



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

Salad nicoise (GF)

£6.95

Tuna, free range egg, cherry tomatoes and new potato salad with balsamic and wasabi and black onion seed yoghurt dressing

Vegetarian salad

£6.95

(V, GF, Vegan option available)
Warm Puy lentils, feta, roasted beetroot, cherry tomatoes and mixed leaf salad with fresh mint and balsamic dressing

Tart (GF option available)

£6.75

Smoked salmon, spinach, sun blushed tomato and dill tart with mixed leaf salad

Grilled smoked mackerel fillet

£7.25

(GF option available)
Curried potatoes, pea shoot served with homemade mini loaf

Pappardelle pasta (V)

£7.95

With roast courgette and aubergine ragu, freshly grated vegetarian parmesan and micro basil

Cassoulet toast topper

£6.25

Chorizo, haricot beans, tomato sauce and side salad

Beetroot toast topper

£6.25

(V, Vegan option available)
Roast beetroot and Pant Ysgawen goats cheese with caramelized onions and rocket

Club sandwich (GF option available)

£7.25

Slice of free range roast chicken breast, with grilled dry cured bacon, tomato, lettuce and mayonnaise, layered in toasted malted grain bread. 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*

Pork belly (GF)

£8.95

Slow cooked pork belly, sticky Bramley apple, honey and soya sauce, creamy mash potatoes and pan fried kale

Mediterranean risotto (GF)

£6.50

Starter

King prawns, chorizo and olive risotto with grated parmesan and pea shoots

£8.50

Main

Wild mushroom risotto

£6.25

Starter

(V, GF, Vegan option available)
Roast squash, wild mushrooms and spinach risotto topped with vegetarian parmesan and micro herb

£8.25

Main

Chicken omelette

£6.95

Chicken, smoked bacon and Y Fenni mustard seed and Welsh ale cheese with sweet potato fries and side salad



Garden omelette (V)

£6.95

Artichoke hearts, red pepper, garden peas and vegetarian parmesan served with sweet potato fries and side salad



Teras very own burger

£8.25

Burger bap, bacon, cheese, beef tomato and red onion, served with hand cut spicy 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

Baked free range egg with crushed celeriac, button mushroom and truffle oil (V, GF) £5.50

Chicken, sun blushed tomato, mixed olive terrine served with sweet fig chutney and toasted homemade bread and butter (GF available) £5.95

Open king prawn ravioli with rocket and drizzled with salsa verde £5.95

Main courses

Homemade pheasant, rabbit and venison game pie, rainbow carrots, parsley and thyme mashed potato. £12.95

Grilled fillet of seabass, spinach, kale and bombay potato, curried red pepper purée (GF) £13.95

Butternut squash, chick pea and mixed bean croquette served with spicy tomato sauce, wilted greens and sage new potatoes (V) £11.95

Desserts

Rum and raisin bread and butter pudding with homemade clotted vanilla ice cream (V) £5.50

Winter berry and dark chocolate Mille feuille served with a homemade winter berry compote (V) £5.25

Sticky toffee pear pudding with cinnamon and pear syrup and orange sorbet (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



T E R A S

Brecwast

Ar gael tan 11yb

Wyau Benedict

Myffin Cymreig wedi'i thostio gyda bacwn cartref, wy buarth wedi'i botsio a saws hollandaise ar ei ben

£5.95



Uwd organig (V)

(llefrith soia ar gael)
Uwd organig gyda mêl ffres

£2.25

Pain au Chocolat

Pain au chocolat yn ffres o'r popty

£1.50

Croissant menyyn

Croissant menyyn ffres o'r popty

£1.50

Prydau ysgafn

Ar gael o 11yb-5yp

Cawl y dydd

(LL, Fegan, DG ar gael)
Gyda thorth fach gartref a menyyn Cymreig

£4.75

Salad nicoise (DG)

Salad tiwna, wy buarth, tomatos bach a thatws newydd gyda dresin balsamig a wasabi ac iogwrt hadau nionyn du

£6.95

Salad llysieuol

(LL, DG, opsiwn Fegan ar gael)
Salad ffacys Puy cynnes, feta, betys rhost, tomatos bach a dail cymysg gyda dresin mintys ffres a balsamig

£6.95

Tarten (DG ar gael)

Tarten eog coch, sbinaits, tomato a dil gyda salad dail cymysg

£6.75

Ffiled macrell goch wedi'i grilio (DG ar gael)

Tatws trwy gyrrri, egin pys, torth fach gartref

£7.25

Pasta pappardelle (LL)

Gyda ragu courgette ac aubergine, parmesan llysieuol newydd ei ratio a basil bach

£7.95

Topin tost cassoulet

Chorizo, ffa gwynion, saws tomato, salad bach

£6.25

Topin tost betys

(LL, opsiwn Fegan ar gael)
Bety's rhost a chaws gafr Pant Ysgawen gyda nionod wedi'u caramleiddio a roced

£6.25

Brechdan glwb

(dewis DG ar gael)
Tafell o frest cyw iâr buarth, gyda chig moch wedi'i halltu'n sych a'i gridyllu, tomato, letys a mayonnaise mewn haenau o fara grawn brag. Gyda salad tymhorol

£7.25

Tost

Tost brown neu wyn ffres (2 rwnd) gyda menyyn a jam cartref

£1.40

Omled wyau buarth (DG)

Omled wyau buarth gyda llenwad o'ch dewis chi (2 lenwad), dewiswch o'r cynhwysion ffres canlynol

£4.75



Madarch

Eog mwg

Nionyn

Tomato

Caws

Ham

Cyw iâr

Sbigoglys

Table d'hôte

Ar gael 11yb - 5yp

Cwrs cyntaf

Wy buarth pob gyda mwtrin seleriac, madarch botwm ac olew cloron y moch (LL, DG)

£5.50

Terin cyw iâr, tomato ac olifau cymysg gyda siytni ffigys melys a bara cartref wedi'i dostio a menyyn (DG ar gael)

£5.95

Rafioli corgimychiaid mawr gyda roced ac wedi'i sgeintio â salsa verde

£5.95

Prif gwrs

Pastai gartref ffesant, cwningen a chig carw, moron yr enfys, mwtrin tatws gyda phersli a them.

£12.95

Ffiled o ddraenogiad y môr wedi'i grilio, sbinaits, cêl a thatws Bombay, piwrî cyri pupur coch (DG)

£13.95

Croquette pwmpen cnau menyyn, pys bach a ffa cymysg gyda saws tomato sbeislyd, llysiâu gwyrdd a thatws newydd blas saets (LL)

£11.95

Pwddin

Pwddin bara menyyn rym a resins gyda hufen iâ fanila cartref (LL)

£5.50

Mille feuille aeron gaeaf a siocled tywyll gyda compote cartref aeron gaeaf (LL)

£5.25

Pwddin taffi gellyg gyda surop sinamon a gellyg a sorbet oren (Fegan)

£5.25

Dewis o gawsiau o Gymru a'r cyfandir gyda bisgedi, grawnwin a siytni

£6.25

Archebion ychwanegol

Tatws newydd gyda menyyn persli

£2.50

Cymysgedd o lysiau

£2.50

Bara cartref a menyyn Cymreig

£2.50

(Opsiw di-glwten ar gael)

Sglodion a goginiwyd deirgwaith

£2.50

Sglodion tatws melys

£2.75

Salad bach

£2.50

Te prynhawn

£8.95

o 2pm (DG ar gael)

Mwynhewch de prynhawn llawn gyda diod boeth a stand yn cynnwys brechdanau o'ch dewis a detholiad o ddanteithion melys.

Yn cynnwys:

- Myffin sawrus gyda chaws mwg Eryri (LL)

- Tafell o quiche brocoli a chaws Perl Las (LL)

Dewiswch o'r brechdanau canlynol:

- Eog mwg a chiwcymbr
- Cyw iâr, cig moch a mayonnaise
- Brie a llugaeron (LL)

Danteithion melys i ddilyn:

Bara Brith, sgons cartref a macarwñs caramel wedi eu halltu gyda Halen Môn

Danteithion GF:

Nyth meringue, hufen a ffrwythau ffres; macarwñs caramel wedi'u halltu â Halen Môn

Pwddinau cacennau

Ar gael drwy'r dydd

Bara Brith
Gyda menyyn Cymreig

£2.25

Sgons
Gyda jam cartref a hufen

£2.25

Brownie siocled gartref

£2.25

Cacen y dydd
Gyda hufen trwchus

£2.50

Cacen foron fegan (F)

£2.25

Logi Preifat

Mae Teras ar gael i'w logi gyda'r nos ac ar y penwythnosau. Os oes gennych ddigwyddiad hoffwch ei gynnal yn Lolfa Teras plis cysylltwch â ni