



Swansea Bay  
TOWERS HOTEL & SPA  
Wales

Why not finish your meal with  
one of our Desserts...

Please ask a member of Staff  
for a Dessert Menu.

**Cheese Board £6.50**

Selection of 3 types of Mature Cheese  
served with Fresh Fruit  
and a Selection of Crackers.

**Coffees**

<b>Filter Coffee</b>	<b>£2.00</b>
<b>Cappuccino</b>	<b>£2.50</b>
<b>Latte</b>	<b>£2.50</b>
<b>Espresso</b>	<b>£2.00</b>
<b>Hot Chocolate</b>	<b>£2.50</b>
<b>Floater</b>	<b>£2.50</b>
<b>Floater &amp; Liquor</b>	<b>£4.50</b>

**Please make staff aware if you have  
any allergies or dietary requirements  
as food may contain allergens.**

## Lunch Menu

### Starters

**Soup of the Day £4.25**

Freshly Prepared Soup served with Freshly  
Baked Bread

Please ask Waitress for today's seasonal soup

**Classic Prawn Cocktail £5.95**

Finest Peeled Prawns topped with  
Marie Rose Sauce

**Smooth Brussels Pate £5.95**

A Smooth Brussels Pate with a Sweet Red  
Onion Marmalade and Fresh Crostini

**Tempura Prawns £5.95**

Deep Fried Crispy Tempura King Prawns with  
a Sweet Chilli Sauce

**Toasted Brushetta £5.25**

Topped with Peppers, Sunblushed Tomatoes  
and Parmesan Cheese

**Honey Dew Melon £5.25**

Fanned Honey Dew Melon served with  
Raspberry Coulis

**Towers Rarebit £4.25**

Toasted Garlic Bread Slices topped with a  
Welsh Cheese Gratin

**Caesar Salad £5.50**

Classic Caesar Salad. Crisp Lettuce with  
Parmesan, Croutons and a Caesar Dressing

**Smoked Salmon £6.25**

Served with Prawns, Cucumber and Mint

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## Mains

### **Sausage and Mash £8.50**

Fresh Local Pork and Chive Sausages with a Creamed Potato Mash, Onions and a Rich Gravy

### **Minted Lamb Chops £9.95**

Sweet Mint Marinated Lamb Cutlets accompanied with Grilled Tomato and Sautéed Mushrooms

### **14oz Gammon Steak £11.50**

Served either with a Fried Free Range Egg or a Sweet Pineapple

### **Towers Chicken Balti £9.50**

Medium Spiced Curry with Steamed White Rice, Poppadom and Chutney Plate

### **Pork Loin £9.95**

Chargrilled Double Pork Loin Steak served with a Creamy Honey and Wholegrain Mustard Dressing

### **Chicken Cesar Salad £9.95**

Welsh Smoked Black Mountain Chicken, Cesar dressing with Crisp Lettuce and Fresh Parmesan Shavings

### **Pasta Arrabiata £8.50**

Fresh Penne Pasta with a Spicy Tomato Sauce Topped with Fresh Parmesan Shavings and Garlic Bread

### **Vegetable Tartlet £8.50**

Mediterranean Roast Vegetable and Tomato Tartlet Glazed with Mature Cheddar served with Crisp Leaf and a Balsamic Reduction

### **North Atlantic Cod £10.50**

Cod Fillet cooked in a Homemade Beer Batter, Simply Grilled or Topped with Melted Cheese

### **Black Mountain Oak Smoked Salmon £10.50**

Welsh Smoked Scottish Salmon Fillet with a Fresh Herb Salad, Drizzled with Basil Oil and Balsamic Reduction

### **Seabass £11.95**

Fresh Fillets of Sea bass served with Mediterranean Vegetables

### **Chicken Chasseur £9.75**

Chicken Breast Chasseur served with Red Wine and Mushrooms topped with Crisp Bacon

### **Creole Chicken £9.75**

Breast of chicken flavoured with Cajun and Sweet Chilli Dressing served with Coleslaw and Crisp Leaf salad

### **Grilled Plaice £10.50**

Fresh grilled fillet of plaice served with lemon and parsley butter

## Mains

### **Our Steaks**

A Selection of Prime Quality British Steak, matured for 28 days, Char Grilled, accompanied with Sweet Grilled Tomato and Sautéed Mushrooms

**6oz Fillet Steak £15.50**

**8oz Sirloin Steak £12.95**

**12oz Rump Steak £14.95**

**16oz Porterhouse Steak £18.50**

### **Surf And Turf £12.50**

Prime 6oz Sirloin Steak with a Crisp Salad and Deep Fried Tempura Prawns served with a Chilli Dip

### **Towers Pepper Steak £10.95**

6oz Sirloin Served with Cracked Black Creamy Pepper Sauce

### **Towers Classic Roast Dinner £9.50**

Served with all the trimmings and our own Homemade Welsh Gravy.

**Please ask for Today's Selection of Roasts.**

**Towers Main Course Salad £8.95**

**Please ask for Today's Selections of Meats and Salads.**

### **Sauces and Sides**

**Freshly Baked Bread £1.95**

**Towers House Salad £2.95**

**Toasted Garlic and Herb Slices £2.50**

**Creamy Peppercorn Sauce £2.50**

**Chasseur Sauce £2.50**

**Portion of Chips £2.50**

**Sauté Mushroom £2.50**

### **Also see our Daily Specials**

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