

7 HAMILTON ROAD, BANGOR BT20 4JP  
TEL: 028 9146 1529 / EMAIL: INFO@TOMSBANGOR.COM

GF - made from gluten free products, GF\* - can be made from gluten free products  
V - vegan, V\* - vegan adaptable  
PLEASE INFORM YOUR WAITING STAFF OF ANY ALLERGEN REQUIREMENTS.  
PLEASE NOTE NUTS & GLUTEN ARE USED IN EVERY SECTION OF THE KITCHEN

# ≈TOM'S≈

DINING ROOMS

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LUNCH MENU FROM JANUARY 20

## ~ BREADS ~

BREAD BASKET with tomato pesto & butter	<b>£3.75</b>
HUMMUS (V) (GF*) with grilled flatbread	<b>£4.95</b>
GARLIC BREAD (GF*) with cheese	<b>£4.45</b> <b>£4.95</b>

## ~ STARTERS & SHARES ~

SOUP OF THE DAY (GF*) with Crusty Bread Bread	<b>£4.85</b>
BREADCRUMBED BRIE with apple & cranberry compote	<b>£5.75</b>
BREADCRUMBED MUSHROOMS with garlic dip	<b>£5.45</b>
SIZZLING PORTAVOGIE PRAWNS (GF*) with chilli, chorizo & garlic	<b>£6.45</b>
BUCKET OF SQUID RINGS with harissa dip	<b>£5.95</b>
NACHOS (GF) crisp tortilla chips with nacho cheese, salsa & jalapeño	<b>£6.45</b>
HOT WINGS (GF*) with cool dip & celery	small <b>£5.65</b> large <b>£9.65</b>

## ~ STEAKS ~

FLAT IRON STEAK (Served Rare Or Medium Rare) * (GF*) with grilled tomato, choice of sauce, onion rings & side order	<b>£12.75</b>
SIRLOIN STEAK 8oz * (GF*) with grilled tomato, onion rings, choice of sauce & side order	<b>£17.95</b>
RIBEYE STEAK 10oz * (GF*) with grilled tomato, onion rings, choice of sauce & side	<b>£19.95</b>
<b>BLACKEN YOUR STEAK</b> - Spice up your steak with our house rub	<b>£1.50</b>

\*All our cuts are served with a choice of frites, chunky chips sweet potato or market salad & are served with your choice of garlic butter, pepper sauce, cheese & tequila or BBQ sauce

## ~ LOVING LUNCH ~

TODAY'S SOUP with today's ½ sandwich	<b>£5.95</b>
STICKY CHICKEN WRAP with stir fried vegetables & market salad	<b>£7.95</b>
GRILLED CHICKEN FILLET SANDWICH with pepper sauce, onion rings, salad & choice of side	<b>£9.25</b>
POACHED PEAR & CARAMELISED PECAN SALAD	<b>£5.95</b>
CHICKEN GOUJONS with sticky peanut & chilli dip & your choice of side order	<b>£8.25</b>
BREADCRUMBED FILLET OF CHICKEN (please allow 20 mins) with melted cheese, tomato & onion cream & choice of side order (GF*)	<b>£8.95</b>
CHORIZO & RED PEPPER BAKED CHICKEN (GF*) chicken fillet, roast pepper & chorizo cream, & choice of side order	<b>£12.25</b>
TEQUILA CHICKEN on a bed of Louisiana mash	<b>£9.75</b>
ALL DAY BREAKFAST	<b>£6.95</b>
BAKED LASAGNE with choice of side order	<b>£8.55</b>
TOM'S BURGER LITE ( single 4oz Patty (GF*) with bacon, cheddar, tomato, relish, salad & fries	<b>£7.25</b>
TOM'S BURGER (GF*) with bacon, cheddar, tomato, relish, salad & fries	<b>£9.95</b>
BEEF ENCHILADA with sour cream, cheese & tomato salsa	<b>£10.95</b>
½ RACK OF STICKY RIBS (GF*) bbq sauce & fries	<b>£8.25</b>

## ~ FISH ~

ROAST FILLET OF SALMON (GF*) lemon & herb butter, choice of side	<b>£12.25</b>
TUSCAN SALMON (GF*) with tomato, spinach & parmesan cream & Garlic bread	<b>£12.50</b>
BATTERED HADDOCK (GF*) with chips, tartare sauce and mushy peas	<b>£10.95</b>
ROAST FILLET OF SEABASS (GF) with garlic Portavogie prawns, boiled potatoes & French beans	<b>£10.95</b>
BATTERED SCAMPI (GF*) chips, lemon & tartare sauce	<b>£13.75</b>

## ~ VEGAN & VEGETARIAN ~

### STARTERS

BREAD BASKET with hummus & butter	<b>£3.75</b>
HUMMUS (V) (GF*) with grilled flatbread	<b>£4.95</b>
BREADCRUMBED BRIE with apple & cranberry compote	<b>£5.75</b>
BREADCRUMBED MUSHROOMS garlic dip	<b>£5.45</b>
GARLIC BREAD (GF*) with cheese	<b>£4.45</b> <b>£4.95</b>

### VEGETARIAN MAINS

SPINACH, POTATO & CHICKPEA CURRY (V) (GF) with basmati rice	<b>£9.45</b>
VEEF BURGER (V) delicious plant based burger, vegan cheese, salsa & fries	<b>£10.95</b>
VEGAN SAUSAGES with onion gravy & mash (V)	<b>£8.95</b>
VEGETABLE ENCHILADA (V*) with tomato salsa, cheese & sour cream, choice of side	<b>£9.95</b>
TOM'S VEGGIE BURGER (V) with hummus, tomato relish & fries	<b>£9.25</b>

## ~ SIDES ~

SKINNY FRIES, CHUNKY CHIPS (plain, spiced, chilli or garlic)	<b>£3</b>
SWEET POTATO FRITES, MASH, LOUISIANA MASH, BABY BOILED POTATOES	<b>£3</b>
ONION RINGS, SAUTÉ MUSHROOMS, SEASONAL GREENS	<b>£3</b>
MARKET SALAD	<b>£3</b>

**SUNDAYS**  
**KITCHEN CARVERY** TRADITIONAL ROASTS  
ARE SORTED WITH OUR  
A selection of three roast meats with traditional accompaniments  
**2 COURSE SET MENU £15.95**  
(CHOICE OF STARTER WITH CARVERY MAIN COURSE)  
**EVERY SUNDAY FROM 12.00PM**  
VEGETARIAN CARVERY ALSO AVAILABLE

## ~ DESSERTS ~

<b>Mixed berry Pavlova(GF)</b>	£5.65
<b>Chocolate fudge</b> with vanilla ice cream, fresh cream & white chocolate sauce	£5.45
<b>Caramel Apple Betty pie</b> with vegan ice cream (V)	£5.95
<b>Sticky Toffee Pudding</b> with butterscotch sauce & vanilla cream	£5.75
<b>Lemon tart</b> with crushed meringue, ripple ice cream & fruit coulis	£4.95
<b>Raspberry &amp; frangipane tart</b> with vanilla ice cream (GF) (V*)	£5.35
<b>Malted Waffle</b> choice of the following toppings	
- honeycomb ice cream, banana, fresh cream, nuts and butterscotch sauce	£5.55
- ferrero rocher ice cream, fresh cream & chocolate sauce	£5.85
<b>Bannoffee Pie</b>	£5.55
<b>Just a little extra</b>	£4.65
Any regular coffee or tea with brownie, mini meringues or scoop of ice-cream	

## ~ SEASIDE SUNDAES ~

<b>Fudge Galore (GF*)</b>	£6.95
Honeycomb & vanilla ice cream, fudge, crushed meringue, fresh cream & butterscotch sauce	
<b>Chocolate orange ice cream basket</b>	£5.95
Chocolate orange ice cream, fresh cream & chocolate sauce in a wafer basket	
<b>Butterscotch Bananza (GF*)</b>	£5.95
Honeycomb & vanilla ice creams with sliced banana, chopped nuts fresh cream & butterscotch sauce.	
<b>Winter Wonder Sundae (GF*)</b>	£5.95
Raspberry ripple & strawberry ice creams, mallows, fresh cream, fruit coulis & white chocolate sauce.	
<b>Tom's coconut ice (GF*)</b>	£5.95
Coconut ice cream, raspberry sorbet, fresh cream, raspberries & hot chocolate sauce	
<b>Ice cream or sorbet selection</b> 3 Scoops of your choice (GF*)	£5.25
Sorbet - lemon, raspberry & mango	
Ice Cream -strawberry, vanilla, chocolate, honeycomb, ferrero rocher, vegan vanilla	

## COFFEES

Americano	<b>£2.35</b>
Flat White	<b>£2.60</b>
Double Espresso	<b>£2.25</b>
Macchiato	<b>£2.25</b>
Cappuccino	<b>£2.85</b>
Cortado	<b>£2.60</b>
Latté	<b>£2.70</b>
Skandia	<b>£2.50</b>
Add a Syrup Shot	<b>£3.00</b>
Caramel, Vanilla or Hazelnut (GM Free Soya Milk Available)	
Hot Chocolate	<b>£2.95</b>
Decaf Available	
Soya Milk Available	

## TEAS

House Tea	<b>£1.95</b>
Earl Grey	<b>£2.25</b>
Green	<b>£2.25</b>
Fruit Tea	<b>£2.25</b>
Peppermint	<b>£2.25</b>
Camomile	<b>£2.25</b>
Rooibos	<b>£2.25</b>
<b>Red Cruiser</b>	<b>£2.95</b>
Cranberry, Orange & Soda	
<b>Mango Magic</b>	<b>£2.95</b>
Lemon, Lime, Mango	
Sorbet & Soda	
<b>Smoothie</b>	<b>£3.75</b>
Pineapple & Passion Fruit	
Strawberry & Banana	

## SOFT DRINKS

	Regular	Large
Coke	<b>£2.65</b>	<b>£2.95</b>
Diet Coke	<b>£2.65</b>	<b>£2.95</b>
Coke Zero	<b>£2.65</b>	<b>£2.95</b>
Fanta Orange	<b>£2.65</b>	<b>£2.95</b>
Sprite	<b>£2.65</b>	
San Pellegrino		<b>£2.35</b>
Panna 200ml		
San Pellegrino		<b>£3.95</b>
Panna 750ml		
San Pellegrino Lemon,		
Blood Orange		<b>£2.95</b>
Sparkling Apple Juice		<b>£2.85</b>
Fruit Juices		<b>£2.15</b>

## ~ WINES ~

### WHITE WINE

	Glass	Carafe	Bottle
<b>Beach House Sauvignon Blanc</b> , South Africa	£4.75	£11.75	£15.45
<b>Sante Pietra Pinot Grigio</b> , Italy	£4.75	£11.75	£15.45
<b>The River Chardonnay</b> , Hesketh, South Australia	£4.95	£13.50	£18.45
<b>Esk Valley Sauvignon Blanc</b> , Marlborough N.Z. (V)	£5.75	£15.50	£20.45
<b>Vidal Riesling</b> , Marlborough, New Zealand			£20.95
<b>Long Beach Chenin Blanc</b> , South Africa			£20.95
Lively, soft & unoaked with tropical rich flavours.			
<b>Picpoul De Pinet</b> , Languedoc, France			£21.95
The Muscadet of the south of France. Crisp, green & lively - great with seafood.			
<b>Tokaji T Furmint</b> 2016, Hungary (V)			£22.95
One of my favourite wines. Perfect with fish, grilled chicken & salads.			
<b>Gavi di Gavi</b> , Piedmont, Italy			£22.95
Fresh & zesty made from the Cortese grape in the north of Italy.			
<b>Forest Sauvignon Blanc</b> , Marlborough, N.Z. (V)			£23.95
Tropical fruits bound by aromatic herbs.			
<b>Petit Chablis La Chablisienne</b> Burgundy, France			£25.00
Unoaked Chardonnay from Burgundy. Fresh, clean & steely.			
<b>Sant'orsola Prosecco (V), Italy</b>	£6		£20.95
<b>Sartarelli Brut, Marche, Italy</b>			£28.50
Love this fizz so much with it's charming flavours. Crisp, dry & always elegant.			
<b>Laurent-Perrier Champagne (V), France</b>			£45.00

### SPARKLING WINE

	Glass	Carafe	Bottle
<b>Sant'orsola Prosecco (V), Italy</b>	£6		£20.95
<b>Sartarelli Brut, Marche, Italy</b>			£28.50
Love this fizz so much with it's charming flavours. Crisp, dry & always elegant.			
<b>Laurent-Perrier Champagne (V), France</b>			£45.00

### ROSÉ WINE

	Glass	Carafe	Bottle
<b>Canyon Road White Zinfandel Rosé (off dry) USA</b>	£4.75	£11.75	£15.45
<b>Effet Papillon Rosé (dry)</b> , Provence, France (V)	£5.75	£15.50	£21.95
Great example of French Rosé perfect for the summer. Soft with hints of strawberries.			

### RED WINE

	Glass	Carafe	Bottle
<b>Beach House Shiraz</b> , South Africa	£4.75	£11.75	£15.45
<b>Las Condes Merlot</b> , Chile (V)	£4.95	£12.50	£16.45
<b>Cosmino Pinot Noir</b> , Romania	£4.95	£12.50	£16.95
<b>Cornellana Cabernet Sauvignon</b> , Chile			£16.95
<b>Tempranillo, Candidato</b> , Spain			£17.45
Soft easy drinking red expressing the classic flavours of Rioja.			
<b>Malbec Finca la Celia</b> , Argentina	£4.95	£12.50	£17.45
Made from Argentinas finest red grape. dark fruit flavours mixed with spice and floral tones.			
<b>Montepulciano d'Abruzzo, Parini</b> , Marche Italy.			£18.95
Classic Italian red with soft ripe cherry fruit flavours.			
<b>Helmsman Cabernet Merlot</b> , Australia			£19.95
A sophisticated Ozzie red in a Bordeaux style.			
<b>Rioja Crianza Viña Bujanda</b> , Spain			£20.95
<b>Corbieres, Chateau du Vieux Parc</b> , France			£21.95
A spicy, soft, peppery wine from the sun soaked hills of southern France.			
<b>Jesus Romero Rubus, (Grenache/Tempranillo/Syrah)</b> . Spain			£23.95
Small scale artisan winemaking which over delivers for the price.			
<b>Bourgogne rouge 2015, Olivier le Flaive</b> , Burgundy, France			£27.50
A soft fruity Pinot Noir with charm & finesse.			



### LOCAL GINS

<b>Shortcross</b> - Basil & Grapefruit	<b>£5</b>
<b>Jawbox</b> - Lime	<b>£5</b>
<b>Copeland Classic Irish Gin</b> - Orange	<b>£5</b>
<b>Copeland Rhuberry</b> - Berry	<b>£5</b>
<b>Guest Gin</b>	<b>P.O.A.</b>

### BRITISH GINS

<b>Bombay Sapphire</b> - Lime	<b>£4.50</b>
<b>Hendricks</b> - Cucumber	<b>£4.75</b>
<b>Tanqueray 10</b> - Orange	<b>£6.00</b>
<b>Gordons</b> - Lime	<b>£4.00</b>
<b>Gordons</b> Pink Gin - Strawberry	<b>£4.00</b>

### REST OF THE WORLD...

<b>Malfy blood orange</b> - orange	<b>£5</b>
<b>Malfy Grapefruit</b> - Grapefruit	<b>£5</b>

### TONICS

<b>Fevertree</b> (Regular, Light, Elderflower or Ginger)	<b>£2.50</b>
<b>Schweppes</b> (Regular, Slim)	<b>£2</b>

## COCKTAILS

All alcoholic £6.75 All non-alcoholic £3.75

<b>Gin &amp; elderflower fizz</b> gin, elderflower liqueur, citrus, fizz	
<b>Espresso martini</b> stoli vodka, kalua, creme de cacao & espresso	
<b>Ruby street sip</b> pink gin, raspberry liqueur, cranberry & vanilla	
<b>Pineapple daiquiri</b> pineapple rum, velvet falernum, lime & house spices	
<b>Aperol spritz</b> aperol, fizz & soda	
<b>Grown ups lemonade</b> citrus & raspberry vodka, limoncello, homemade lemonade, strawberry & basil	
<b>Rhubarb &amp; ginger fizz</b> Edinburgh rhubarb & ginger liquor, sloe gin, lemon & soda	
<b>Dark 'n' stormy</b> Kraken Rum, velvet falernum, lime, ginger, grapefruit bitters	
<b>Tropical fruit punch</b> banana, pineapple, lime & orgeat (NON-ALC)	
<b>Strawberry &amp; basil lemonade</b> homemade lemonade, strawberry & basil (NON-ALC)	
<b>Coconut &amp; lime soda</b> (NON-ALC)	

## BEERS

<b>Draught Peroni</b>	½ pint £2.95	pint £4.95
<b>Beer of the month - ask your server</b>		P.O.A.
<b>Maggies leap IPA</b> (Co. Down) 500ml		£4.95
<b>Foxes Rock lager</b> (Co. Leitrim) (Gluten free) 500ml		£4.45
<b>Sailor Town lager</b> (Co. Leitrim) 500ml		£4.95
<b>Coors Light</b> (Canada) (Vegan) 330ml		£3.55
<b>Peroni</b> (Italy) (Gluten free) 330ml		£3.95
<b>Corona</b> (Mexico) 330ml		£3.55
<b>Guinness draught can</b> (Ireland), 440ml		£4.00
<b>Peroni Libra</b> (Italy), alcohol free 330ml		£3.55
<b>Magners cider</b> (Ireland) 330ml		£3.55
<b>Kilmegan dry cider</b> (Ireland) 500ml		£5.95
<b>Rekorderlig cider</b> (Sweden) 500ml		£4.75
<b>Thatchers gold cider</b> (England) (Vegan) 500ml		£4.55