



## All Day Menu

### To Start

**HOMEMADE SOUP OF THE DAY €6.25**

Served with Soda bread  
(check allergens with your server)

**J. FRANKS CHICKEN WINGS €9.50**

Crispy Irish chicken wings, coated in Franks hot sauce,  
Cashel blue cheese dip & fresh cut celery.  
(Contains Allergens No. 7,8,9,11,12)

**CHICKEN CAESAR SALAD €13.00**

**Main course €15.50**

Free range Irish chicken, Grana Padano shavings and  
cured smoked bacon, crouton and dressed baby gem  
(Contains Allergens No.6 wheat 7,8,9,11)

**IRISH SMOKED SALMON €13.00**

Celeriac slaw, red onion and caper salsa  
(Contains Allergens No.3 salmon 7,9,12)

**JAPANESE GLAZED PORK BELLY €9.50**

Apple ketchup, mango and passion fruit salsa  
(Contains Allergens No. 6 wheat, 8,9,10,12)

### Pizza

**CLASSIC PEPPERONI**

Tomato sauce, mozzarella, pepperoni, roasted peppers  
(Contains Allergens No. 6 wheat, 7,8,9,12)

**CLASSIC MARGHERITA €13.50**

Tomato sauce, mozzarella & fresh basil  
(Contains Allergens No. 6 wheat, 7,11)

**VEGAN BE HEROES (V) €14.95**

Tomato sauce, mozzarella, spinach, roasted pepper &  
black olives  
(Contains Allergens No. 6 wheat, 7,8,9,12)

**MEAT ME IN CARDIFF LANE €15.50**

Tomato sauce, mozzarella, pepperoni, chorizo, roasted  
peppers  
(Contains Allergens No. 6 wheat, 7,8,9,12)

### Mains

**THE TOWER BEEF BURGER €16.50**

Grilled 8oz's of Irish Angus Beef, topped with cheddar cheese, beef  
tomato, sliced red onion and crisp gem leaf and American style dressing.  
Served with chips  
(Contains Allergens No. 6 wheat, 7, 8,9, 11, 13)

**Add Smoked Streaky Bacon €17.50**

**FRESH FISH AND CHIPS €17.50**

Fresh Haddock in a lemon and lime Panko breadcrumb, homemade  
tartar sauce and minted peas  
(Contains Allergens No. 3 haddock, 6 wheat, 7,8,9,11)

**PAN-FRIED CHICKEN SUPREME €17.95**

Served with Gratin Dauphinois, seasonal greens, red wine jus  
(Contains Allergens No. 7,9,11,12)

**OPEN FILLET STEAK SANDWICH €18.50**

Garlic butter, baby gem salad, sauté onions on Ciabatta Bread  
(Contains Allergens No. 6 wheat, rye, 7,8,9,12)

**GRILLED SIRLOIN STEAK €23.00**

Served with mixed leaves, chips and peppercorn sauce  
(Contains Allergens No. 7,9)

**VEGETABLE KORMA €16.95**

Lightly spiced almond & coconut Curry with Cauliflower, sweet potato,  
butternut squash & Pak choi. Served with Basmati rice and poppadom  
(Contains Allergens No. 5 almond, 6 wheat, 8,9,13)

## Desserts

**OOPS! I DROPPED YOUR ICE CREAM €6.25**

Selection of Glenown farm dairy ice creams, berry coulis, whipped cream  
(Contains Allergens: 6 wheat,7,8,9)

**WHITE CHOCOLATE AND STRAWBERRY CHEESECAKE WITH RED VELVET €6.25**

(Contains Allergens: 6 wheat,7,8,9,11)

**CHOCOLATE BROWNIE WITH CRAZY CHOCOLATE €6.25**

(Contains Allergen no. 6 wheat,7,9,11)

### ALLERGEN INDEX

1. Crustaceans	6. Cereals containing gluten	10. Sesame
2. Molluscs	gluten	11. Eggs
3. Fish	7. Milk /milk products	12. Celery &celeriac
4. Peanuts	8. Soya	13. Mustard
5. Nuts	9. Sulphur dioxide	14. Lupins