**Teras Lounge Spring Menu - 2025**

**Breakfast**

Available until 11am

**Eggs Benedict £6.25**

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

**Porridge (v, ve\*) £2.25**

Porridge with honey

**Selection of Pastries £1.95**

Croissant, pain au chocolat

**Toast £2.25**

2 rounds of toast with Welsh butter and jam

**Free range egg omelette £5.25**

Fresh free range egg omelette of your choice

Choose 2 fillings from the list below:

onion / cheese / bacon / chicken / mixed peppers

**Light Bites**

Available from 11am - 4pm

**Soup of the day (ve\*) £4.95**

With crusty bread and Welsh butter

**Beetroot, walnut & puy lentil salad (ve) £7.50**

Roasted beetroot with mint, rocket leaves, puy lentil, candied walnut and cherry tomato salad, topped with French dressing

**Chicken satay salad £7.95**

Honey glazed chicken breast with red onions, coriander, cucumber and pomegranate, drizzled with sweet chilli satay sauce

**Spring green risotto (v, ve\*) Starter £7.25 Main £8.95**

Asparagus, spinach and pea risotto, topped with mint, parmesan and rocket

**Chicken and chorizo risotto Starter £7.25 Main £8.95**

Pan fried chicken and chorizo with sweet green pepper risotto with parmesan cheese and rocket

**Sundried tomato and spinach omelette (v) £8.25**

Free range egg omelette with sundried tomato, spinach and herbed mascarpone, served with fresh green salad and chips

**Pulled beef and onion omelette £8.25**

Free range egg omelette with caramelised onion, pulled beef and parsley, served with fresh green salad and chips

**Five bean toast topper (v, ve\*) £6.95**

Slice of rustic bread topped with a mix of five beans baked with tomato sauce and Welsh cheddar cheese, served with a side salad

**Bacon and mushroom toast topper £6.95**

Slice of rustic bread with bacon lardons, wild mushrooms and cheddar cheese, served with a side salad

**King prawn linguine £7.95**

King prawn, chilli and garlic linguine with parsley and lemon drizzled with olive oil and a rocket garnish

**Welsh Black Beef burger £9.95**

6oz Welsh Black beef burger, bacon, Welsh mature cheddar, caramelised onion chutney, beef tomato and red onion, served with chips

**Plant based vegan burger (Ve) £9.25**

Plant based vegan burger with vegan mozzarella, beef tomato and red onion, served with chips

**Halloumi club sandwich (v) £8.50**

3 slices of toasted bloomer with fried halloumi, guacamole, beef tomato, red onion, rocket and side salad

**Side Orders**

**Bread roll & butter £1.50**

**Chips £3.25**

**Sweet Potato Fries £3.95**

**Side Salad £3.25**

**Seasonal Vegetables £3.25**

**Afternoon tea £12.50**

*Available from 2pm, by pre booking with 48 hours notice*

*Phone: 01248 388686 / Email: teras@bangor.ac.uk*

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:**

Tuna mayonnaise and cucumber

Welsh cheddar, spring onion and mayonnaise

Sweet chilli chicken and rocket

**Followed by sweet and savoury treats:**

Savoury mini quiche selection

Scone with clotted cream and Welsh jam

Selection of cakes

**Desserts & Cakes**

**Scones**

Served with butter £2.50

Served with jam and Welsh clotted cream £3.50

**Cake of the day**

(please ask one of our team for options) £2.95

**Table d’hóte & private dining**

Available by pre booking with 72 hours notice

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

**Important information about allergies**

All food is processed in our kitchen where nuts, gluten and other allergens 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

Go to food.gov.uk/ratings to find out the food hygiene rating of our business, or ask us for our food hygiene rating when you order.

**(v) vegetarian / (ve) vegan / (ve\*) vegan options available**