



T E R A S



EVENING MENU

FROM 5PM – 8PM

Starters

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

Main course

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

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

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

Book Now:

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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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Teras Lounge is
tripadvisor favourite!