



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

Squash tart (V)

Roasted butternut squash, caramelised onion and sage tart with side salad

£6.75

Smoked mackerel (GF)

Grilled smoked mackerel, Bombay potato and tomato timbale, curry oil and pea shoots

£7.95

Perl Lâs salad (V, GF)

Perl Lâs cheese, toasted walnuts and fresh pear salad sprinkled with quinoa and French dressing

£7.25

Salmon salad (GF)

Poached fillet of salmon, horseradish sour cream, avocado, quinoa grain, cherry tomato, mixed leaves and pumpkin seeds

£7.95

Pancetta risotto (GF)

Smoked pancetta, sun blushed tomato and leek risotto topped with poached free range egg and parmesan

£6.75

Starter

£8.25

Main

Greek risotto (V, GF)

Crumpled feta, Kalamata olive, roast squash and spinach risotto topped with fresh mint and vegetarian parmesan

£6.25

Starter

£8.25

Main

Ravioli (Vegan)

Pea and shallot ravioli, pea shoots, grated vegan cheese, drizzled with basil oil and fresh micro basil

£7.95

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



Mushroom

Smoked salmon

Onion

Tomato

Cheese

Ham

Chicken

Spinach

Meat lover's omelette (GF)

Free range egg omelette filled with bacon, smoked sausage and Dragon mature Welsh cheddar topped with barbecue sauce and served with sweet potato fries and salad

£6.75



Perl Wen omelette (V, GF)

Free range egg omelette with Welsh Perl Wen cheese, spinach and cranberry relish, served with sweet potato fries and salad

£6.75



Chicken chasseur (GF)

Diced chicken breast braised in a rich red wine, tomato, pancetta and mushroom sauce with sauté new potatoes and blanched kale

£8.95

Duck toast topper

Slice of homemade bread with pulled hoisin duck, topped with spring onions and sesame seed served with side salad

£6.25

Beetroot toast topper

(V, Vegan option available)

Slice of homemade bread topped with beetroot humus, goats cheese, cherry tomatoes and sprinkled with micro mint served with side salad

£6.25

Teras's 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 | Available from 7th of January

Starters

Curried scallops with homemade tarka dahl, Welsh yogurt and coriander (GF)

£7.50

Grilled goats cheese with homemade fig jam, pea shoot and cherry tomato salad (GF, V, Vegan option available)

£5.50

Sliced smoked chicken breast, orange, cherry purée and micro chard (GF)

£5.95

Main courses

Braised lamb shank, minted mashed potato, roast root vegetables and redcurrant jus (GF)

£14.95

Sea bream cassoulet, clams, chorizo, tomato and butter bean cassoulet with asparagus (GF)

£13.95

Wild mushroom, chestnut and thyme hot pot with wilted greens, carrot and swede mash (Vegan, GF)

£11.95

Desserts

Chocolate cheesecake with an orange centre served with orange crisp and blackcurrant coulis (GF)

£5.50

Sticky toffee pear pudding with warm plum sauce and vegan ice cream (Vegan)

£5.50

Apple and cinnamon crumble tart with crème anglaise (V)

£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 (GF option available)

£2.50

Side salad

£2.50

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