
TYR WINCH

PUB, RESTAURANT, GUEST HOUSE

FAMILY BUSINESS

Gluten Free Menu

We pride ourselves on offering, what we believe, is one of Cardiff's most comprehensive and varied gluten free menus. Because our cuisine is homemade, we can adapt most of our dishes. Please be aware that whilst every care is taken, these dishes are produced in a busy environment where all food allergens are present. Please allow extra time for your dishes to be prepared as safely as possible. Help others discover our extensive menu and review us at findmeglutenfree.com

Starters and small plates

Perfect to share, any 3 dishes for £22.95

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, gluten free Cheddar cheese cornbread muffin. 8.95

***New* Seared scallops & Chorizo**

Butterbean, tomato and chorizo stew topped with a trio of king scallops, pan seared in our garlic, herb and shallot butter. With fresh lemon and gluten free bread. £8.95

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 warm gluten free bread. 8.95

***NEW* Antipasto crostini**

Freshly baked gluten free bread topped with Serrano ham, Fresh mozzarella, salami Milano, sundried tomato and fresh basil. 8.45

Soup of the Day

Served with, fresh cream, gluten free roll and award-winning Welsh butter. 7.95

Please ask your server for todays soup.

Garlic Mushrooms

Button mushrooms, shallots and fresh garlic sauteed in our own recipe garlic and herb butter. Served with dressed leaves and gluten free roll. 7.95

Mains Courses

Upgrade your chips, mash or rice to our extra thick, extra crispy, beef brisket dripping chips or creamy, cheesy potato gratin on any meal. 1.75

Grills

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. 28.95

Complemented by Dehesa de Gazinia Rioja Reserva

Flat Iron Steak

Hand cut to approximately 7oz from the feather blade 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. 20.95

Goes great with Dehesa de Gazinia Rioja Reserva

Mixed Grill

A 20oz feast for meat lovers. 4oz flat iron steak, 6oz gammon steak, 3oz butterflied chicken breast and a pair of butchers pork & leek sausages triple cooked skin on chips, garlic buttered button mushrooms, confit vine cherry tomatoes and a free-range fried egg. 32.95

Pairs perfectly with Tre Cipressi Chianti

Hand cut giant gammon

Salt cured pork leg, hand cut to approximately 12oz. Chargrilled and served with triple blanched skin on chips, garden peas, confit vine cherry tomatoes and garlic buttered button mushrooms. Finished with a grilled pineapple ring and a free range fried egg 19.95
Enjoy with Ghost In The Machine Malbec Viognier

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. 18.45
Try our Best-selling dish with Hillville Road Chardonnay

For the perfect accompaniment to your steak just add:

Creamy four peppercorn and VSOP champagne cognac sauce. 3.45
Perl Las Welsh blue cheese, chardonnay and mushroom sauce. 3.45
Beef brisket 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 or seared scallops 4.95

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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The Burger Bar

Our classic burgers are served in a toasted Genius brioche roll with beef tomato, dill pickles, red onion, and Lollo rosso lettuce. Accompanied by triple blanched skin on chips, a hand battered, gluten free giant onion ring and a side of Ty'r Winch secret recipe burger Sauce. 17.25

Choose from: 6oz Celtic pride beef burger or Ultimate vegan burger

Why not add an extra topping or second burger?

Double up your burger 3.65

Sweet cured thick cut back bacon 2.45

Shredded Welsh triple cheese blend 1.75

Honey & chilli Halloumi Cheese 2.45

Vegan smoked Applewood cheese 2.25

Ty'r Winch Burger

Upgrade our classic burgers with melted Welsh smoked cheddar and slow roasted Honey Bourbon Bbq Pulled Pork. Vegan option is available. 19.25

Goes perfectly with Tre Cipressi Chianti

Burger of the Week

Please ask your server about this week's mouthwatering creation from our brigade of chefs. From 18.95

Please note, not all offerings are gluten free. Please ask for details.

Seafood

Beer Battered Cod

North Atlantic cod fillet coated in our light crispy Peroni gluten free 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. 23.45

Try our top selling Cod with E Bonnaville Chablis

Breaded Scampi

10 Pieces of Whitby gluten free wholetail breaded scampi, deep fried till golden brown and served with triple blanched skin on chips, garden peas and home-made tartare sauce. 18.95

Enjoy with Blendebido Pulpo Albarino

***NEW* Wild Bass & Scallopes**

Wild sea bass fillet baked with a parmesan and herb crust. Served on a bed of garlic buttered balsamic green beans with baby Pembrokeshire potatoes and creamy lobster bisque sauce. Finished with fresh lemon and a pair of seared king scallops. 25.95

Complimented by Henri Ehrhart 'Harmonie' Cremant Brut Alsace

***NEW* Moules Frites**

Fresh, steamed Carmarthen Bay mussels tossed with your choice of Tomato & Chilli or classic White wine & cream sauce. Accompanied by fresh lemon and triple blanched skin on fries. 23.95

Enjoy with La Vieille Cure Muscadet Serve

Pub 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. 17.45

Pairs perfectly with Conde de Castille Rioja Crianza

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 bites and triple blanched skin on chips. 21.45

Goes great with Vina Carrasco Merlot

Steak & Ale Pie

Slow cooked steak chunks in a rich ale gravy, encased in gluten free short crust pastry and served with triple blanched skin on chips or creamy garlic & chive mash, garden peas, beef bone & caramelized onion gravy and crispy onions. 17.45

Pasta and Vegetarian

***NEW* Ratatouille Gratin**

Aubergine, courgette, bell pepper, vine ripened tomatoes and onions sauteed with fresh garlic, mediterranean herbs and olive oil. Topped with a smoked cheese and basil crumb and finished in the oven. Served with Pembrokeshire baby potatoes and fine beans. 14.95

Goes perfectly with Tre Cipressi Chianti

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 pasta. 15.45

Add chicken breast pieces or crispy beef brisket chunks for 4.25

All our Stroganoff dishes go perfectly with Toast & Honey Chardonnay

Fusilli Arrabiata

Al Dente gluten free pasta tossed in a lightly spiced classic Italian sauce with garlic, shallots and red chilli. Finished with Parmesan cheese shavings. 16.25

Add grilled chicken breast pieces or sauteed king prawns 4.25

All of our Arrabiata dishes go well with Mozzafiato Primitivo

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Seasonal Salads

A crisp, colourful medley of Lollo Rosso lettuce, radicchio, rocket, vine ripened tomatoes, red onion, yellow pepper, carrot strips and sweetcorn. Tossed with either **house vinaigrette, creamy Caesar or honey & mustard dressing**. Topped with your choice of:

Honey & chilli halloumi cheese slices 16.95

Blackened Cajun chicken breast strips 16.95

NEW Grilled Flatiron steak strips and caramelized shallots 19.95

Our colourful salads go perfectly with Kokako Sauvignon Blanc

NEW Club Caesar

Strips of grilled chicken on a bed of mixed salad leaves. Tossed with creamy Caesar dressing, parmesan shavings and sweet cure bacon pieces. 18.95

Complimented by Henri Ehrhart 'Harmonie' Cremant Brut Alsace

For the perfect accompaniment to your meal, why not add a side order?

Extra thick beef brisket dripping chips.

Cut extra thick for a crunchy shell and fluffy center. Deep fried in our beef brisket dripping till perfectly crisp. May contain scraps of our brisket burnt ends.

4.25 / Upgrade 1.75

Triple blanched skin on chips
3.95

Welsh cheese topped creamy potato
gratin
4.25 / Upgrade 1.75

Garlic, shallot and herb buttered
button mushrooms 3.95

Garlic buttered fine beans
3.45

Creamy Ty'r Winch Coleslaw
3.25

Hand battered giant onion rings
3.95

Garlic and herb buttered gluten free
bread
3.95

Garlic and herb buttered gluten free
bread with triple cheese blend
4.65

Garlic Buttered, grilled corn cob bites
3.25

Mixed side salad with house
vinaigrette
3.25

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Desserts

Crème Brûlée

Rich creamy vanilla custard with a crispy, caramelised sugar top, and raspberry coulis. 7.25

***NEW* Poached Pears**

Baby pears gently poached in a fruity combination of red wine, cinnamon and sugar. Served warm with vanilla ice cream and cinnamon syrup. 7.95

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. 7.45

***NEW* Welsh Cheese & Chutney**

Generous chunks of Welsh vintage smoked cheddar and Angiddy soft cheese, accompanied by celery sticks, apple chutney and gluten free sourdough crackers. 7.95

Ty'r Winch sundaes 7.95

Award Winning ice creams, made in Wales to an Italian family recipe. With marbled chocolate pencil and freshly whipped cream, choose from:

Rich chocolate and Clotted cream vanilla ice creams and Belgian chocolate sauce.

Strawberries & cream and Clotted cream vanilla ice creams and strawberry compote.

White chocolate pistachio and clotted cream vanilla ice creams with white chocolate sauce.

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