



# The Tyn-y-Capel Inn and Restaurant

## Starters

**Rustic Pork & Apple Roll** topped with Caraway Seeds & accompanied with a Homemade Chutney - **£5.75**

**Steamed Green Lip Mussels "Mariniere"** Served with Crusty Dipping Bread **(GF) - £8.50**

**Classic Waldorf Salad** Served on a bed of Romaine and Radicchio Lettuce **V, GF, (Vg) - £5.00**

**Chicken & Olive Roulade** Served on a bed of Rocket, Watercress & Manchego Shavings **GF- £6.50**

**Creamy Garlic Mushrooms & Spinach** Set on toasted Ciabatta **V, (GF) - £5.75**

**Homemade Chicken Liver & Port Pate** Served with Caramelised Red Onion and Warm Toast **(GF) -£6.00**

**Homemade Soup of the Day** with Crusty Bread **V, (Vg), (GF) - £5.00**

## Mains

**Blackened Swordfish** Served with Sautéed Potatoes, Avocado & Tomato Salsa **GF - £12.50**

**Breast of Chicken Stuffed with Leeks** accompanied with Roasted New Potatoes and a Rich Stilton Cream **GF - £12**

**Anti Pasta Platter** A combination of Serrano Ham, Houmous, Olives, Manchego, Stuffed Peppers, Pesto and Warm Pitta Bread - **£13**

**Courgette & Polenta Slice** Served with a Rustic Tomato and Olive Sauce and Mixed Salad **V, Vg, GF - £10.50**

**Pan Roasted Duck Breast** with Dauphinoise Potatoes, Honeyed carrots and a Redcurrant and Raspberry Jus - **£15.75**

**Vegetable Thai Green Curry** Served with Sticky Jasmine Rice **V, Vg, GF - £12.50**

## Pub Classics

**Battered Cod Fillet** served with Hand Cut Chips, Garden or Mushy Peas, Tartare Sauce and Lemon - **£11.75**

**Steak & Ale Pie** topped with a Puff Pastry Lid, Medley of Vegetables and Hand Cut Chips - **£12**

**Sizzler of the Day**, with side salad, coleslaw, warm wraps & spiced wedges **(V) GF - £12.50**

## Grills

**8oz Rib Eye Steak (GF) - £18**

**The Tyn y Capel Mixed Grill - £19.50**

**10oz Gammon Steak** with egg or pineapple **(GF) - £12.50**

All served with tomato, mushrooms, onion rings & triple cooked chips

### **SAUCES - £2.50 each**

Port & Stilton Cream – Diane – Pink Peppercorn & Brandy – Sticky Whisky BBQ

**V** Vegetarian , **(V)** Vegetarian with adjustments, **GF** Gluten Free, **(GF)** Gluten Free with adjustments, **Vg** Vegan **(Vg)** Vegan with adjustments

Please discuss any special dietary requirements with your server

## **Burgers**

**6oz Beef**, topped with Crispy Bacon & Mozzarella - **£12.50**

**Southern Fried Chicken**, topped with Crispy Bacon & Mozzarella - **£12.50**

**8oz Vegan Burger** topped with Vegan Cheese **V, Vg** - **£12.50**

All served in an American Sourdough Style Bun with Salad, Coleslaw & Seasoned Fries

## **Sides, Nibbles & Sharers**

**Marinated Mixed Olives V, GF** - £4

**Garlic Ciabatta with Cheese V** - £3.50

**Medley of Buttered Vegetables V, (Vg), GF** - £4

**Fries V** - £3

**Halloumi Fries and Garlic Aioli V** - £4.50

**Triple Cooked Chips V, Vg, GF** - £3

**Giant Beer Batter Onion Rings V** - £4

**Cajun Coated Fries V, GF** - £3

**Garlic Ciabatta V** - £3

**House Salad Bowl** with herb oil and balsamic glaze **V, Vg, GF** - £3.50

***The items below are served Monday – Saturday 12 – 5pm***

## **Sandwiches (GF) and Ciabatta**

Smoked Bacon, Brie & Cranberry - **£6**

Wilted Spinach & Garlic Mushroom **V, (Vg)** - **£5.50**

Sweet Chilli Chicken & Mozzarella - **£6.50**

Prawns Marie Rose - **£6.50**

Cheese and Red Onion **V** - **£5.50**

**All served with Salad, Coleslaw and Crisps**

## **Jacket Potatoes** (all GF)

Mature Cheddar Cheese **V** - **£6.75**

Prawn & Marie Rose - **£7.50**

Chilli Con Carne (or Vegetarian option) **(V, Vg)** - **£6.50**

Cheddar and Beans **V** - **£5.50**

**All served with Salad and Coleslaw**

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*Some of our items may contain allergens. There is a small risk that traces of these may be found in a number of products served here at the Tyn y Capel. We understand the dangers to those with allergies and ask you to raise any allergy issues with a member of staff who will be happy to help.*

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