
TYR WINCH

PUB, RESTAURANT, GUEST HOUSE

FAMILY BUSINESS

Gluten Free Menu

All dishes are produced in a kitchen which routinely handles all allergens. These recipes have no gluten containing ingredients and every care is taken in their preparation. To allow us to take the extra care required, please allow more time for the preparation of your dishes.

Starters and small plates

Perfect to share, any 3 dishes for £20.95

BBQ Burnt Ends

Generous chunks of seasoned, slowly roasted beef brisket, beef dripping crisped and tossed in chefs' recipe sweet & sticky BBQ sauce. With a homemade Cheddar cheese cornbread muffin. 8.75

Garlic Prawn Skewers

Skewered king prawns, gently sauteed in our home-made garlic, herb and shallot butter. Dusted with chilli flakes and served on a bed of green leaves with a warm gluten free bread roll. 8.75

Lamb Cawl

A traditional Welsh winter warmer. Chunks of Welsh lamb, swede, carrot and leek in a rich lamb broth. Accompanied by a gluten free roll and a wedge of Golden Hooves Welsh vintage cheddar cheese. 8.45

Soup of the Day

Served with, fresh cream, gluten free bread roll and award-winning Welsh butter. 7.25

Chicken Tikka Flatbread

Gluten free flatbread topped with Tikka sauce, chunks of Marinated chicken, crispy onion and mango. With tangy mango chutney. 8.25

Garlic Mushrooms

Button mushrooms, shallots and fresh garlic sauteed in our own recipe garlic and herb butter. Served with dressed leaves and gluten free bread roll. 7.65

Bread & Olives

A medley of pitted green & black olives, cornichon pickles and sundried tomatoes. Served with olive oil, balsamic vinegar, confit garlic aioli and a gluten free white roll & crackers. 7.25

Mains Courses

Upgrade your chips, mash or rice to our extra thick, extra crispy, beef dripping chips on any meal. 1.45

Grills

Dry Aged Pork Cutlet

10oz French trimmed pork cutlet, dry aged for 60 days. Chargrilled and served on a bed of garlic and chive mashed potato. Finished with a sweet apple demiglace, roasted baby apples and tender stem broccoli. 21.95
Enjoy with Ghost In The Machine Malbec Viognier

Ribeye Steak

Our specially selected Celtic Pride ribeye is trimmed and hand cut in house by our team of chefs to approximately 10oz and expertly seasoned. Grilled to your liking and served with triple blanched skin on chips, confit vine cherry tomatoes, garlic buttered button mushrooms and Café de Paris Butter. 27.95
Goes great with Dehesa de Gazinia Rioja Reserva

Flat Iron Steak

Hand cut to approximately 7oz from the featherblade shoulder joint, second only to fillet mignon in tenderness and flavour. Expertly seasoned, grilled to your liking and served with triple blanched skin on chips, confit vine cherry tomatoes, garlic buttered button mushrooms and Café de Paris Butter. 19.95
Goes great with Dehesa de Gazinia Rioja Reserva

For the perfect accompaniment to your steak just add:

Creamy four peppercorn and VSOP champagne cognac Sauce 3.45

Perl Las blue cheese, chardonnay and button mushroom sauce 3.45

Beef dripping and Pinot Noir red wine sauce 3.45

Make it a Surf 'n' Turf, Add a pair of garlic butter sauteed king prawn skewers. 4.95

Peppered Chicken

Freshly cooked butterflied breast of chicken coated in our famous creamy four peppercorn and brandy sauce. Dusted with cracked black pepper and accompanied by triple blanched skin on chips, confit vine cherry tomatoes and garlic buttered button mushrooms 16.95

Try our Best-selling dish with Hillville Road Chardonnay

Seafood

Beer Battered Cod

North Atlantic cod fillet coated in our light crispy gluten free Perroni batter. Served with triple blanched skin on chips, home-made tartare sauce, thick chip shop style curry sauce and your choice of garden or mushy peas. 21.95
Try our top selling Cod with E Bonnaville Chablis

Admirals Gratin

A medley of white fish and smoked salmon flakes with Atlantic prawns, garden peas and sweetcorn in a creamy cheese and dill sauce. Topped with garlic and chive mashed potato and a crispy cheese crumb. With garden peas, tender stem broccoli and fresh lemon 19.95
Goes perfectly with Dominio de la Fuente Verdejo

Pasta and Vegetarian

Mushroom Stroganoff

Button mushrooms in a rich, crème fraîche sauce with garlic, brandy, Dijon mustard and fresh parsley. Served with saffron rice or Al dente gluten free penne pasta. 14.95

Add chicken breast pieces or beef brisket chunks to your stroganoff 3.95

All our Stroganoff dishes go perfectly with Toast & Honey Chardonnay

Winter Vegetable Hotpot

A medley of seasonal vegetables and tricolour quinoa grains in a thick vegetable gravy. Topped with sauteed Pembrokeshire potatoes and accompanied by triple blanched skin on chips, garden peas and vegetable gravy. 15.95

Try our hearty hotpot with Old Gum Tree Shiraz

Pasta Arrabiata

Al Dente gluten free Penne pasta tubes, tossed in a lightly spiced classic Italian sauce with garlic, shallots and red chilli. Finished with Parmesan cheese shavings. 15.95

Add grilled chicken breast pieces or sauteed king prawns 3.95

All of our Arrabiata dishes go well with Aime Arnoux Ventoux

Please note: Our cuisine is homemade and freshly cooked. Many items will be cooked to order and therefore waiting times will reflect this. This may be a touch longer at busy times. Thank you for your patience. All weights are approximate and uncooked. Whilst every care is taken fish and chicken dishes may contain bones. We are pleased to be able to adapt many of our dishes for your dietary requirements. Please ask your server for more information.

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Tyr Winch Classics

Chicken Heliwr

Grilled butterfly chicken breast topped with our smoky tomato sauce, sweet cured extra thick back bacon and Welsh triple cheese blend. Served with triple blanched skin on chips and garden peas. 16.95

Pairs perfectly with Conde de Castille Rioja Crianza

Steak & Ale Pie

Steak pieces in a rich ale gravy, encased in a gluten free shortcrust suet pastry and served with triple blanched skin on chips or creamy garlic & chive mash, garden peas, beef bone & caramelized onion gravy and crispy onions. 16.95

Slow Roasted Brisket

Celtic Pride Beef Brisket, generously seasoned with chef's spice rub, slowly roasted for 14 hours and thickly cut. Topped with Nduja BBQ beans and served with garlic buttered corn cob and triple blanched skin on chips. 19.95

Goes great with Vina Carrasco Merlot

Beef Bourignon

The classic French winter warmer with a Ty'r Winch twist. Celtic pride beef, bacon lardons, button mushrooms and pearl onions braised in Pinot Noir red wine with garlic and herbs. Served with garlic & chive mashed potato and garden peas. 19.95

The perfect accompaniment, Aime Arnoux Ventoux

Minted Lamb Leg

Slow roasted 8oz lamb leg joint, served pink on a bed of creamy garlic and chive potatoes with garden peas and a minty lamb gravy. 21.95

Enjoy this tender lamb dish with Dehesa de Gazania Rioja Reserva

The Burger Bar

Our classic burgers are served in a toasted Genius gluten free brioche roll with vine ripened tomato, red onion, and lollo rosso lettuce. Accompanied by triple blanched skin on chips, a gluten free breaded onion ring and a side of Ty'r Winch secret recipe burger Sauce. 16.95

Choose from: 6oz Celtic pride beef burger, Grilled butterfly chicken breast or Ultimate vegan burger

Why not add an extra topping or second burger?

Double up your burger 3.45

Sweet cured thick cut back bacon 2.25

Shredded Welsh triple cheese blend 1.65

Honey & Chilli Halloumi Cheese 2.25

Vegan smoked Applewood cheese 2.25

Ty'r Winch Burger

Upgrade any of our classic burgers with melted Welsh triple cheese blend and Honey Bourbon Bbq Pulled Pork. Vegan option available. 18.25

Goes perfectly with Aime Arnoux Ventoux

Salads

A crisp, colourful medley of lollo rosso lettuce, radicchio, rocket, vine ripened tomatoes, red onion, yellow pepper, carrot and sweetcorn. 16.95

Tossed with either **house dressing** or **honey & mustard dressing**. Topped with your choice of:

Honey & chilli halloumi cheese slices

Blackened Cajun chicken breast strips

Cajun Battered Cauliflower Florets

Our colourful salads go perfectly with Kokako Sauvignon Blanc

Side Orders

Triple blanched skin on chips 3.95
Buttered fresh vegetable selection 3.45
Gluten free garlic bread 3.95

Extra thick beef dripping chips 4.25 / Upgrade 1.45
Pembrokeshire baby potatoes 3.95
Gluten free garlic bread with triple cheese 4.65
Dressed side salad 3.25

Garlic and herb buttered button mushrooms 3.75
Gluten free breaded onion rings 3.95
Gluten free white roll and Welsh butter 3.25

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Desserts & Coffees

Creme Brulé

Rich creamy vanilla custard with a crispy, caramelised sugar top and raspberry coulis. 6.95

Ty'r Winch Choc Chip Sticky Toffee Pudding

Our take on the traditional steamed pudding with dates and Belgian dark chocolate chips. Topped with our toffee sauce and served with creamy custard. 6.95

Ty'r Winch chocolate sundae

Award Winning Clotted Cream Vanilla & Chocolate Ice Creams, made in Wales to an Italian family recipe. With marbled chocolate pencil, freshly whipped cream, milk chocolate pieces and rich chocolate sauce. 7.95

A selection of Vegan ice creams and sorbets are also available, please ask your server.

Don't miss out on our selection of fantastic coffees made with freshly ground beans for a full and fresh flavour.

Hot Beverages

Americano 2.95	Double Espresso 3.45
Latte 2.95	Mocha 3.15
Flat White 2.95	Hot Chocolate 3.25
Cappuccino 2.95	English Breakfast Tea 2.45
Espresso 2.95	Herbal Teas 2.45

Liquor Coffees

Irish Coffee 8.95
Tia Maria Coffee 8.95
French Coffee 8.95
Baileys Floater 8.95

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