

THE TOWER CAFÉ MENU

Served from 10.00am to 1.00pm

- The Tower Full Irish** Potato Rostie, Annaghs Poultry Scrambled or Poached Egg, Andarl Farm Sausage, Crowe's Farm Rashers, Grilled Tomato, Clonakilty Black and White Pudding, Slow Roast House Beans and Ballymaloe Relish (WG, OG, E, S, MK, CY, MD, SP) Cal. 1460 12.50
- Pancakes** with Canadian Maple Syrup or Chocolate Sauce (WG, E, MK) Cal. 505/ Cal. 599 7.50
Add Crispy Crowe's Farm Bacon 2.50
- Brioche French Toast** with Canadian Maple Syrup and Crispy Crowe's Farm Bacon (WG, E, MK) Cal. 599 11.50

Served All Day

- Traditional Irish Soup** (MK, CY) with Multiseed Soda Bread (WG, MK, SS) or Country Loaf Bread (WG, RG, MK) Cal. 535 5.50
- Handmade Sausage Roll** with Andarl Pork, Fresh Rosemary and Fennel (WG, E, S, MK, MD, SP) Cal. 738 with 2 House Salads 4.75
- Chorizo Melt** with Emmental Cheese, Vine Ripe Tomatoes and Basil Pesto (WG, E, MK, MD, SP) Cal. 872 7.90
- Croque Monsieur** Baked Glen Áine Limerick Ham on White Toasted Bread Topped with Béchamel and Melted Dubliner Mature Cheddar Cheese (WG, MK, SP) Cal. 444 9.50
- Famous BLT** Crispy Crowe's Farm Bacon, Vine Ripe Tomato, Crisp Lettuce and Mayonnaise on Sourdough Bread (WG, RY, E, MD, SP) Cal. 610 9.50
- Caesar Salad Wrap** with Manor Farm Grilled Chicken, Crispy Crowe's Farm Bacon, Croutons, Shaved Parmesan, Toasted Pine Kernels and Caesar Dressing in a Soft Tortilla Wrap (WG, BG, E, F, MK, MD, SP) Cal. 620 9.50
- Smoked Chicken Ciabatta** with Crowe's Farm Bacon, Cheddar Cheese, Oven Roasted Peppers and Caesar Dressing (WG, BG, E, F, MK, MD, SP) Cal. 800 9.50
- Simple Toastie** (WG, S) Dubliner Cheddar Cheese (MK) or Glen Áine Limerick Baked Ham (SP) Cal. 630 6.50

Add a Cup of Soup to any Sandwich for 2.60

THE EARLY RISERS

- Breakfast Ciabatta** with Crowe's Farm Bacon, Andarl Farm Sausage, Clonakilty Black Pudding, Pepper Rocket and Ballymaloe Relish (WG, OG, S, MK, MD, SP) Cal. 1059 8.95
- Vegan Potato Farl** with Spinach, Flatcap Mushroom, Slow Roast House Beans, Grilled Tomatoes with Ballymaloe Relish (WG, CY, MD) Cal. 435 9.50
Add on Any Style Eggs (E) 10.50
- Croissant** with Dubliner Irish Cheddar and Glen Áine Limerick Ham (WG, E, MK, SP) Cal. 623 5.50

OUR SIGNATURE SAVOURIES

- Carlingford Seafood Chowder** (F, MK, CY) with Multiseed Soda Bread (WG, MK, SS) or Country Loaf Bread (WG, RG, MK) Cal. 585 9.50
- Handmade Chickpea and Vegetable Roll** with Seeds and a Hint of Cumin (WG, E, MK, SS) Cal. 482 with 2 House Salads 4.75
- Grilled Falafel Wrap** with Red Slaw, Red Onions, Roasted Red Peppers, Grilled Halloumi and Mixed Leaves (WG, MK, SP) Cal. 760 7.90
- Vegan Falafel Wrap** with Red Slaw, Red Onions, Roasted Red Peppers, and Mixed Leaves (WG, SP) Cal. 410 9.50
- Halloumi Salad** with Rocket, Pomegranate, Dill, Oranges, Pumpkin Seeds, Red Onion and Fresh Mint (MK, MD, SP) Cal. 376 11.50
- Vegetarian Caesar Salad** Crispy Cos Lettuce, Annagh's Poultry Farm Boiled Egg, Shaved Parmesan, Toasted Croutons, Toasted Pine Kernels Served with a Traditional Caesar Dressing (WG, BG, E, F (from Worcester Sauce), MK, MD, SP) Cal. 770 10.50
- Chicken Caesar Salad** Crispy Cos Lettuce, Manor Farm Roast Chicken, Crispy Crowe's Farm Bacon, Shaved Parmesan, Toasted Croutons, Toasted Pine Kernels Served with a Traditional Caesar Dressing (WG, BG, E, F, MK, MD, SP) Cal. 1015 11.50
- French Fries** with Garlic Mayo (E, MD) Cal. 671 4.95

All of the above served with Mixed Leaf Salad or Crisps

ALLERGENS

Wheat Gluten (WG); Rye Gluten (RG); Barley Gluten (BG); Oat Gluten (OG); Crustaceans (C); Eggs (E); Fish (F); Soybeans (S); Milk (MK); Peanuts (PN); Walnuts (WN); Almonds (AN); Hazelnuts (HN); Cashew Nuts (CN); Pecan Nuts (PNN); Brazilian Nuts (BN); Pistachio Nuts (PON); Macadamia Nuts (MN); Celery (CY); Mustard (MD); Sesame Seeds (SS); Sulphites (SP); Lupin (L); Molluscs (M)

SI,
CAFÉ

SIMPLY IRISH

THE TOWER CAFÉ MENU

- Homemade Plain or Fruit Scone** with Fruit Preserve and Farmview Dairy Cream or Lakelands Butter (WG, S, MK, SP) Cal. 730
- Lemon Drizzle Cake** (WG, E, MK, SP) Cal. 520
- Vegan Blueberry Cake** (WG) Cal. 235
- Carrot Cake** with Compsey Creamery Cream Cheese Frosting (WG, E, S, MK) Cal. 420
- Chocolate Brownie** with Fresh Farmview Dairy Cream (WG, E, S, MK) Cal. 650
- Homemade Cookie**
- Brookie** Our Own Signature Brownie/Cookie (WG, E, S, MK) Cal. 355
- Toffee Pecan** (WG, E, MK, PN) Cal. 420
- Triple Chocolate Chip** (WG, E, S, MK) Cal. 320
- Flahavans Oat and Raisin** (WG, OG, E, MK, SP) Cal. 410

- Children's Breakfast** Annaghs Poultry Scrambled Egg, Sausage or Crowe's Farm Bacon and Toast (WG, E, S, MK, MD, SP) Cal. 1050
- Children's Portion Soup of the Day** (MK, CY) with House Brown Multiseed Soda Bread (WG, MK, SS) Cal. 400
- Chicken Tenders** (WG, S) or **Andarl Farm Sausages** with Chips (WG, E, MK) Cal. 620/ Cal. 790

- Americano** 12OZ Cal. 20
- Cappuccino** (MK) 12OZ Cal. 160
- Latte** (MK) 12OZ Cal. 195
- Flat White** (MK) 8OZ Cal. 130
- Mocha** (MK) 12OZ Cal. 200
- Espresso** 4OZ Cal. 18
- Double Espresso** 7OZ Cal. 35
- Cortado Espresso** (MK) 4OZ Cal. 43
- Macchiato** (MK) 6OZ Cal. 25
- Hot Chocolate** (MK) 12Oz with or without Marshmallows (E) Cal. 390
- Double Macchiato** (MK) 8OZ Cal. 45
- Add on Specialty Flavour** 0.60
- Add on Dairy Free Milk** 0.60
- Add on Extra Coffee Shot** 0.60
- Add on Decaf Coffee**

- 3.30 **Almond and Apricot Cake** our Flourless Version of a Classic Tea Cake (E, MK, AN, SP) Cal. 625 4.75
- 4.60 **Mars Bar Rice Krispy Round** (BG, E, S, MK) Cal. 322 4.30
- 4.60 **Foods of Athenry Gluten Free Granola Bar** (See individual Pack) 3.00
- 4.60 **Belgian Chocolate Rocky Road** with Bolands Biscuits (WG, BG, E, S, MK) Cal. 515 4.30
- 4.60 **Flahavans House Honey Booster Granola Bar** (OG, MK, SP) Cal. 355 3.20
- 2.35 **Muffin of the day** (WG, E, S, MK) Cal. 450 3.35
- Danish** (WG, E, MK) Cal. 315 3.30
- Pain au Chocolat** (WG, E, MK) Cal. 300 3.20
- Croissant** (WG, E, MK) Cal. 520 3.20
- All Chocolate Bars** (see individual Pack) 2.00
- Irish Crisps** (see individual Pack) 2.00

LITTLE PEOPLE-UP TO AGE 12 YEARS




- 6.95 **Kid's Toasted Sandwich** (WG, S) Dubliner Cheddar Cheese (MK) or Glen Áine Limerick Baked Ham (SP) Cal. 630 5.95
- 2.80 **Little People's Homemade Smartie Cookie** Our Very Own Buttery Chocolatey Favourite (WG, E, S, MK) Cal. 415 1.90
- 7.20 **Little People's Hot Chocolate** with or without Marshmallows (MK, E) Cal. 270 1.90

THE REFRESHMENTS

- 3.40 **Chai Latte** (MK) 12OZ Cal. 180 3.65
- 3.85 **Pot of Irish Tea** 3.10
- 3.85 **Herbal Tea** from a Selection of Flavours 3.20
- 3.60 **Oscar Wilde Still/Sparkling Water** 2.30
- 3.90 **Fruice Apple Juice / Orange Juice** 2.80
- 3.20 **Soft Drinks** 2.20
- 3.40 **Kids Fruice Juicy Low Sugar** 1.90
- 3.40 **Iced Tea** 12OZ Cal. 15 3.60
- 3.40 **Iced Coffee** (MK) 12OZ Cal. 140 3.95
- 3.95 **Homemade Lemonade** (SP) Yes, We Make It Cal. 284 3.00
- 3.70 **Smoothie of the day** Check with Server Cal. 300 4.00
- 0.60 **Fiabesco Prosecco Frizzante, Italy, 20cl** (SP) 8.50
- 0.60 **Lazo Cabernet Sauvignon, Chile, 20cl** (SP) 6.95
- 0.60 **Lazo Sauvignon Blanc, Chile, 20cl** (SP) 6.95

Since 1998, we have worked with the best traditional yet Innovative coffee roaster JJ Darboven, harnessing their 150 years' experience with our customer dining vision.

Open daily from 10:00 am to 5.00 pm

   @si_café @simplyirishcafés

Please note that although items made by us do contain allergens as outlined on our menu all our Simply Irish food is made in house which is not an allergen free environment.



SI
CAFÉ

SIMPLY IRISH