



TERAS

Breakfast

Available until 11am

Eggs benedict Toasted muffin topped with dry cured bacon, free range poached egg and hollandaise sauce	£5.95
Porridge (v) Porridge with honey and mixed berries (Vegan option available)	£2.25
Selection of pastries Croissant, Pain au chocolat	£1.50
Toast 2 rounds of toast with Welsh butter and homemade jam	£1.40
Free range egg omelette Fresh free range egg omelette of your own design choose 2 fillings from our list below: Onion cheese bacon chicken mixed peppers	£4.75

Side orders

Bread & butter	£2.50
Chips	£2.50
Sweet potato fries	£3.50
Side salad	£2.50
Medley of vegetables	£2.50

Afternoon tea (Vegan options available)

Available from 2pm

£9.50 per person (Allow 24 hours pre booking)

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 and savoury treats

Choose from the following sandwiches:
Perl wen (Welsh brie) with chilli jam and rocket
Atlantic prawn, lime mayonnaise and watercress
Pulled beef, Welsh apple and balsamic chutney

Followed by sweet and savoury treats:
Savoury mini quiche
Scone with clotted cream and homemade jam
Selection of mini cake slices



Desserts & cakes

Scones Served with homemade jam and clotted cream	£2.40
Homemade chocolate brownie	£2.50
Cake of the day (please ask one of our team for options)	£2.75

Table d'hôte & private dining

Available by pre booking with 72 hours notice

Phone: 01248 388686 | Email: teras@bangor.ac.uk

Light bites

Available from 11am – 4pm

Soup of the day (v) With warm crusty roll and Welsh butter	£4.95
Pearl cous cous salad (v) Grilled vegetables, olives, feta and pearl cous cous with fresh green leaves, cherry tomato, cucumber and French dressing	£7.50
Smoked tofu salad (Ve) Fresh green salad with quinoa, smoked tofu, roasted mixed peppers, broad beans, cherry tomato, cucumber with mild curry dressing	£7.50
Roast garlic and squash risotto (Ve) Roasted garlic and butternut squash risotto with vegan cream cheese topped with basil oil and rocket	Starter £7.25 main £8.95
Pancetta and mushroom risotto Thick pancetta lardons, chestnut mushrooms and parsley risotto topped with parmesan	Starter £7.25 main £8.95
Catalonian omelette (v) Free range egg omelette filled with new potatoes, onion and fresh flat leaf parsley served with green leaves and chips (Swap to sweet potato fries for an extra £1.00)	£7.75
Mexican omelette (v) Free range egg omelette with mixed peppers, chilli, red onion, guacamole, Welsh cheddar cheese and coriander served with green leaves and chips (Swap to sweet potato fries for an extra £1.00)	£7.95
Welsh Black Beef Burger 6oz Welsh Black beef burger, bacon, Welsh mature cheddar, caramelised onions, beef tomato, red onion and mixed leaf served with chips (Swap to sweet potato fries for an extra £1.00)	£8.95
Garden Burger (Ve) Gourmet plant based vegan burger with vegan cheese, caramelised onions, beef tomato, red onion and mixed leaf served with chips (Swap to sweet potato fries for an extra £1.00)	£8.95
King prawn pasta King prawns, roasted tomato, red pesto, rocket and pappardelle pasta, parmesan cheese and basil	£6.95
Chilli cheese steak toast topper Slice of rustic bread with pan fried beef strips, chilli and topped with nacho cheese served with side salad	£6.95
Italian twist toast topper Slice of rustic bread with mozzarella, beef tomato, basil and pesto butter served with side salad	£6.95
Halloumi club sandwich (v) Pan fried halloumi, guacamole, beef tomato, red onion, rocket, served with side salad	£6.95

(V) vegetarian | (Ve) Vegan | (Ve*) Vegan options available

Important information about allergies

All food is prepared in our kitchen where nuts, gluten and other allergies are present. Processes and training are in place in respect of allergen awareness.

If you have a food allergy please let us know before ordering

Our menu descriptions do not include all ingredients. Full allergen information is available upon request.



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