



# BREAKFAST

SERVED UNTIL 11:30AM

## THE ADVENTURER'S BREAKFAST

3 rashers of bacon, 2 sausages, 2 eggs, 2 hashbrowns, tomato, beans and mushrooms served with toast. Tea or coffee included

**£14.95** 1269kcal

## WELSH BREAKFAST

2 rashers of bacon, sausage, egg, hashbrown, tomato, mushrooms, beans and toast

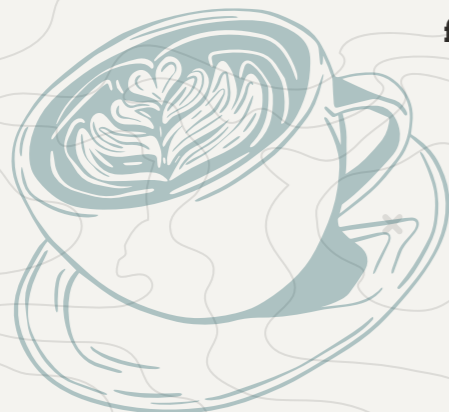
**£11.00** 845kcal

## VEGGIE BREAKFAST (V)

**VE without egg and butter**

2 veggie sausages, egg, tomato, mushrooms, hashbrown, beans and toast

**£11.00** 977kcal



## SAUSAGE BAP

Sausages served in a bap with Welsh butter

**£5.95** 406kcal

## BACON BAP

Back bacon served in a bap with Welsh butter

**£5.95** 336kcal

## VEGGIE SAUSAGE BAP (V)

**VE without butter**

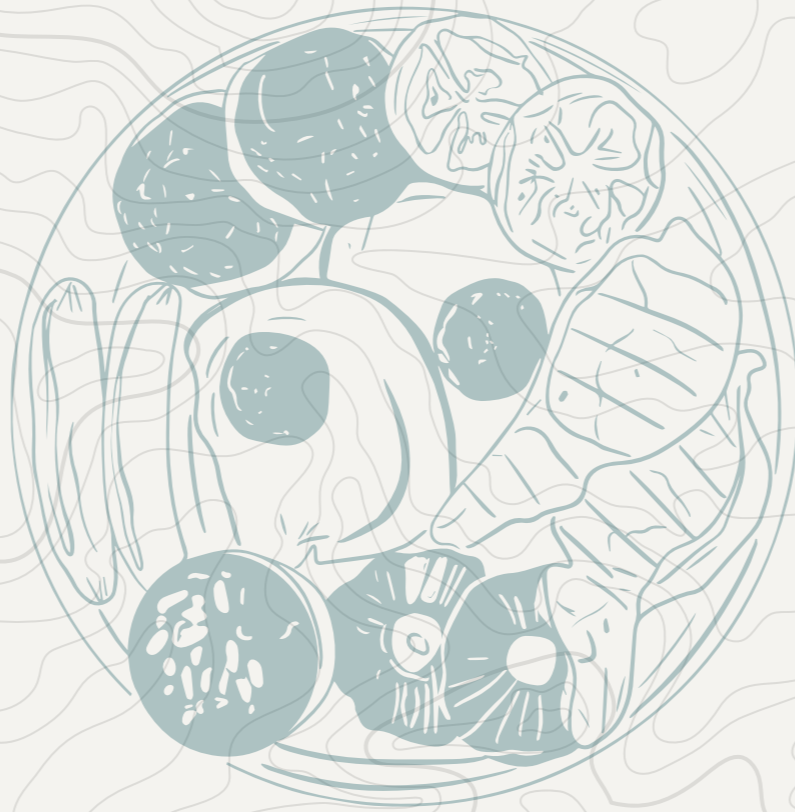
Veggie sausages served in a bap with Welsh butter

**£5.95** 505kcal

## EGG BAP (V)

Served in a bap with Welsh butter

**£5.50** 649kcal



## BREAKFAST EXTRAS

### BACK BACON

**£1.50** 179kcal

### SAUSAGE

**£1.50** 156kcal

### HASHBROWN

**£1.00** 143kcal

### FREE RANGE EGG

**£1.00** 126kcal

### VEGGIE SAUSAGE

**£1.50** 91kcal

## FOOD ALLERGY NOTICE

If you have a food allergy or a special dietary requirement please inform a member of our team before you place your order.

# THE TOWER

## A PROUD HISTORY

Nestled in the Rhigos mountain range, The Tower is situated at the old Tower Colliery coal mining site. It was the oldest continuously working deep-coal mine in the United Kingdom, and possibly the world, until its closure in 2008. This was the last mine of its kind in the South Wales valleys.

A drift mine that increased from 1805, until in 1864 the first drift named Tower was started. It was named after the nearby Crawshay's Tower, a folly built in 1848 and named after Richard Crawshay, a London iron merchant and one of ten known British millionaires in 1799. In 1941, a new shaft known as Tower No.4, was sunk to a depth of 160 metres. It was used for transporting manpower only and in 1945 there were 1,045 men working at Tower.

## CEGIN GLO

Our Bar & Bistro name, pronounced 'Keg-in Glorr', is Welsh for 'Coal Kitchen', chosen for its nod to the site's former use, blending with the new era – this was chosen by a resident local to Zip World Tower, Paul Williams.

# BURGERS

SERVED FROM 11:30AM

## PHOENIX BURGER

Panko-coated chicken breast with blue cheese mayo, lettuce and tomato, served in a charcoal sourdough bun with fries and coleslaw

£16.00 1061kcal

## CLASSIC CHEESEBURGER

Beef burger stacked with smoked bacon, melted cheese, chive mayo, salad and a homemade burger relish in a fresh local sourdough bun, served with fries and coleslaw

£16.00 771kcal

## BBQ PULLED PORK BURGER

BBQ pulled pork burger, lettuce and red onion with fries and coleslaw

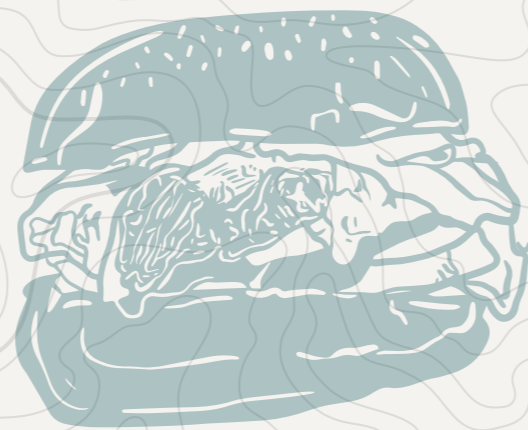
£16.00 963kcal

## SPICY FALAFEL BURGER (V) (VE)

Homemade spicy falafel burger, pickled beetroot chutney and salad, all in a fresh local sourdough bun, served with fries

£16.00 1104kcal

**UPGRADE TO HAND CUT CHIPS FOR £2.00**



# SIDES

## FRIES

£4.00 248kcal

ADD CHEESE FOR £1.00

## HAND CUT CHIPS

£4.50 278kcal

ADD CHEESE FOR £1.00

## GARLIC BREAD

£4.00 331kcal

ADD CHEESE FOR £1.00

## HOMEMADE COLESLAW

£3.50 119kcal

## PULLED PORK FRIES

Fries topped with cheddar cheese, mozzarella cheese and BBQ pulled pork

£6.50 1129kcal

# LIGHT BITES

SERVED FROM 11:30AM

## SOUP OF THE DAY

Served with a slice of bloomer bread and butter

£5.75

## BACON, ROCKSTAR CHEESE & CARAMELISED CHUTNEY PANINI

Served with a side salad and coleslaw

£7.95

## SAUSAGE, MUSTARD & FRIED ONION PANINI

Served with a side salad and coleslaw

£7.95

## HAM & CHEESE PANINI

Served with a side salad and coleslaw

£7.95

## CHEESE & TOMATO PANINI

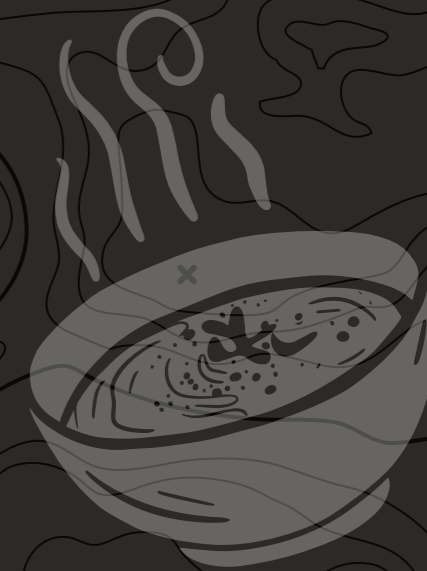
Served with a side salad and coleslaw

£7.95

## TUNA MELT PANINI

Served with a side salad and coleslaw

£7.95



# KIDS

SERVED FROM 11:30AM

## CHICKEN NUGGETS

Chicken nuggets served with fries and beans

£7.50 383kcal

## SAUSAGE & FRIES (V)

Pork or veggie sausage served with fries and beans

£7.50 863kcal

## WELSH CHEESEBURGER

Beef burger topped with melted cheese, served with fries and beans

£7.50 847kcal

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