



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

Starter

Bubble and squeak risotto with free range poach egg

£8.25

Main

Seafood risotto

£6.25

Saffron and seafood risotto with rocket leaves

£8.25

Main

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 8am - 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

Medley of vegetables £2.50

Homemade bread and Welsh butter £2.50

(GF option available)

Triple cooked chips £2.50

Sweet potato fries £2.75

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, carrot cake

Desserts & 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

Served with whipped cream £2.50

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





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)

(llefrieth 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

Tost

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

£1.40

Omlled wyau buarth (DG)

Omlled 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 8yb - 5yp

Cwrs cyntaf

Salad caws gafr cynnes, tapenade, purée betys coch a dresin slots (DG, LI)

£5.95

Rillettes twrci mewn potyn gyda jeli llugaeron, bara cartref wedi ei dostio a salad bach (DG ar gael)

£5.95

Brandade penfras mwg, asbaragws a radis

£5.75

Prif gwrs

Brest hwyaden wedi rhostio gyda moron wedi rhostio, tatws ffondant, saws ceirios griottine (DG)

£13.95

Cegddu wedi ei ffrio mewn padell gyda purée ffenigl, tatws wedi eu ffrio'n ysgafn, llyrllys a saws sieri a dil (DG)

£13.75

Crymbl madarch gwyllt, sbigoglys a chaws Cheddar Cymreig, llyisiau gwyrdd a saws garlleg a sifys (LI)

£11.95

Prydau ysgafn

Ar gael o 11yb ymlaen

Cawl y dydd

(LI, Opsiwn DG ar gael)
Cawl y dydd gyda bara cartref a menyyn Cymreig

£4.75

Tarten (LI)

Tarten Brie, berwr a thomatos gyda dail salad tymhorol

£6.75

Cacennau pysgod

Cacennau pysgod gyda hadog mwg, slots a chaws mwg mewn briwsion Panko a salad bach

£6.50

Salad cig moch, letys a thomato

Cig moch, letys a thri math o domato (salad tomatos eirin bach, tomatos melyn a thomatos mawr) croutons garlleg a pharmesan

£7.25

Salad caws (LI)

Quinoa, dail cymysg, grawnafal, nionod coch, ciwcymbr, mintys a chaws Tyndyrn Cymreig, bara cartref

£6.95

Risotto stwnsh tatws a chabaets (LI)

Risotto stwnsh tatws a chabaets gydag wy maes wedi ei botsio

£6.25
Cwrs cyntaf

£8.25
Prif gwrs

Risotto bwyd môr

Risotto bwyd môr a dail berwr

£6.25
Cwrs cyntaf

£8.25
Prif gwrs

Tortellini (LI)

Tortellini pys a mintys, saws pys a hufen a mintys bach

£7.95

Brechdan glwb

(dewis GF 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. Gweinir gyda salad tymhorol

£7.25

Halloumi ar dost (LI)

Tafell o fara cartref wedi ei gorchuddio â halloumi wedi ei grilio, tomato sbeislyd, salsa nionyn coch a salad bach

£6.25

Brecinio ar dost

Tafell o fara cartref wedi ei gorchuddio â chig moch, selsig, wy maes, pwddin gwaed a relish tomato a salad bach

£6.25

Omlled darnau porc

Omlled wyau maes wedi ei lenwi â darnau porc a chaws Cheddar gyda saws barbicwi, dail gwyrdd a sglodion tatws melys

£6.95



Omlled Eidalaid (LI)

Omlled wyau buarth wedi ei lenwi â thomatos, mozzarella a basil, dail gwyrdd a sglodion tatws melys

£6.95



Cyw iâr Bonne Femme (DG,)

Tafelli brest cyw iâr, cig moch, madarch a slots, saws gwin gwyn, reis basmati a bara garlleg

£8.95

Byrgyr arbennig Y Teras

Byrgyr cig eidion cartref, bara byrgyr, bacwn, caws, tomato fawr, nionyn coch, gyda thafelli tatws sbeislyd

£8.25

Dewiswch saws:

Dresin caws glas

Saws madarch

Siytni tomato

Siytni nionod wedi'u caramelleiddio

Byrger cneuen wen a ffacys

Gyda thomato fawr, caws Monterey Jack, nionod wedi'u caramelleiddio, a'i weini â coleslaw a naill ai sglodion tatws melys neu sglodion trwchus

£7.25

Pwddin

Cacen gaws melysion twrci, jeli rhosyn a coulis rhosyn

£5.50

Triawd siocled: cacen sbwng siocled tywyll, hufen iâ siocled gwyn cartref gyda saws siocled llefrieth (LI)

£5.75

Pwddin bricyll ac oren, gyda saws oren a Grand Mariner (LI)

£5.25

Afal wedi ei wasgu gyda sorbet ysgawen cartref a chrymbl cneuen gollen (LI)

£5.50

Dewis o gawsiau o Gymru, Prydain a'r cyfandir gyda bisgedi, seleri, grawnwin a siytni (LI)

£6.25

Archebion ychwanegol

Tatws newydd gyda menyyn persli

£2.50

Cymysgedd o lysiau

£2.50

Bara cartref a menyyn Cymreig

£2.50

(Opsiwn 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 (LI)

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

Dewiswch o'r brechdanau canlynol:

• Eog mwg a chiwcymbr

• Cyw iâr, cig moch a mayonnaise

• Brie a llugaeron (LI)

Danteithion melys i ddilyn:

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

Danteithion GF:

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

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

Nadolig

Archebion bellach yn cael eu cymryd
Dau gwrs am £18.50
Tri chwrs am £22.50

