

MENU



Swansea Bay

THE TOWERS HOTEL

Wales

starters & LIGHT BITES

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		

salads

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		

mains

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	£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 Also available as Vegetarian with Seasonal Mushrooms (V)	£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	£17.50		

FROM THE

chargrill

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		

All Grills are served with Tomato, Mushrooms and Hand Cut Fries

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
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Add Burger Toppings:

Melted Cheese - £1.00 / Bacon - £1.50 / Double Up - £4.00

sides

Breaded Wholetail Scampi	£4.75	Tempura King Prawns with Sweet Chilli	£5.75
Peppercorn Sauce	£3.25	Garlic Butter	£1.50
Onion Rings	£3.25	Garlic Bread	£3.75
Garlic Bread with Cheese	£4.25	Freshly Baked Bread	£2.95
Garden Salad	£3.50	Hand Cut Fries	£3.25
Medley of Seasonal Vegetables	£3.25		
Peas	£3.00		

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