



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 €15.50

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 SIRLOIN 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	11. Eggs
2. Molluscs	7. Milk/milk products	12. Celery & Celeriac
3. Fish	8. Soya	13. Mustard
4. Peanuts	9. Sulphur dioxide	14. Lupins
5. Nuts	10. Sesame	