



T E R A S



Breakfast

Available until 11am

Eggs benedict

£5.95

Toasted 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;



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

Light bites

Available from 11am - 5pm

Soup of the day

£4.75

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

French onion tart (V)

£6.75

Sliced French onion and beetroot tart with Caerphilly cheese and side salad

Seafood linguine

£7.95

Linguine with prawns, mussels and clams in a garlic and parsley sauce with rocket leaves

Middle Eastern salad (Vegan, GF)

£7.25

Warm roasted sweet potato, kale, dried cranberry, quinoa and toasted pine nuts tossed with aromatic paprika and lime dressing

Chicken Caesar salad

£7.25

Classic salad with slices of chicken breast, anchovy, garlic croutons, cherry tomatoes, crispy bacon and gem lettuce drizzled with homemade Caesar dressing

Tomato risotto (V, GF)

£6.25

Starter

Vegan option available)
Sun blushed tomato and spinach risotto, basil oil topped with vegetarian parmesan and micro basil

£8.25

Main

Smoked haddock risotto

£6.50

Starter

Smoked haddock and prawn risotto, free range poached egg drizzled with extra virgin olive oil and rocket

£8.50

Main

Tortellini (V)

£7.95

Pea and mint tortellini, pea and cream sauce, micro mint

Chicken and mushroom omelette

£6.75

Free-range egg omelette with pulled chicken and wild mushrooms, sweet potato fries served with salad garnish



Italian tricolore omelette (V, GF)

£6.75

Italian tricolore, free-range egg omelette filled with mozzarella, basil and sun blushed tomato, sweet potato fries served with salad garnish



Welsh lamb casserole (GF)

£8.95

Slow cooked Welsh lamb casserole with creamy mashed potato and roast chantenay carrot

BBQ pork toast topper

£6.25

Hand cut slice of toasted homemade bread topped with barbecue pulled pork and Monterey Jack cheese served with side salad

Mexican toast topper (V)

£6.25

Hand cut slice of toasted homemade bread topped with spicy five bean chilli and grated vegetarian cheese served with side salad

Teras very own burger

£8.25

6oz Welsh black beef burger, bacon, Welsh mature cheddar, beef tomato 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

Kidney beans, sweetcorn and potato burger with beef tomato, caramelised onions served with hand cut spicy wedges

Table d'hôte

Available from 11am - 5pm

2 course **£18.50** | 3 course **£22.50**



Starters

Roast red pepper and tomato soup with basil oil served with homemade bread and butter (Vegan, GF available) £5.50

Smoked salmon mousse with horseradish crème fraîche and beetroot tapenade (GF) £5.50

Shredded confit duck leg, thyme infused barley with warm spiced pear purée £5.50

Main courses

Pancetta wrapped turkey breast with lemon, thyme and pine nut stuffing served with roast and mashed potato and seasonal vegetables £13.50

Oven baked salmon fillet with lemon and basil hollandaise, wild rice timbale and wilted greens (GF) £13.50

Beetroot, sun blushed tomato and thyme tart tatin served with warm Puy lentil and fennel salad drizzled with balsamic jus (Vegan) £13.50

Desserts

Chocolate and cherry Christmas pudding with Crème Anglaise (V) £5.50

Plum and cinnamon pudding with vanilla ice cream (Vegan) £5.50

Salted caramel and popcorn panna cotta with toffee sauce (V, GF) £5.50

Selection of Welsh cheeses and pickles served with Welsh chutney £5.50

Side orders

New potatoes with butter £2.50 Triple cooked chips £2.50

Medley of vegetables £2.50 Sweet potato fries £2.75

Homemade bread and Welsh butter £2.50 Side salad £2.50

(GF option available)

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 macarons

GF treats: Meringue nest, cream and fresh fruit; Halen Môn salted caramel macarons

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

Vegan carrot cake (V) £2.25



T E R A S



Brecwast

Ar gael tan 11yb

Wyau Benedict

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

£5.95



Tost (DG ar gael)

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

£1.40

Omlet wyau buarth (DG)

Omlet 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

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 menyn

Croissant menyn ffres o'r popty

£1.50

Prydau ysgafn

Ar gael o 11yb-5yp

Cawl y dydd

(LI, DG ar gael)
Gyda thorth fach gartref a menyn Cymreig

£4.75

Omled cyw iâr a madarch

Omled wyau buarth gyda chig cyw iâr a madarch gwyllt wedi'i gweini gyda sglodion tatws melys a salad bach

£6.75



Tarten nionod Ffrengig (LI)

Tafell o darten nionod Ffrengig a betys gyda chaws Caerffili a salad bach

£6.75

Omled tricolore Eidalaidd (LI, DG)

Tricolore Eidalaidd, omled wyau buarth wedi'i lenwi â chaws mozzarella, basil a thomatos gyda sglodion tatws melys a salad bach

£6.75



Linguine bwyd môr

Linguine gyda chorgimychiaid, cregyn gleision a chregyn bylchog mewn saws garlleg a phersli a dail roced

£7.95

Caserol cig oen Cymru (DG)

Caserol cig oen Cymreig wedi'i goginio'n araf gyda mwtrin tatws hufennog a moron chanteney rhost

£8.95

Salad Dwyrain Canol (DG, Fegan)

Taten felys gynnes wedi'i rhostio, cêl, llugaeron sych, quinoa a chnau pin wedi'u tostio gyda paprica sawrus a dresin leim

£7.25

Topin tost porc barbeciw

Tafell o fara cartref wedi'i thostio gyda phorc barbeciw a chaws Monterey Jack ar ei phen, a salad bach

£6.25

Salad Cesar cyw iâr

Salad clasurol gyda thafelli brest cyw iâr, ansiofi, crwtions garlleg, tomatos bach, bacwn crispiog a letys wedi'u sgeintio â dresin Caesar cartref

£7.25

Tost Mecsicanaidd (LI)

Tafell o fara cartref wedi'i thostio gyda tsili sbeislyd pum ffa, caws llysieuol wedi'i gratio, a salad bach

£6.25

Risotto tomato (LI, DG, dewis Fegan ar gael)

Risotto tomato a sbigoglys, olew basil gyda parmesan llysieuol a dail basil ifanc

£6.25
Cwrs
cyntaf

£8.25
Prif
gwrs

Byrgyr y Teras

Byrgyr 6oz cig eidion Cymreig, cig moch, caws aeddfed Cymreig, tomato mawr a nionyn coch gyda thafelli tatws sbeislyd

£8.25

Dewiswch eich saws eich hun;

Dresin caws glas

Siytni tomato

Siytni nionyn wedi ei garamelieiddio

Saws barbeciw

Risotto hadog coch

Risotto hadog coch a chorgimychiaid ac wy buarth wedi'i botsio wedi'i sgeintio ag olew olewydd a roced

£6.50
Cwrs
cyntaf

£8.50
Prif
gwrs

Tortellini (LI)

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

£7.95

Byrgyr ffa sbeislyd (LI)

Byrgyr ffa Ffrengig, corn melys a thatws gyda thomato fawr, nionod wedi'u caramelleiddio a thafelli tatws sbeislyd

£7.95

Table d'hôte

Ar gael 11yb - 5yp

2 gwrs **£18.50** | 3 chwrs **£22.50**



Cwrs cyntaf

Cawl pupur coch rhost a thomato gydag olew basil a bara cartref a menyn (Fegan, DG ar gael)

£5.50

Mousse eog mwg gyda crème fraîche rhuddygl a tapenade betys (DG)

£5.50

Confit coes hwyaden, barlys wedi'i drwytho mewn teim, gyda piwrî gellyg cynnes a sbeisys

£5.50

Prif gwrs

Pancetta brest twrci gyda lemon, stwffin teim a chnau pîn, tatws rhost a thatws stwnsh a llysiau tymhorol

£13.50

Ffiled eog gyda saws hollandaise lemwn a basil, timbale reis gwyllt a dail gwyrdd wedi gwywo (DG)

£13.50

Tartled betys, tomatos a them gyda salad ffacys Puy a ffenigl cynnes a ffenigl wedi'i sgeintio â sudd balsamig (Fegan)

£13.50

Pwddin

Pwddin Nadolig siocled a cheirios gyda Crème Anglaise (LI)

£5.50

Pwddin eirin a sinamon gyda hufen iâ fanila (Fegan)

£5.50

Panna cotta caramel a phopcorn gyda saws taffi (LI, DG)

£5.50

Detholiad o gawsiau Cymreig a phicls gyda siytni Cymreig

£5.50

Archebion ychwanegol

Tatws newydd gyda menyn

£2.50

Sglodion a goginiwyd deirgwaith

£2.50

Cymysgedd o lysiau

£2.50

Sglodion tatws melys

£2.75

Bara cartref a menyn Cymreig

£2.50

Salad bach

£2.50

(Opsiw di-glwten ar gael)

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

Pwddinau cacennau

Ar gael drwy'r dydd

Bara brith

Gyda menyn Cymreig

£2.25

Sgons

Gyda jam cartref a hufen

£2.25

Brownie siocled gartref

£2.25

Cacen y dydd

£2.50

Cacen foron fegan (F)

£2.25