfa Teras plis cysylltwch â ni.

### Hoffwch ni ar Facebook

Wedi mwynhau eich pryd gyda ni heddiw? Cofiwch i hoffi ein tudalen Facebook am ein newyddion diweddaraf, digwyddiadau a chynigion.

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