



TERAS

Valentine's day menu 2018

2 courses - £18.95

Starters

3 courses - £22.95

Scallops (GF)

Served with pea purée, watercress and cumin foam

Asparagus, poached free range duck egg (GF, V)

With truffle oil and hollandaise sauce, rocket

Duo of melon (Vegan, GF)

Served with passion fruit coulis and pineapple salsa



Main courses

Grilled seabass fillet (GF)

Served with lemon risotto, petit pois à la francaise, white wine and dill cream sauce

Cannon of lamb (GF)

With parsnip purée, dauphinoise potato, glazed shallots, kale, lamb jus

Snowdonia 'Red Devil' cheese soufflé (V)

With peas, greens beans and mange tout salad

Wild mushroom, chestnut and thyme pithivier (Vegan)

With tomato and basil sauce, wilted greens



Desserts

Sticky toffee pear pudding (Vegan)

With cinnamon and pear syrup and orange sorbet

Chocolate and orange dewdrop mousse (GF, V)

With praline crumb

Mille feuilles (V)

Raspberry, Chambord, and chocolate mille feuilles

Cheeses and Biscuits

Selection of Welsh, British and continental cheese served with biscuits, celery, grapes and chutney



Book Now

01248 388686 | teras@bangor.ac.uk

Teras, Main Arts Building, Bangor University, College Road, Bangor, Gwynedd, LL57 2DG



TERAS

Bwydlen Dydd Sant Ffenant 2018



2 gwrs - £18.95



Cwrs Cyntaf



3 chwrs - £22.95



Sgolopiau (DG)

Gyda purée pys, berw dŵr ac ewyn cwmín

Asbaragws, wy hwyaden buarth wedi'i botsio (DG/Ll)

Gyda olew clôr a saws hollandaise, roced

Melon (Fegan, DG)

Gyda coulis granadila a salsa pîn-afal



Prif Gyrsiau

Ffiled draenog y môr wedi'i grilio (DG)

Gyda risotto lemwn, pys bach à la française, saws hufen gwin gwyn a dil

Cnepyn cig oen (DG)

Gyda purée pannas, tatws dauphinoise, slots sglein, cêl, grefi cig oen

Soufflé caws 'Diafol Coch' Eryri (Ll)

Gyda pys, ffa gwyrdd a salad mange tout

Pithivier madarch gwyllt (Fegan)

Gyda cnau castan a theim, saws tomato a basil, dail gwyrdd gwywedig



Pwdinau

Pwdin taffi gellyg (Fegan)

Gyda surop sinamon a gellyg a sorbet oren

Mousse siocled ac oren (DG, Ll)

Gyda briwsion pralin

Mille feuilles (Ll)

Mille feuilles mafon, Chambord a siocled

Cawsiau a bisgedi

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



Archebwch 'nawr



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Teras, Prif Adeilad y Celfyddydau, Prifysgol Bangor, Ffordd Coleg, Bangor, Gwynedd, LL57 2DG