



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

Light bites

Available from 11am - 5pm

Soup of the day

£4.75

(V, Vegan, GF option available)
With homemade mini loaf and Welsh butter

Welsh cheese salad

£7.25

Perl Wen, toasted walnuts and pickled red cabbage, cherry tomatoes and balsamic dressing

Tart (V)

£6.75

Leek, pea, and Caerphilly cheese tart served with mixed leaf salad

Spring green

£7.25

Fattoush (Vegan, GF)

A Middle Eastern classic salad made with broad beans, peas, quinoa, spring onion, lemon and fresh mint leaves, dressed with coriander and paprika oil

Fishcakes

£7.25

Smoked haddock fishcakes with sundried tomato aioli and dressed salad

Parma ham salad (GF)

£7.25

Parma ham, arugula leaves, fresh mango, cherry tomatoes, bocconcini cheese, red onion, sprinkled with fresh basil

Tagliatelle

£7.95

Classic carbonara, diced pancetta, parmesan cheese topped with garlic croutons and micro basil

Smoked salmon toast topper

£6.25

Smoked salmon, horseradish cream cheese with fresh dill, cherry tomato and side salad

Club sandwich

£7.25

(GF option available)

Slice of roast chicken breast with grilled dry cured bacon, tomato, lettuce and mayonnaise, layered in toasted wholegrain bloomer, served with seasonal salad

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



Mushroom *Smoked salmon*
Onion *Tomato*
Cheese *Ham*
Chicken *Spinach*

Avocado toast topper (Vegan)

£6.25

Diced avocado, mixed olives, lemon, paprika and side salad

Chicken risotto (GF)

£6.50

Shredded chicken breast, tarragon and crunchy asparagus topped with parmesan and baby basil

£8.50
Main

Milanese risotto

£6.25

(V, GF, Vegan option available)

Roasted tomato, peppers, saffron and grated vegetarian parmesan, pea shoots

£8.25
Main

Greek omelette (V)

£6.75

Sun-blushed tomato, Feta and mixed olives served with sweet potato fries and side salad



Spanish omelette

£6.75

Chorizo, Manchego cheese, cherry tomatoes, served with sweet potato fries and side salad



Chicken provençal (GF)

£8.95

pan seared supreme of chicken cooked in red wine ratatouille served with crushed new potatoes

Teras very own burger

£8.25

6oz Welsh black beef burger, bacon, Welsh mature cheddar and red onion served with spicy hand cut wedges

Choose your own sauce:

Blue cheese dressing
Tomato chutney
Caramelised onion chutney
Barbecue sauce

Spicy bean burger (Vegan)

£7.95

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

Table d'hôte

Available from 11am - 5pm

Starters

Roast fennel, orange and quinoa salad with tahini dressing (GF, Vegan) £5.50

Chicken and chorizo arancini, tomato salsa and green salad £5.95

Chilli king prawns with pickled cucumber ribbons and pea shoots (GF) £5.95

Main courses

Roast breast of duck with soaked cherry and kirsch jus served with chantenay carrots and parsley mashed potato (GF) £12.95

Roast loin of cod wrapped in prosciutto with saffron rice timbale, samphire, drizzled with creamy white wine and dill sauce (GF) £13.95

Baked field mushroom wellington, wilted greens, thyme roasted carrots and mushroom sauce (Vegan) £11.95

Desserts

Chocolate orange torte with Cointreau cream and blackcurrants (V) £5.50

Mango panna cotta with Môn ar Lwy blood orange sorbet (V) £5.25

Key lime pie made with a cashew, date and coconut oil base drizzled with raspberry coulis (Vegan) £5.25

Selection of Welsh and continental cheeses served with biscuits, grapes and chutney £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 (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 £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