



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.

£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

AVOCADO ON TOAST (V)

VE without egg and cheese

Sliced avocado, tomato, Feta and pesto drizzle with 2 fried eggs on a toasted bloomer

£9.00 684kcal

SAUSAGE BAP

Award-winning 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 BAP

Award-winning sausages, thick cut bacon and a free range egg served in a bap

£6.95 751kcal

NATURAL YOGHURT, GRANOLA AND BERRY COMPOTE (V)

Welsh natural yoghurt with homemade berry compote and granola

£6.95 288kcal

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

LIGHT BITES

SERVED FROM 11:30AM

CAJUN CHICKEN WRAP

Cajun-spiced chicken, Asian vegetables, lemon and coriander mayo in a tortilla wrap, served with fries and coleslaw

£10.25 1200kcal

BETROOT SALAD & HOUMOUS WRAP (V) (VE)

Beetroot salad and houmous wrap, served with fries

£9.95 885kcal

FISH FINGER SANDWICH

Beer-battered cod fingers in local bread on a bed of mushy peas, topped with tartar sauce, served with slaw

£8.50 823kcal

CLUB SANDWICH

Sliced chicken breast, bacon, salad and mayo served on local bread with salad and coleslaw

£9.00 747kcal

HAM, CHEESE AND PICKLE ROLL

Glazed ham, melted cheese, mustard and gherkins served in a sub roll with salad and coleslaw

£8.50 717kcal

MOZZERELLA AND TOMATO CIABATTA (V)

Served with salad

£7.95 753kcal

PULLED PORK TOPPED FRIES

Fries topped with cheddar, mozzarella cheese and BBQ pulled pork

£6.50 865kcal

ADD FRIES FOR £2.00

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.

(V) - VEGETARIAN
(VE) - VEGAN



For information regarding allergens or any other dietary requirements, please ask a member of the team

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 CHEESE BURGER

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   

WELSH LAMB BURGER

Local lamb burger with Feta, lettuce, red onion and minted yoghurt sauce served with fries and coleslaw

£16.00 1039kcal     

BBQ PULLED PORK BURGER

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

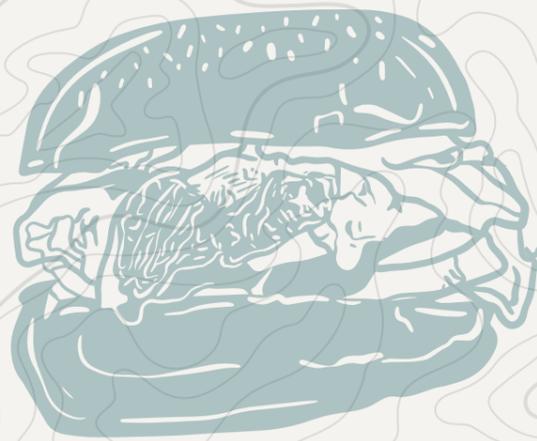
£14.00 963kcal    

SPICY FALAFEL BURGER (V) (VE)

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

£14.00 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

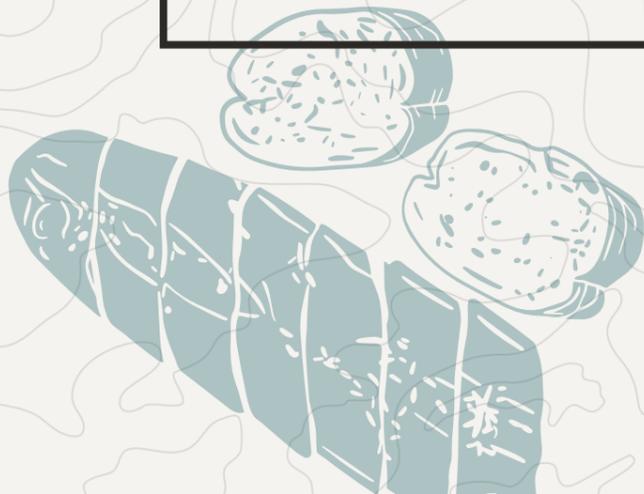
GARLIC BREAD

£4.00 331kcal    

ADD CHEESE FOR £1.00

HOMEMADE COLESLAW

£3.50 119kcal  



CLASSICS

SERVED FROM 11:30AM

BEER BATTERED FISH & FRIES

Our homemade batter made with Snowdon Craft Lager, served with fries, homemade tartar sauce and garden peas

£16.00 873kcal   

HONEY GLAZED HAM, EGG & FRIES

Home-roasted honey and 5 spice glazed ham served with two fried eggs and fries

£15.00 755kcal 

PESTO AND FETA SALAD (V)

Mediterranean pasta salad, served with pesto, marinated olives, peppers and onions topped with Feta cheese

£11.00 1071kcal   



KIDS

SERVED FROM 11:30AM

TOMATO PASTA (V)

Tomato pasta topped with grated cheese and garlic bread

£7.50 397kcal   

SAUSAGE & FRIES (V)

Pork or veggie sausage served with fries and beans

£7.50 863kcal  

WELSH CHEESE BURGER

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

£7.50 847kcal     

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