



# The Tower Café Menu

## BREAKFAST / SNACK ITEMS

Homemade Cheese Scone <i>with butter</i>	377 kcal	£2.40
Cheese Scone with Grilled Cheese	427 kcal	£3.60
Homemade Fruit Scone <i>with jam &amp; butter</i>	400 kcal	£2.40
Bacon Bap	468 kcal	£4.20
Cumberland Sausage Bap	328 kcal	£4.20
Fried Egg Bap	367 kcal	£4.20
Sausage Roll	370 kcal	£2.10
Corned Beef & Potato Pasty	560 kcal	£2.60
Cheese & Onion Pasty	410 kcal	£2.60
Tower Café Childrens Lunch Box		£5.90

*ham or cheese sandwich, fruit, cheese, yoghurt & drink*

## JACKET POTATOES

*served with homemade coleslaw and side salad with honey and mustard dressing.*

Grated Cheddar	671 kcal	£6.20
Baked Beans	431 kcal	£6.20
Tuna Mayonnaise	430 kcal	£6.20

## TOWER CAFÉ SPECIALS

*served with homemade coleslaw and side salad with honey and mustard dressing.*

Homemade Corned Beef & Potato Pie	644 kcal	£7.20
Homemade Quiche	737 kcal	£7.20

*Daily and seasonal specials available - see our chalkboard for details.*

## HOMEMADE SANDWICHES/TOASTIES

*with homemade coleslaw and side salad with honey and mustard dressing.*

Chicken, Bacon & Mayonnaise	Brown 468	White 472 kcal	£5.90
Ham & Tomato	Brown 290	White 307 kcal	£4.90
Tuna Mayonnaise	Brown 414	White 416	£4.90
Cheese & Onion	Brown 457	White 460	£4.90

## CAKES AND ICE CREAM

*Large selection of homemade cakes and tray bakes available daily (individually priced, kcal information available on request).*

Mini Milk	£1.00
Calippo, Feast, Twister, Solero	£2.00
Magnum, Cornetto	£2.50

**All items available to eat in or take out.**

**Food Allergies and Intolerances:** Before ordering, please speak to our staff about your requirements.

**Calories:** Adults need around 2000 Kcal a day.

**If you have to leave:** we can package your food up to takeaway just ask.

## Dogs are welcome in this café

- You are responsible for your dog while in our café should they injure a person or other animal.
- Exercise your dog beforehand and ensure your dog has done all the necessities.
- Please don't enter if your dog is very wet from swimming or wet weather.
- Your dog isn't allowed on the furniture.
- If your dog isn't good with crowds, please pop back when it's quieter.
- If your dog excessively barks or growls you may be asked to leave.
- Please don't block the walkways, we don't want anyone to trip or hurt your dog.
- Someone must remain with your dog at all times, do not leave them unattended.

## DRINKS

Espresso	5 kcal	£2.60
Americano	5 kcal	£3.10
Cappuccino	67 kcal	£3.10
Latte	71 kcal	£3.10
Mocha	124 kcal	£3.10
White Coffee	56 kcal	£3.10
Hot Chocolate	131 kcal	£3.10
Deluxe Hot Chocolate	232 kcal	£3.90
<i>with cream and marshmallows</i>		
Tea Black	5 kcal	£2.60
Tea for Two	5 kcal	£4.90
Fruit or Herbal Teas	5 kcal	£2.60
Flavoured Syrup Shot	95 kcal	£0.60
Water		£1.20
Cans of Pop		£1.30

**Open 9.30am - 4.00pm**

Please keep an eye out for seasonal changes or extended hours.

