Swansea Bay
TOWERS HOTEL & SPA
Wales

Lunch Menu

Starters

Soup of the Day - £4.25
Freshly Prepared Soup served with a Crusty French Bread. Please ask Waitress for today's seasonal soup

Classic Prawn Cocktail - £5.50
Finest Peeled Prawns topped with Marie Rose Sauce

Smooth Brussels Pate - £5.25
A Smooth Brussels Pate with a Sweet Red Onion Marmalade and Fresh Crostini

Tempura Prawns - £5.75
Deep Fried Crispy Tempura King Prawns with a Sweet Chilli Sauce

Toasted Brushetta - £4.95
Topped with Peppers , Sunblushed Tomatoes and Parmesan Cheese

Honey Dew Melon - £4.75
Fanned Honey Dew Melon served with Raspberry Coulis

Towers Rarebit - £3.75
Toasted Garlic Bread Slices topped with a Welsh Cheese Gratin

Caesar Salad - £4.95
Classic Caesar Salad. Crisp Lettuce with Parmesan, Croutons and a Caesar Dressing

Smoked Salmon - £5.75
Served with Prawns, Cucumber and Mint

Mains

Sausage and Mash - £7.95
Fresh Local Pork and Chive Sausages with a Creamed Potato Mash, Onions and a Rich Gravy

Minted Lamb Chops - £9.50
Sweet Mint Marinated Lamb Cutlets accompanied with Grilled Tomato and Sautéed Mushrooms

14oz Gammon Steak - £10.95
Served either with a Fried Free Range Egg or a Sweet Pineapple

Towers Chicken Balti - £8.95
Medium Spiced Curry with Steamed White Rice, Poppadom and Chutney Plate

Pork Loin - £9.50
Chargrilled Double Pork Loin Steak served with a Creamy Honey and Wholegrain Mustard Dressing

Chicken Cesar Salad - £9.50
Welsh Smoked Black Mountain Chicken Cesar Salad, with Crisp Lettuce and Fresh Parmesan Shavings

Pasta Arrabiata - £7.95
Fresh Penne Pasta with a Spicy Tomato Sauce Topped with Fresh Parmesan Shavings and Garlic Bread

Vegetable Tartlet - £7.95
Mediterranean Roast Vegetable and Tomato Tartlet Glazed with Mature Cheddar served with Crisp Leaf and a Balsamic Reduction

North Atlantic Cod - £9.95
Cod Fillet cooked in a Homemade Beer Batter, Simply Grilled or Topped with Melted Cheese

Black Mountain Oak Smoked Salmon - £9.95
Welsh Smoked Scottish Salmon Fillet with a Fresh Herb Salad, Drizzled with Basil Oil and Balsamic Reduction

Seabass - £11.50
Fresh Fillets of Sea bass served with Mediterranean Vegetables

Chicken Chasseur- £9.25
Chicken Breast Chasseur served with Red Wine and Mushrooms topped with Crisp Bacon

Creole Chicken - £9.25
Breast of chicken flavoured with Cajun and Sweet Chilli Dressing served with Coleslaw and Crisp Leaf salad

Grilled Plaice - £9.95
Fresh grilled fillet of plaice served with lemon and parsley butter

Mains

Our Steaks……..
A Selection of Prime Quality British Beef Steak, Matured for 28 Days Char grilled accompanied with Sweet Grilled Tomato and Sautéed Mushrooms.

6oz Fillet Steak-£14.95

8oz Sirloin Steak-£12.50

12oz Rump Steak-£14.50

16oz Porter House Steak- £14.95

SURF AND TURF - £11.95
Prime 6oz Sirloin Steak with a Crisp Salad and Deep Fried Tempura Prawns served with a Chilli Dip .

TOWERS PEPPER STEAK - £10.50
6oz Sirloin Served with Cracked Black Creamy Pepper Sauce

Towers Classic Roast Dinner- £8.95
Served with all the trimmings and our own Homemade Welsh Gravy.
Please ask for Today's Selection of Roasts.

Towers Main Course Salad - £8.50
Please ask for Today's Selections of Meats and Salads.

Sauces and Sides

Spanish Bread - £1.50
Towers House Salad - £2.50
Toasted Garlic and Herb Slices - £2.50
Creamy Peppercorn Sauce - £1.95
Chasseur Sauce - £1.95
Portion of Chips - £2.50
Sauté Mushroom - £2.50

Also See Our Daily Specials…..

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

Please ask a member of Staff for a Dessert Menu.

Cheese Board- £5.50

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

Coffees-

Cappuccino-	£2.50
Latte-	£2.50
Espresso-	£2.00
Hot Chocolate-	£2.50
Tea-	£2.00
Filter Coffee-	£2.00
Floater-	£2.50
+Liquor-	£4.50

All Coffees Served with Mini Welsh Cakes...