

Teras BBQ House menu

Cold Starters:

Tarama: £6.50

The authentic taste of traditional Tarama, made with fish roe, rich olive oil, a squeeze of fresh lemon juice and a delicate sprinkle of sumac.

Hummus: £7.50

A creamy blend of chickpeas, tahini and lemon juice, served with roasted nuts.

Cacik: £7.50

Thinly sliced cucumbers, fresh mint and a hint of garlic, finished with chef's green and olive oil.

Aubergine Napolitana: £8

Roasted aubergine, peppers, tomato and potato mixed in a rich pepper pesto sauce, topped with chives.

Stuffed Vine Leaves: £7

Vine leaves stuffed with a flavourful filling of rice, meat and fresh herbs.

Smoked Aubergine: £8

Charcoal-grilled aubergine and red pepper blended with green oil, garlic and tahini, topped with Greek yoghurt.

Hot Starters:

Meaty Hummus: £10.50

Tender fried beef or lamb, served on creamy homemade hummus and flavoured with a blend of buttered herbs. Finished with a sprinkle of roasted nuts.

Rolled pastry: £7.50

Filo pastry filled with feta, cheddar cheese, parsley and sweet chili flakes. Crisped to perfection in panko breadcrumbs, served with homemade sweet chili sauce and chives.

Pan-seared Halloumi: £8.50

Pan-fried halloumi, finished with a drizzle of golden honey and crunchy mixed nuts.

Spicy Sausage: £8.50

Succulent Turkish sucuk, served with crispy lettuce and fresh tomato.

Falafel: £7.50

A deep-fried ball of pureed chickpeas, broad beans, sesame seeds and fresh vegetables.

Chef Calamari: £9

Crispy breaded calamari, marinated to perfection for 24 hours, served with a side of creamy bang bang sauce and a fresh lime wedge.

Teras Special Wing's: £9.50

Deliciously marinated boneless wings, panko breaded and deep fried to perfection, served with chef's special sauce.

Pan- Fried Liver & Halloumi: 10.50

Pan-fried sliced liver, richly infused with butter. Served with roasted cherry tomatoes and caramelized red onions, topped with halloumi slices and a sprinkle of sumac.

King Prawn Appetizer: £10.50

Fried King prawns, infused with garlic, cherry tomatoes and wine. Served with a squeeze of fresh lime zest.

Hot Mezze Selection: £20.50

Falafel, Halloumi, Roll Pastry, Calamari, Spicy sausage, Hummus and Aioli sauce.

Cold Mezze Selection: £19.50

Hummus, Cacik, Aubergine Napolitana, Smoked Aubergine, Tarama and Stuffed vine leaves.

Hot and Cold Mix Mezze Selection: £21.50

Hummus, Cacik, Aubergine Napolitana, Halloumi, Calamari and Spicy sausage.

All starters are served with freshly baked homemade bread.

Main Course:

TERAS SPECIAL:

Beyti Rolls: £20.50

Char-grilled seasoned mince kebab, wrapped in a crispy flat bread with melted mozzarella and smothered in a rich buttery tomato sauce. Served with a side of yogurt, bulgur and rice.

- SELECT FROM: LAMB/CHICKEN

Ali Nazik: £19.50

Adana kebab, served on a rich bed of grilled aubergine purée and roasted peppers. Served with fresh Greek yoghurt and drizzled with butter.

Halep Kebab: £19.00

Taste our finely seasoned kebab, served on a bed of home-made bread, smothered in rich tomato sauce and finished with a velvety drizzle of butter.

- SELECT FROM: LAMB / CHICKEN / ADANA/DONER

Yogurt Kebab: £19.50

Succulent shish skewer, served on a bed of freshly baked homemade bread, smothered in a rich tomato sauce. Topped with creamy Greek yoghurt and finished with a golden drizzle of melted butter.

- SELECT FROM: LAMB / CHICKEN / ADANA/DONER

Charcoal Grill:

All served with bulgur, rice, salad, home-made bread and sauces.

Mixed Doner: £14.50

Home-made succulent pieces of lamb and chicken seasoned and slowly cooked for our one of a kind doner.

Lamb Doner: £13.50

The signature lamb doner, made with tender homemade lamb, carefully seasoned and slow-cooked to perfection.

Chicken Doner: £13.50

The signature chicken doner, made with tender, marinated and seasoned chicken.

Lamb Shish: £19.50

Tender lamb cubes, marinated to perfection and grilled to a succulent finish on a skewer.

Chicken Shish: £19.50

Succulent chicken cubes, infused with a flavourful marinade and grilled to perfection on a skewer.

Mixed Shish: £19.50

Marinated chicken and lamb cubes, grilled to a deliciously tender finish, with a depth of flavour.

Lamb Chops: £26.50

Tender charcoal-grilled lamb chops, infused with a smoky flavour from our special seasoning blend.

Lamb Ribs: £20.50

Charcoal-grilled lamb ribs with a rich BBQ flavour.

Adana Kofte: £18.50

Charcoal-grilled lamb mince, seasoned to perfection with a blend of aromatic herbs and spices.

Mixed Grill: £23.50 (serves 1 person)

A choice of chicken shish, lamb shish, adana and 2 pieces of lamb ribs.

Chicken Wings: £16.50

Marinated tender chicken wings grilled over charcoal.

Lamb Beyti: £18.00

Marinated mince lamb seasoned with garlic and herbs grilled over charcoal.

Chicken Beyti: £18.00

Marinated mince chicken well-seasoned with garlic and herbs grilled over charcoal.

Charcoal Steak:

Served with fresh cherry tomatoes, asparagus and broccoli. Paired with a selection of mushroom and creamy peppercorn sauce.

SIRLON STEAK: £29.50 (250g)

RIBEYE STEAK: £29.50 (250g)

Mediterranean:

Lamb Casserole: £19.50

An authentic Turkish dish. Lean cubes of marinated lamb, fresh chopped tomatoes, onion, garlic, mixed peppers, and seasoned mixed herbs. Served with rice.

Chicken Casserole: £19.50

Authentic Turkish dish. Lean cubes of marinated chicken, fresh chopped tomatoes, onion, garlic, mixed peppers, and seasoned mixed herbs. Served with rice.

Vegetarian Dishes:

Charcoal-Grilled Vegetable Ensemble: £19.50

The perfect mixture of grilled onions, bell peppers, mushrooms and eggplant. Served with a rich and tangy tomato sauce.

Enhance your dish with Halloumi: £3.50

Vegetable Casserole: £18.50

Aubergine, green and red peppers, mushroom, onions and garlic cooked in a herbed tomato sauce.

Imam Bayildi: £18.50

A whole braised aubergine stuffed with onions, garlic, chopped tomatoes, pine nuts and simmered in olive oil. A beautifully presented tasty dish

Falafel with Hummus: £17.50

The flavourful combination of our crunchy, golden-brown falafel served with our rich and creamy hummus.

Burgers:

All burgers are served with handmade chips.

Chicken Burger: £15.50

Charcoal-grilled chicken thighs, loaded with melted cheese, fresh coleslaw, tomato and a drizzle of our signature special sauce.

Gourmet Burger: £16.50

Succulent beef patty smothered in cheddar cheese, caramelized onions, gherkins and our special sauce. Garnished with fresh lettuce and tomato.

Pasta:

Prawn Fusion: £15.50

Tagliatelle pasta with garlic-infused prawns and cherry tomatoes sautéed in a rich white wine pasta sauce, garnished with fresh rocket and Parmesan.

Pasta Bareness: £15.50

Enjoy our tagliatelle pasta dish, smothered in a rich meat and tomato sauce. Slow-cooked to perfection with a hint of garlic and red wine, finished with Parmesan and fresh herbs.

Seafood Specialties:

Charcoal-Grilled Salmon: £23.50

Grilled fresh salmon, infused with a zesty lime marinade, served with seasonal vegetables and chef's mashed potatoes.

Sea Bass Fillet: £20.50

Pan-seared sea bass fillet, served with rich potato puree, sautéed broccoli and asparagus. Garnished with the chef's signature sauce for a zesty finish.

Charcoal-Grilled Sea Bass: £20.50

Char-grilled sea bass, marinated in a blend of herbs and spices, served with chef's special salad.

King Prawn Casserole: £20.50

Pan-fried king prawns cooked in green and red peppers, aubergines, onions and garlic in a freshly home-made tomato sauce.

Sides:

Hand-Cut Chips: £4.50

Golden, hand-cut fries, cooked to a crispy perfection.

Sweet Potato Truffle & Parmesan: £5

Roasted sweet potato, drizzled with truffle oil and sprinkled with Parmesan.

Broccoli: £5

Tender steam broccoli with a hint of seasoning.

Asparagus: £5

Lightly seasoned and roasted asparagus.

Mac 'N' Cheese: £10.50

Creamy macaroni and cheese, finished with a crunchy topping.

Charcoal-Grilled Onions: £8

Charcoal-grilled smoky onions.

Rice: £4.50

Fluffy, perfectly cooked white rice.

Bulgur Rice: £4.50

Bulgur wheat cooked to a tender finish.

Home-made Fresh Bread: £3.50

Garlic Sauce: £1.50

Chilli Sauce: £1.50

Teras Mezze & Meat delights:

All platters are served with rice, bread, mixed salad, onion salad, and chili/garlic sauce.

Teras Signature Meat Platter: £62 (serves 2-3 people)

Chicken shish, Lamb shish, Adana, Lamb ribs (4pcs), chicken wings (4pcs), Chicken Beyti, Chicken Doner, Lamb Doner and a choice of any 3 cold starters.

Teras Signature Meat Platter: £74.50 (serves 4-5 people)

Chicken shish, lamb shish, Adana, Chicken Beyti, Lamb ribs (8pcs), chicken wings (8pcs), Lamb Doner, Chicken Doner and a choice of any 4 cold starters.

Teras Signature Chicken Platter: £45.50 (serves 2-3 people)

Chicken Doner, Chicken Wings (8pcs), Chicken Beyti, Chicken Shish and a choice of any 3 cold starters.

Salad:

Halloumi salad: £11.50

Grilled halloumi, served on a bed of fresh greens, garnished with parmesan and a side of lemon.

Feta Cheese Salad: £9.50

Freshly diced tomatoes, cucumbers, green peppers, onions and parsley. Topped with feta cheese.

Shepherd Salad: £8

Freshly diced tomatoes, cucumbers, green peppers, onions and parsley, marinated in chef's dressing.

Avocado Chicken Bowl: £13.50

Tender chicken, combined with creamy avocado, fresh greens and red onion. All garnished with our chef's signature tangy sauce for a healthy balance and kick.

Kids menu:

All kid meals include a drink of choice!

Chicken Popcorn: £11.50

Tender chicken nuggets served with tasty chicken popcorn, crispy chips and a choice of dipping sauce.

Chicken shish: £11.50

Diced char-grilled chicken breast served with a side of chips or rice.

Lamb shish: £11.50

Diced char-grilled lamb served with a side of chips or rice.

Chicken/ Lamb Doner: £11.50

Chicken or Lamb Doner served with a side of chips or rice.

Chicken Wings: £11.50

Char-grilled Chicken wings (5 pcs) served with a side of chips or rice.

Mac 'N' Cheese: £11.50

Creamy macaroni and cheese, finished with a sprinkle of crunchy garlic panko bread crumbs.