



MENU

ALSAA
SPORT • FITNESS • SOCIAL

TEN PIN CAFÉ

SANDWICHES AND WRAPS

Choose from Malted Sourdough Wrap or Bread Served with Crisps

Hamazing	€6.95
Ham, Tomato, Onion with Cheddar and Mozzarella mix	
Tuned Out!	€6.95
Tuna, Mozzarella, Red Onion, Mayo and Mixed Lettuce leaves	
The Soprano	€6.95
Chicken, Pepperoni, Mozzarella, Pesto and Tomato	
Strikeout!	€6.95
Southern fried Chicken, Cheese, Lettuce, Sweet Chili and Garlic Mayo	
Veg-out	€6.95
Cheddar Cheese, Tomato, Onion, Mixed Leaves and Garlic Mayo	
Chicken Cajun	€6.95
Southern fried Chicken Tenders, Lettuce, Cheddar Cheese, Spicy Cajun Mayo and Tomato	
Chicken Caesar	€6.95
Grilled Chicken Fillet, Lettuce, Mozzarella, Crispy Bacon and Tomato	
B.L.T.	€6.95
crispy Bacon, Freshly Sliced Tomato, Lettuce and Mayonaise	
Tenpin Café Club	€6.95
Grilled Chicken Fillet, Crispy Bacon Lettuce, and Tomato and Mayo	

- Why not Substitute crisps with a side of fries for only €2.50!

FAVOURITES

6oz Beef Burger	€11.50
Served on a toasted Brioche Bun with melted cheddar cheese, Grilled Onion, Lettuce and Tomato served with a side of fries	
Chicken Burger	€11.50
Southern fried chicken breast served on a toasted brioche bun with lettuce, tomato, mayo and served with fries	
Chicken Tenders	€10.50
5 Southern fried chicken tenders served with a side of fries and a choice of dip (Garlic, BBQ Sweet Chili)	
Chicken Wings	€8
Our tasty Chicken wings, Garlic Mayo dip	

STONE BAKED PIZZA'S

9"/12"

Margarita	€9/€12
Simple, cheesy, and always a hit. Fresh mozzarella on a golden crust with our signature tomato sauce—great fuel for your next frame.	
Meat Feast	€9/€12
Loaded with chicken, bacon, and pepperoni for the ultimate meaty bite. Big flavour to keep you rolling through every game.	
Hawaiian	€9/€12
Ham, pineapple, and bubbling mozzarella cheese come together for a pizza that brings island vibes to the lanes.	
Chicken Supreme	€9/€12
Chicken, Sweetcorn, Peppers and bubbling mozzarella cheese.	

KIDS

MEALS €5.50

Burger, Sausages or Chicken Nuggets served with Fries comes with a Drink



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SIDES

Regular Fries	€2.75
A Smaller-sized portion of crispy goodness—ideal for lane-side munching.	
Large Fries	€4.00.
A strike-sized serving of crunchy fries built for big appetites (or hungry teams!).	
Bacon Cheese Fries	€5.50
Crispy fries loaded with melted cheese and smoky bacon. The ultimate lane-side treat!	
Wedges	€5.00
Big, bold potato wedges with a perfect crunch—ideal for sharing between strikes.	
Garlic Cheese Fries	€5.50
Golden fries topped with gooey cheese and a savoury garlic kick. A perfect snack while bowling	
Curry Fries	€5.50
A lane-side favourite! Crunchy fries topped with smooth curry sauce for a strike of flavour in every bite.	
Onion Rings	€5.50
Crispy, golden-battered rings of sweet onion. Perfect for snacking between frames!	

INFOMATION

Heads Up! 📢

- Check our allergen booklet at the counter if you've got any food sensitivities.
- Takeout is available if you want to munch at home.
- Things can get busy—delays may happen between strikes, so thanks for rolling with us!
- Please place your orders at the café counter.

SHARING PLATTERS

Finger Food Platters.

Perfect for sharing with your group
Enjoy why you play or order for when
you finish.

Platter for 2/4 €17/€30
Pick 2 items of your favourites from below

Chicken goujons, Chicken Nuggets, BBQ chicken wings Garlic mushrooms, or Veg spring rolls.

Then pick 2 Items of your favourites from below

Seasoned potato wedges, crispy french fries, Battered Onion rings, Cocktail Sausages

Served with Sweet Chili, BBQ, and Garlic dips—a perfect feast to keep everyone fuelled for the lanes!

SALADS

Chicken and Bacon €10.95

Tender chicken and crispy bacon served on a bed of fresh mixed leaves, peppers, and onions, topped with grated cheddar and drizzled with our sweet and tangy honey mustard dressing. A fresh, flavour-packed choice for a lighter bite.

Chicken Caesar €10.95

Juicy chicken on a bed of crisp mixed leaves and tomato, topped with crunchy croutons and grated mozzarella, all tossed in a classic Caesar dressing. A timeless favourite with a fresh twist.



COLD DRINKS

500ml Soft Drinks	€2.80
380ml Lucozade	€2.80
Lucozade Sport	€3.00
Ribena	€3.00
Iced Tea	€3.00
Energy Drink Can	€3.20
Small Juices	€1.30
VitHit	€3.00
500ml Water	€2.20
750ml Water	€3.00

TEN PIN CAFÉ DRINKS MENU

TEA & COFFEE

Tea	€2.40
Americano	€2.90
Cappuccino	€3.30
Latte	€3.30
Flat White	€2.90
Iced Coffee	€3.50
Espresso	€2.00
Mocha	€3.30
Hot Chocolate	€3.00
Syrup Shot	€0.50

ALCOHOL

Guinness	€5.50
Carlsberg	€6.00
Corona/Heineken/Asahi	€5.30
0.0 Bottles	€5.25
Orchard Thieves	€5.50
IPA	€5.75
Smirnoff Ice	€5.50
Buzz Ball	€8.00
Spirits	€6.00
Wine By the Glass	€6.00
Wine Bottle	€22.00

I.D Required 18+

OTHER

Fountain Drinks :

Pepsi, Pepsi Max, Club Orange Zero, 7UP Free

Small	Medium	Large
€1.70	€2.20	€2.70

Slushees:

Blue Raspberry/Strawberry

Small	Large
€2.70	€3.00