

Menu

Evening



GLUTEN FREE MENU

Snacks

FIRE ROASTED PADRON PEPPERS 6
Maldon Sea Salt

KALAMATA OLIVES 5.50

HOUSE BREAD & WHIPPED BUTTER 6

Starters

KING SCALLOPS 13
Tikka Massala, Furikake, Chive, Coriander

MARINATED HERITAGE TOMATOES 12
House Ricotta, Black Olive Crumb, Garden Herbs, Chive Oil

SOUP OF THE DAY 9
Served with gluten free bread

CARMARTHEN HAM SALAD 11
Chargrilled Peaches, Torn Mozzarella, Rocket, Roasted almonds, White Balsamic Dressing

Mains

PAN-FRIED COD LOIN 25
Cardigan Bay Crab, New Potatoes, Pak Choi, Lemongrass & Chilli Sauce, Coriander

GRILLED 14OZ GAMMON STEAK 20
Triple-Cooked Chips, Edkins Farm Free-Range Egg, Pineapple Pickle

GARDEN PEA RISOTTO 18
Whipped Goats Cheese, Asparagus, Wild Rice, Chive

GRILLED CHICKEN CAESAR SALAD 17
Romaine Lettuce, Anchovies, Crispy Bacon, Parmesan, Caesar Dressing

ROAST CHICKEN SUPREME 23
Romesco Sauce, Confit Leeks, Carrot Puree, Chicken Jus

GRILLED COD FILLET 19
Triple-Cooked Chips, Crushed Peas, Chip Shop Curry Ketchup, Tartare Sauce

ROASTED PORK TENDERLOIN 23
Caramelised Onion Puree, Tenderstem Broccoli, Puffed Pork, Potato Fondant, Cider Cream Sauce

Steaks

All steaks are dry aged for a minimum of 28 days & cooked over fire. Our steaks are served with seasoned fries, cherry vine tomatoes, portobello mushroom & a sauce of your choice.

Choose your cut:

7oz FILLET STEAK 35.50 | 10oz SIRLOIN STEAK 32 | 8oz RIBEYE STEAK 30

Choose your sauce:

BEARNAISE | CLASSIC PEPPERCORN | CAFÉ DE PARIS BUTTER | RED WINE | BLUE CHEESE

Sides

BLAENCAMEL GARDEN SALAD 5

SEASONED FRIES 5

GLUTEN FREE GARLIC CIABATTA 4.50

BUTTERED SEASONAL GREENS 5.50

BLAENCAMEL NEW POTATOES, GARLIC & HERB BUTTER 5.50

TRUFFLE AND PARMESAN FRIES 6

RED CABBAGE SLAW 3.50

Please let a member of staff know if you have any allergies or dietary restrictions.

www.tyglyn.co.uk

info@tyglyn.co.uk