

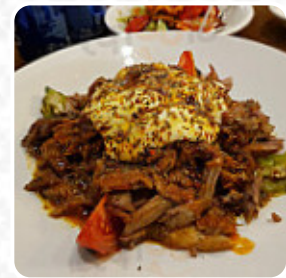


Teras Grill Menu

<https://menuweb.menu>

2-4 Clements Road, Redbridge, United Kingdom

+442085146920 - <http://www.terasrestaurant.co.uk/>



Here you can find the [menu](#) of **Teras Grill** in Redbridge. At the moment, there are **18** dishes and drinks on the food list. Teras Grill Restaurant, nestled conveniently near Ilford High Road, offers a mixed dining experience. While patrons often rave about the well-presented food—particularly the flavorful grilled meats and fresh Turkish bread—concerns about hygiene overshadow the meal. With a mere two-star food hygiene rating, reports of questionable practices can make diners uneasy. However, the atmosphere is enhanced by friendly service and a unique Turkish dining vibe, making it an appealing choice for those seeking a taste of authentic cuisine. Management is urged to improve hygiene standards and staff training to secure more confident visits in the future.

Teras Grill Menu



Salads

SALAD

Side Dishes

RICE

Eistee

BLACK TEA

Restaurant Category

MEDITERRANEAN

Starters & Salads

FRENCH FRIES

POTATO CHIPS

Hot Drinks

TEA

COFFEE

Ingredients Used

SALMON

VEGETABLES

Mixed Specialties

KEBAB

BAKLAVA

These Types Of Dishes Are Being Served

SALAD

LAMB

BREAD

FISH

MEAT

CHICKEN

Teras Grill

2-4 Clements Road, Redbridge,
United Kingdom

Opening Hours:

Monday 11:00-23:00
Tuesday 11:00-23:00
Wednesday 11:00-23:00
Thursday 11:00-23:00
Friday 11:00-24:00
Saturday 11:00-24:00

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