



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

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*

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

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