

BREAKFAST

TOWER BREAKFAST 1 3 €10.95

Bacon, sausage, fried or scrambled egg, grilled tomato, mushrooms, hash brown, pudding and toast to include tea or filter coffee

TOWER MINI BREAKFAST 1 3 €5.95

Any three items from above to include toast and tea or filter coffee

WARM WAFFLE 1 3 7 €6.50

Berry compote and crème fraîche

POWER PORRIDGE 1 €5.50

With Kilbeggan organic oats, seeds, berries, cinnamon and honey

LUMLEYS BAKERY SELECTION €3.00

of pastries, croissants, scones and muffins
(*Please ask staff for relevant allergen information)

BEVERAGES

TEA €2.20

HERBAL TEA €2.40

FILTER COFFEE €2.40

AMERICANO €2.70

LATTE 7 €3.00

CAPPUCCINO 7 €3.00

ESPRESSO €2.70

DOUBLE ESPRESSO €3.00

HOT CHOCOLATE 7 €3.00

WITH MARSHMALLOWS 7 €3.20

SOFT DRINKS €2.50

WATER €2.00

SPECIALITY DRINKS €3.20

Served
10am - 12pm

LUNCH

SOUP OF THE DAY 1 9 €5.20

GF served with Arun bakery breads
Gluten free bread available on request

HOWTH HARBOUR SEAFOOD CHOWDER 1 3 4 7 9 11 €7.00

With Guinness brown bread

HAM QUICHE 1 3 7 €7.00

Ham hock, Tipperary brie & red onion quiche

SALMON QUICHE 1 4 7 3 €7.00

Salmon, cream cheese, asparagus & spinach quiche

ARDSALLAGH GOAT'S CHEESE 1 3 7 €7.00

With spring onion & butternut squash

ANY QUICHE WITH THREE DAILY SALADS €12.00

(*Please ask staff for relevant allergen information)

6OZ DEXTER BEEF BURGER 1 3 7 €11.95

With crisp bacon, Dubliner cheddar and Tower fries

SUPERFOOD SALAD 7 €8.95

Sweet potato, broccoli, quinoa, feta cheese, happy pear sprout mix, pomegranate, mixed salad cress, lime and rape seed oil split dressing

ADD PIRI PIRI CHICKEN €10.95

Served
12pm - 4pm

SANDWICHES

WITH ARUN BAKERY BREADS & GARNISHED WITH CRISPS

“THE HERO” 1 3 €7.95

Milano salami, roast peppers, beef tomato, crisp iceberg, hero sauce on ciabatta

“CORONATION CHICKEN” 1 3 €7.95

Roast chicken, curry mayo, pickled carrots, coriander, spinach on rye bread

“NEW YORK DELI” 1 3 7 €7.95

Honey glazed ham, Knockanore smoked cheddar, rocket, garlic mayo, beef tomatoes, homemade relish on multiseed sourdough

“CAPRESE” 1 7 €7.95

Macroom buffalo mozzarella, beef tomatoes, basil pesto, olive oil, cracked black pepper on soft ciabatta baguette

“CAESAR CLUB” 1 3 7 €7.95

Roast turkey, crispy bacon, Swiss cheese, avocado, cos lettuce and Caesar mayo on spinach wrap

CREATE YOUR OWN SANDWICH (CYO) 1 €6.50

Using our selection of Arun bakery bread, wrap and bagel and fillings including 1 protein

ANY SANDWICH WITH CUP OF SOUP OF THE DAY €10.00

(*Please ask staff for relevant allergen information)

CHILDREN'S MENU

ALL DISHES €6.95

MARGARITA PIZZA 1 3 6 7 9
with fresh tomato sauce and grated mozzarella

CHICKEN POPCORN with skinny fries 1 3 7

FISH FINGERS with peas and fries 1 3 4

PENNE BOLOGNESE 1 3 9

Served
12pm - 4pm

ALL KIDS MENU INCLUDE FRUIT CORDIAL & SMALL ICE CREAM (*Please ask a member of staff for relevant allergen information)

SOMETHING SWEET

CARROT & WALNUT CAKE 3 5 6 7 8 €5.20

with vanilla cream cheese frosting GF

WHITE CHOCOLATE & RASPBERRY CHEESECAKE 1 7 €5.20

DECADENT DARK CHOCOLATE ROCHER 1 3 5 6 7 8 €5.20

CARAMEL MALTERERS CHEESECAKE 1 3 6 7 €5.20

DEEP PAN APPLE PIE 1 3 5 6 7 8 €5.20

LEMON DRIZZLE LOAF 1 5 7 8 €3.10

MILK CHOCOLATE & ORANGE SLICE 1 3 6 7 €3.10

APRICOT & PISTACHIO SQUARE 1 3 5 7 8 €3.10

CHOCOLATE BISCUIT CAKE WITH HONEYCOMB & CARAMEL 6 7 €3.10

COCONUT MACAROONS GF 3 5 7 8 €3.10

RED VELVET SQUARE 1 3 6 7 8 11 €3.10

APPLE SQUARE 1 3 6 7 8 11 €3.10

LEMON SQUARE 1 3 6 7 8 11 €3.10



GLASNEVIN

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Have you taken the tour yet?

SPECIAL OFFERS

SCONE OR PASTRY & FILTER COFFEE OR REGULAR TEA €5.00

SCONE OR PASTRY & SPECIALITY COFFEE €5.40

SLICE OF CAKE & FILTER COFFEE OR REGULAR TEA €6.50

(*Please ask staff for relevant allergen information)

*Allergen Information 1 Gluten 2 Crustaceans 3 Eggs 4 Fish 5 Peanuts 6 Soybeans 7 Milk 8 Nuts 9 Celery 10 Mustard 11 Sesame Seeds 12 Sulphur Dioxide 13 Lupin 14 Molluscs