



T E R A S



Breakfast

Available until 11am

Eggs benedict

£5.95

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



Organic porridge

£2.25

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

Pain au chocolat

£1.50

Freshly baked pain au chocolat

Butter croissant

£1.50

Freshly baked butter croissant

Toast (GF option available)

£1.40

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

Free range egg omelette (GF)

£4.75

Fresh free range egg omelette of your own design (2 fillings) choose from the following fresh ingredients



<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>

Light bites

Available from 11am - 5pm

Soup of the day

£4.75

(V, GF option available)
Soup of the day with homemade bread and Welsh butter

Tart (V)

£6.75

Brie, rocket and sun blushed tomato tart served with seasonal crispy leaves

Fish cakes

£6.50

Smoked haddock, spring onions and smoked cheese Panko breaded fish cakes, side salad

BLT salad

£7.25

Bacon, lettuce and trio of tomato (baby plum, yellow cherry tomato and beef tomato) salad, garlic croutons and parmesan shavings

Cheese salad (V)

£6.95

Quinoa, mixed leaves, pomegranate, red onions, cucumber, mint and Welsh Tintern cheese, homemade bread

Bubble and squeak risotto (V)

£6.25

Bubble and squeak risotto with free range poach egg

Seafood risotto

£6.25

Saffron and seafood risotto with rocket leaves

Tortellini (V)

£7.95

Pea and mint tortellini, pea and cream sauce and micro mint

Club sandwich

£7.25

(GF option available)
Slice of free range roasted chicken breast, with grilled dry cured bacon, tomato, lettuce and mayonnaise, layered in toasted malted grain bread. Served with seasonal salad

Halloumi toast topper (V)

£6.25

Slice of homemade bread topped with grilled halloumi, spicy tomato and red onion salsa, side salad

Brunch toast topper

£6.25

Slice of homemade bread topped with bacon, sausage, free range egg, black pudding, tomato relish & side salad

Pulled pork omelette

£6.95

Free range hen egg omelette filled with pulled pork and cheddar cheese, topped with barbeque sauce served with green leaves and sweet potato chips



Italian omelette (V)

£6.95

Free range hen egg omelette filled with sun blushed tomato, mozzarella, basil served with green leaves and sweet potato chips



Chicken Bonne Femme (GF)

£8.95

Sliced chicken breast, bacon, mushroom and shallot in white wine sauce served with basmati rice and garlic bread

Teras very own burger

£8.25

Homemade beef burger, burger bread, bacon, cheese, beef tomato and red onion, served with hand cut spicy wedges

Choose your own sauce:

- Blue cheese dressing
- Tomato chutney
- Mushroom sauce
- Caramelised onion chutney

Squash and chickpea burger

£7.95

Sweet butternut squash and chickpea burger With beef tomato, caramelised onions served with hand cut spicy wedges (V)

Table d'hôte

Available from 8pm - 5pm

Starters

Warm goat's cheese salad, tapenade, beetroot purée and shallot dressing (GF, V) £5.95

Potted turkey rillettes topped with cranberry jelly, served with toasted homemade bread and side salad (GF available) £5.95

Smoked cod brandade, asparagus and radish £5.75

Main courses

Honey roasted duck breast with roasted carrots, fondant potato & griottine cherry jus (GF) £13.95

Pan fried hake with fennel purée, sautéed potato, samphire, sherry and dill sauce (GF) £13.75

Wild mushroom, spinach and Welsh cheddar crumble, wilted greens and garlic chive sauce (V) £11.95

Desserts

Turkish delight cheesecake, rose jelly and rose coulis £5.50

Trio of chocolate: rich dark chocolate sponge, homemade white chocolate ice cream and milk chocolate sauce (V) £5.75

Apricot and orange pudding, with a sticky orange and Grand Marnier sauce (V) £5.25

Pressed apple with homemade elderflower sorbet and hazelnut crumble (V) £5.50

Selection of Welsh, British and continental cheese served with biscuits, celery, grapes and chutney (V) £6.25

Side orders

New potatoes with parsley 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, carrot cake

Desserts & cakes

Available all day

Bara Brith £2.25
With Welsh butter

Scones £2.25
Served with homemade jam and cream

Homemade chocolate brownie £2.25

Cake of the day £2.50
Served with whipped cream

Vegan carrot cake (V) £2.25

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.

Christmas

Bookings now being taken
2 courses for £18.50
3 courses for £22.50

