

MENU



Swansea Bay
THE TOWERS HOTEL

Wales

starters & LIGHT BITES

salads

mains

FROM THE chargrill

sides

Classic Prawn Cocktail (GF) with Marie Rose Dressing	£7.95	Freshly Made Soup (GF) with Fresh Baked Bread	£7.25
Moroccan Spiced Falafel (V) (GF) with Houmous and Tzatziki	£7.50	House Pate (GF) with Onion Marmalade and Warmed Toast	£7.75
Indian Spiced Vegetable Samosas (V) with Mango Chutney and Raita	£7.50	Southern Fried Chicken Strips with Chipotle Mayo	£7.95
Salt & Pepper Squid with Lemon Aioli	£8.25		
Chicken Caesar Salad (GF) Little Gem Lettuce, Boiled Egg, Parmesan Cheese, Garlic Croutons and our House Dressing topped with Chargrilled Chicken Breast		Starter - £8.95 / Main - £15.95	
Teriyaki Marinated Salmon, Chicken or Tofu (GF) Served on a bed of Salad Leaves with Asian Slaw			£16.95
Traditional Roast Dinner (GF) Choice of Meat, or Rainbow Bake served with All the Trimmings & our Homemade Gravy	£15.95	Penne Pasta Pesto (V) Pasta with Fresh Green Vegetables and Garlic Bread Slice <i>Add Chicken - £15.95</i>	£14.95
Classic Fish & Chips Cod Fillet with Mushy Peas and Hand Cut Fries (A Choice of Crispy Beer Battered, Simply Grilled or Topped with Cheese)	£17.25	BBQ Chicken (GF) Baked Breast of Chicken, wrapped in Bacon, topped with Melted Cheese in a rich Barbeque Sauce, served with Coleslaw and Hand Cut Chips	£16.50
Chicken Madras Curry (GF) Served with Rice, Popadoms & Chutneys <i>Also available as Vegetarian with Seasonal Mushrooms (V)</i>	£16.25	Grilled Lamb Rump (GF) Served with Garlic & Herb Parmentier Potatoes with Chimichurri	£18.50
Grilled Fillet of South Coast Plaice (GF) Served with Boiled Potatoes & Peas			
8oz Prime Fillet Steak (GF)	£25.95	8oz Sirloin Steak (GF)	£24.95
8oz Ribeye Steak (GF)	£24.95	Butterflied Breast of Chicken (GF) Marinated in Garlic & Thyme	£16.50
12oz Gammon Steak (GF) with Fried Egg or Glazed Pineapple Slice	£17.50		
<i>All Grills are served with Tomato, Mushrooms and Hand Cut Fries</i>			
Towers Prime Beef, Chicken (GF) or Veggie Burger Chargrilled 6oz Beef Steak Patty, Chargrilled Chicken Breast, or a Fried Butternut Squash, Goats Cheese and Beets Patty in a Bun with Coleslaw and Hand Cut Fries			£15.95
<u>Add Burger Toppings:</u>			
Melted Cheese - £1.00	/	Bacon - £1.50	/
Double Up - £4.00			
Breaded Wholetail Scampi	£4.75	Tempura King Prawns with Sweet	£5.75
Peppercorn Sauce	£3.25	Chilli	
Onion Rings	£3.25	Garlic Butter	£1.50
Garlic Bread with Cheese	£4.25	Garlic Bread	£3.75
Garden Salad	£3.50	Freshly Baked Bread	£2.95
Medley of Seasonal Vegetables	£3.25	Hand Cut Fries	£3.25
Peas	£3.00		

Please advise a member of staff if you have any allergies or dietary requirements