

**DOCTORS  
ACADEMY**



**BETTER EDUCATION. BETTER HEALTH.**

# **Intensive Surgical Anatomy Revision For MRCS Part B OSCE**

Department of Anatomy, School of Biosciences, Cardiff University, Cardiff



## Welcome to Cardiff, Capital of Wales!

### Croeso i Gaerdydd, Prifddinas Cymru!

In Cardiff city centre the Brewery Quarter, Mill Lane, St Mary Street and Eastside in St David's, has a range of cuisines available at costs to suit every pocket.

Jamie Oliver have chosen Cardiff as the location for his first restaurant in Wales, which has begun a flurry of big names moving in. Anthony Carluccio's new restaurant, Carluccio's is opening soon in the Cardiff central library building, specialising in authentic Italian cuisine.

The café quarter - Mill Lane, is home

to an array of restaurants and bars, featuring South American, Italian and Japanese cuisine. For quality Indian food, take a taste of the Juboraj restaurant serving authentic Bangladeshi cuisine. Around the corner in the Brewery Quarter you can find Spanish, Thai and Portugese. Hard Rock cafe is a rock n' roll restaurant for a rock n' roll city, and has an array of rock memorabilia.

The dedicated restaurant quarter within St David's, Eastside, is home to an array of restaurants and cafés that are new to Wales' capital city, as well

as some familiar names. Featuring restaurants and cafés over two floors, Eastside brings contemporary city eating together under one lively and vibrant covered street in the heart of Cardiff.

This brochure contains a small selection of restaurants conveniently located within the city centre.



For further information...

[www.visitwales.com](http://www.visitwales.com)  
[www.visitcardiff.com](http://www.visitcardiff.com)  
[www.lonelyplanet.com](http://www.lonelyplanet.com)  
[www.tripadvisor.co.uk](http://www.tripadvisor.co.uk)



## Pizza Express

### "Italian"

All restaurants claim to be passionate about service, but at PizzaExpress we really mean it. We only recruit 'people people' for our front-of-house teams and work hard to give our customers the warm welcome and attentive service they deserve.

Our aim is that every customer leaves PizzaExpress feeling that little bit happier and more relaxed than when they came in.

We want every visit to be a great experience but mistakes do happen and we don't always get it right. Please let us know if your visit didn't come up to scratch so we can try to make it up to you.

#### Starters

£2 - £5

#### Mains

£6 - £11

#### Deserts

£3 - £5

High Street, Cardiff  
+44 (0) 2920 233 091

St Davids 2, Cardiff  
+44 (0) 2920 359 200

Mermaid Quay, Cardiff Bay  
+44 (0) 2920 472 006

[www.pizzaexpress.com](http://www.pizzaexpress.com)



## ASK

### “Exquisite boutique hotel”

ASK Restaurants Ltd is a leading name in the UK casual dining market. With nearly 120 restaurants across the UK, ASK is the perfect place to relax and enjoy mouth-watering risottos, an extended range of hearty al forno dishes and all your favourite pastas, pizzas and salads.

Although we have grown rapidly over the years our focus remains constant; to serve freshly prepared quality food in stylish and comfortable surroundings with friendly efficient service.

Our restaurants are situated in prime positions. Each restaurant has a unique design to suit the character of the building and we take particular pleasure in restoring listed buildings or buildings of local interest.

#### Starters

£3 - £6

#### Mains

£4 - £15

#### Deserts

£2 - £6

Mill Lane,  
Cardiff  
CF10 1FJ,  
Wales  
+44 (0)2920 344665

[www.askcentral.co.uk](http://www.askcentral.co.uk)



## Juboraj

### “Indian & Pakistani”

The Juboraj restaurants enjoy the very enviable position of being at the pinnacle of Bangladeshi and Indian cuisine in South Wales today.

Our reputation however, extends well beyond the boundaries of Wales; the Juboraj boasts a celebrity client list that any London restaurant would only be too pleased to hold. Just some of the glitterati that have indulged themselves in the Juboraj experience include John Major when he was Prime Minister, two of Europe’s key political figures, Neil and Glenys Kinnock, and even rock legends Tom Jones and Eric Clapton.

“We are constantly evolving to exceed our customers’ expectations - people who demand and expect the very best.”

#### Starters

£3.25 - £8.50

#### Mains

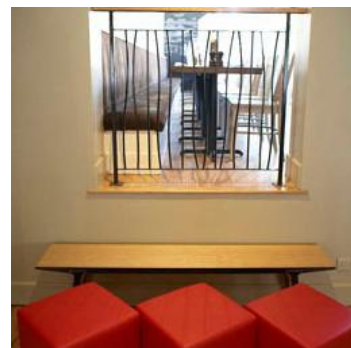
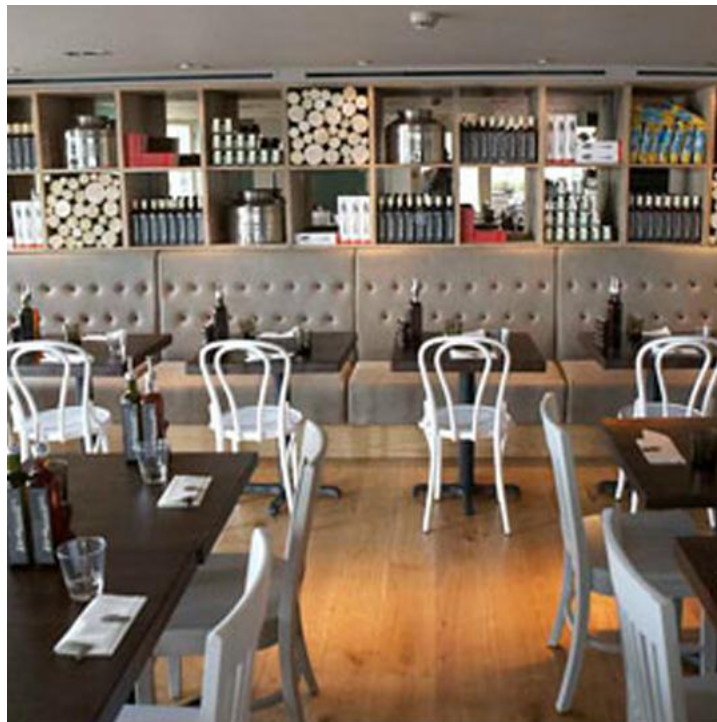
£10.95 - £39.95

#### Deserts

£1.75 - £4.25

10 Mill Lane,  
Cardiff  
Wales  
029 20 377668

[www.juborajgroup.com](http://www.juborajgroup.com)



## Zizzi

### “Italian”

We love simple Italian cookery - there's nothing tricky about it - pizza, pasta, salads, risotto, carne, pesce (that's meat and fish). It starts with the ingredients – fresh, in season and well prepared. We have signature dishes that have become much-loved classics, but we're also constantly dreaming up new ones.

Our restaurants are run the Italian way - passionate and homely with a little flair. Each one's a bit different in character, architecture, age and feel; think Robert De Niro with a regional accent. Wherever you are, something you can always be assured of is a warm welcome.

**Starters**  
£1.25 - £6

**Mains**  
£4 - £15

**Deserts**  
£3.55 - £5.35

27 High Street,  
Cardiff CF10 1PU,  
Wales

+44 (0)29 2064 5110

[www.zizzi.co.uk](http://www.zizzi.co.uk)



## Razzi “British”

The Hilton Cardiff is a 5-star hotel in the vibrant Welsh capital, and its Razzi Restaurant is equally upmarket. This frosted glass conservatory restaurant offers fine international cuisine with a focus on wood-fired oven cooking, including salt-baked sea bass and roasted Welsh lamb. Start with Cajun spiced salmon with Gem salad, roasted almonds and honey mustard dressing, then follow with breast of chicken layered with mozzarella and mango chutney and served with rosemary potatoes, braised leeks and bacon and a tomato concasse.

**Starters**  
£3.00 - £6.00

**Mains**  
£4 - £15

**Deserts**  
£2 - £6

1 Kingsway  
Cardiff  
CF10 3HH  
Wales

+44 (0)2920 646400

[www.hilton.co.uk/cardiff](http://www.hilton.co.uk/cardiff)



## Hamons Restaurant

“European”

Hamons is located within The Parc Hotel. This modern and sophisticated restaurant offers a wide array of dishes including baked fillet of pollack, rump of Welsh lamb or terrine of foie gras and apple. Our ground floor HAMONS Restaurant, offers a choice of delicious home-cooked British and European dishes in comfortable and contemporary surroundings. We also keep an extensive cellar of classic and New World wines to complement your meal.

**Starters**  
£3.00 - £6.00

**Mains**  
£4 - £15

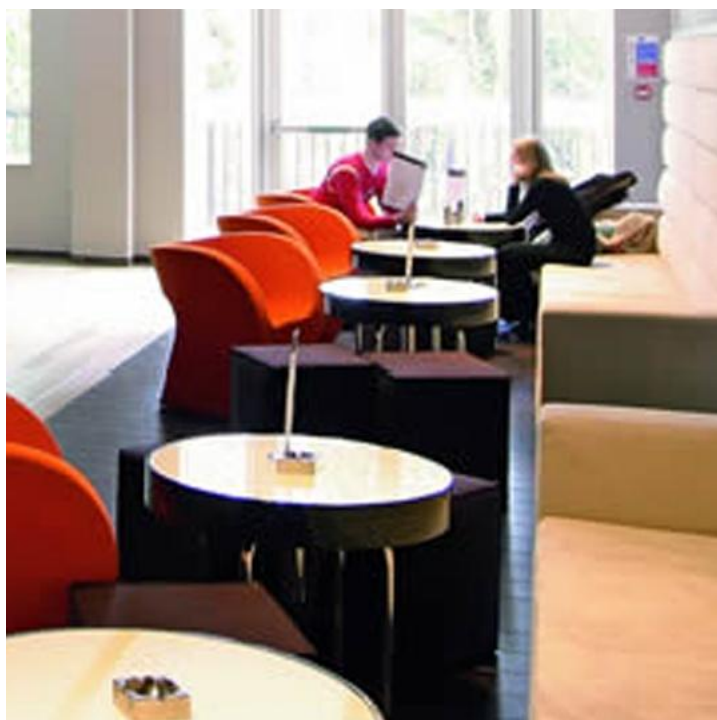
**Deserts**  
£2 - £6

Hamons Restaurant  
Park Place  
Cardiff  
CF10 3UD

+44 845 305 8311

[www.thistle.com](http://www.thistle.com)





## Laguna Kitchen and Bar

### “Continental”

At the Laguna Kitchen & Bar our approach is simple. Source the freshest ingredients. Take the best chefs and serve in the contemporary surroundings. You expect the best. We offer nothing less... two stylish venues in one. Our menu offers a mix of the finest and freshest ingredients from our own Welsh suppliers, alongside a few carefully selected imports to create a fusion of flavours to suit every palate, lovingly prepared by our award winning chefs. All our dishes are tantalisingly flavoured and served with your choice of a range of fresh salads and vegetables. During the warmer months, meals can be enjoyed on the outside dining terrace. Last orders in the restaurant and bar 10.30pm, bar open until 2am.

**Starters**  
£3.00 - £6.00

**Mains**  
£4 - £15

**Deserts**  
£2 - £6

Laguna Kitchen and Bar  
Greyfriars Road  
Cardiff  
CF10 3AL  
Wales

02920 111 103  
[www.lagunakitchenandbar.com](http://www.lagunakitchenandbar.com)



## Casanova

“European, Italian, Mediterranean”

Casanova Italian Restaurant was born in January 2005 from the idea of 3 friends: Angelo Montuori, Antonio Cersosimo and Luca Montuori with the idea to bring Authentic Italian cuisine to Cardiff a combination of traditional regional food and the latest Italian recipes. Casanova Restaurant is situated in Cardiff city centre by the the NCP and the Millennium Stadium temple of World Rugby, international events like Speedway, Rally GT and concerts.

In order to fulfil the finest quality we check and choose fresh meat and fish everyday sourced from Cardiff city centre market. J.T. Morgan butcher supplies us Mathers Matured Black Gold Aberdeen Angus and Welsh Salt Mash Lamb allegedly known as the best in the world. J. Ashton (established 1800) Fishmonger provides a one to one individual service on a daily basis with an excellent display in the stall essential for serving fresh fish.

The awareness of the quality used combined with our chefs' skills have helped us to achieve a great response from our customers & build up an excellent reputation throughout the country.

### Starters

£5 - £9

### Mains

£12 - £15

### Deserts

£2 - £6

Casanova  
13 Quay Street  
Cardiff  
CF10 1EA  
Wales

02920344044  
[www.casanovacardiff.com](http://www.casanovacardiff.com)



## Spice Merchant

### “Indian Cuisine”

Welcome to our exciting new concept in Indian cuisine, creating tasty, healthy dishes full of flavour using our unique spice blends, satisfying to eat but short on calories and ideal for light lunches. All our grilled dishes are prepared to order using the freshest of ingredients for maximum flavour and served with the house salad and a choice of sauce.

#### Starters

£2.75 - £3.50

#### Mains

£3.50 - £8.95

#### Deserts

£2 - £6

Cardiff Bay  
The Big Windsor  
Stuart Street  
Cardiff  
CF10 5BW  
02920 498 984

Park Place (City Centre)  
7/8 Park Place  
Cardiff  
CF10 3DP  
02920 399 499

[www.spicemerchantcardiff.co.uk](http://www.spicemerchantcardiff.co.uk)



## Jamie's "Italian"

Inspired by his passion for Italy, Jamie has opened a group of "neighbourhood" restaurants, called Jamie's Italian, offering authentic, affordable and great quality Italian food on the high street. The first restaurant launched in Oxford in 2008:

"The place bustles engagingly with the sound of people relishing fairly priced food ...." The Guardian

... all you need to know about Jamie's Italian – cheeky, practical, good-natured, unpretentious and quality driven .... It shows you can mass produce the flavours of Italy for the happiness of the high street."

The Independent on Sunday.

Jamie's Italian has started with what Italians are most proud of - fantastic, rustic dishes, using recipes that have been tried, tested and loved!

"Pastas are all made on the premises and the truffle tagliatelle was a silky, luxurious treat ..."

The Independent Magazine

**Starters**  
£3.00 - £6.00

**Mains**  
£4 - £15

**Deserts**  
£2 - £6

Jamie's Italian  
Unit LG 69/70  
St David's 2 Shopping Centre  
Cardiff  
CF10 1GA  
Wales

0292 002 7792

[www.jamieoliver.com/italian/cardiff](http://www.jamieoliver.com/italian/cardiff)



## Valentino's

“European, Italian, Mediterranean”

Valentino's Restaurant oozes style and fine Italian dining to grace any occasion. Our freshly prepared food, using daily deliveries of meat, fish and vegetables plus only the very best Italian olive oil, helps chef create superb Italian cuisine which captures the essential flavours of traditional Italian food.

As we are located in Windsor Place in Cardiff, we are a popular lunch time and pre-theatre venue. Our 2 course special set menu (available until 7:30pm), which offers a tempting selection of Italian dishes for only £9.95. We also have an extensive al la carte menu.

At Valentino's Italian Restaurant we keep you warm and cosy in the winter and provide air conditioning in the summer, ensuring that dining with us is always a pleasant experience.

Our ground floor can accommodate up to 75 covers, we also have a function room which can accommodate up to 45 covers and has its own private bar.

**Starters**  
£3.00 - £6.00

**Mains**  
£4 - £15

**Deserts**  
£2 - £6

Valentino's Restaurant  
5 Windsor Place  
Cardiff  
CF10 3BX  
Wales

+44 (0)29 2022 9697

[www.valentinocardiff.co.uk](http://www.valentinocardiff.co.uk)



## La Tasca

### “Tapas”

At La Tasca, we're passionate about great Spanish food. Our famous tapas range lets you choose from a variety of dishes and taste experiences – perfect for sharing with family and friends. There are also tasty vegetarian options, fresh salads and delicious desserts – all served in a warm, friendly atmosphere. You'll find that a meal at La Tasca is a real taste of Spain.

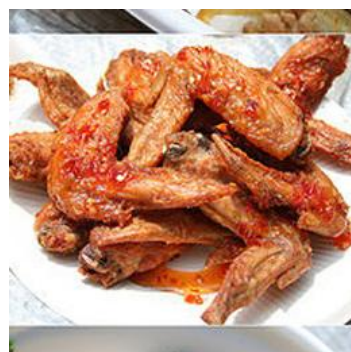
**Starters**  
£3.00 - £6.00

**Mains**  
£4 - £15

**Deserts**  
£2 - £6

La Tasca  
The Old Brewery Quarter  
Cardiff  
CF10 1FG  
Wales

+44 2920230087  
[www.latasca.co.uk](http://www.latasca.co.uk)



## La Brasserie

“Grill, Seafood”

For over 20 years La Brasserie has been the most fashionable place to be in Cardiff. Situated in the Mill Lane Cafe Quarter, the atmosphere in this bustling brasserie has always been great, and in 2008 you can enjoy our new Terrace menu offering, salads, grills and snacks in the sunshine. La Brasserie is renowned for an uncompromising choice of produce, offering a tempting selection of seafood, meat and game, complemented by an impressive wine list. The lively ambience of this restaurant is conducive to good times and for this reason it is the restaurant of choice for anyone looking for a relaxed lunch or a great night out.

**Starters**  
£3.00 - £6.00

**Mains**  
£4 - £15

**Deserts**  
£2 - £6

La Brasserie  
60 St. Mary Street  
Cardiff  
CF10 1FE  
Wales

(029) 2039 8036  
[www.le-monde.co.uk](http://www.le-monde.co.uk)



## Le Monde

### “French”

Welcome to Le Monde, we provide an exciting, interactive dining experience, serving the best quality seafood and fine wines at exceptional value for money. Dispensing with traditional menus, you choose your dish from a sumptuous display packed with local and exotic fish, combined with an array of top quality meat and fresh salads. Your food is then cooked in our bustling open kitchen, whilst you peruse the extensive lists of over a hundred fine wines and champagnes displayed on boards around the room and savour the theatre of this highly individual dining experience that offers top quality produce, coupled with value for money. Le Monde is renowned in the Welsh capital for being the best seafood restaurant in the area. With seating for up to 200, there is always a superb atmosphere and the magnificent art deco setting is a popular favourite amongst locals and visitors to the city.

**Starters**  
£3.00 - £6.00

**Mains**  
£4 - £15

**Deserts**  
£2 - £6

Le Monde  
62 St. Mary Street  
Cardiff  
CF10 1FE  
Wales

029 20 387376  
[www.le-monde.co.uk](http://www.le-monde.co.uk)





## Wagamama “Pan-Asian”

Wagamama is a restaurant chain serving pan-asian food in the style of a modern Japanese Ramen bar. The first Wagamama opened in 1992 off Gower Street in Bloomsbury, London. The chain now includes restaurants across the UK, as well as in The Netherlands, Turkey, Australia, Dubai, Belgium, New Zealand, Switzerland, Egypt, Cyprus, Denmark and Greece, and the United States. Throughout its 16 years wagamamas philosophy has remained unchanged : to combine fresh and nutritious food in an elegant yet simple setting with helpful, friendly service and value for money. Part of the popular chain of Japanese restaurants, wagamama's fast healthy food and communal seating make it a winner every time.

**Starters**  
£3.00 - £6.00

**Mains**  
£4 - £15

**Deserts**  
£2 - £6

Wagamama  
St Davids 2  
Mill Lane  
Cardiff  
CF10 1EX  
Wales

+ 44 (0) 29 2064 1564  
[www.wagamama.com](http://www.wagamama.com)



## Zushi

“Japanese, Seafood”

Zushi in the heart of Cardiff, is the first conveyor-belt sushi & noodle bar-restaurant in Wales and offers something completely new that's delicious, healthy and fun. Zushi complements conventional sushi with other delicious Japanese dishes including Ramen, Pan-fried Noodles, Japanese soups, Salads, hot dishes and Desserts...not forgetting the tasty seafood dishes for sushi connoisseurs and the adventurous. So whether you're a sushi connoisseur or just fancy trying a new eating experience, then Zushi is the place to be.

**Starters**  
£3.00 - £6.00

**Mains**  
£6.70 - £7.90

**Deserts**  
£2 - £6

Zushi  
140 Queen Street  
Cardiff  
CF10 2GP  
Wales  
  
+44 (0)2920 669 911  
www.zushicardiff.com



## Moksh

### “Indian”

Promising „a feast from the depths of our hearts’, Moksh is an Indian restaurant offering fine cuisine and chic furnishings situated in the heart of Cardiff Bay. Since opening, it has become very popular and advanced booking is recommended. As the chef and owner, Stephen Gomez has won Chef of The Year 06/07 along with several other prestigious awards. Enjoy great hospitality and culinary delights in a peaceful and stylish setting. Moksh promises you a refreshing and exquisite gastronomic experience. The kitchen staff have made a strong effort to keep the authenticity of the food true to its original recipes. To retain the natural aroma of Indian food, they have used only the best herbs and spices. These ingredients are highly renowned throughout the world, not only for their flavours but also for their digestive, medicinal and nutritional values.

**Starters**  
£3.00 - £6.00

**Mains**  
£4 - £15

**Deserts**  
£2 - £6

Moksh  
Ocean Building  
Bute Crescent  
Cardiff  
CF10 5AY  
Wales

+44 2920 498 120  
[www.moksh.co.uk](http://www.moksh.co.uk)



## Cosmo

### “Asian”

The Cosmo adventure began in September 2003, when we launched our first Pan-Asian restaurant in Eastbourne, East Sussex to great acclaim. A rapid expansion soon followed with the opening of successful Cosmo restaurants in Bristol, Swindon, Romford, Coventry, Hastings, Chatham, Tunbridge Wells and Cardiff – each with a unique, contemporary style and identity of their own. And with more sites scheduled to open in the coming year, the future looks very bright for Cosmo.

Known for our great value teppanyaki, Japanese sushi, barbeque and mouth-watering desserts, we specialise in our ever-popular „Eat As Much As You Like’ experience: a fixed price culinary voyage of discovery across nine Pan Asian countries – it is unlimited eating at its tastiest, and Cosmo’s winning formula has been based on using only the freshest and most authentic ingredients to create a feast of exotic Asian flavours on every plate.

**Starters**  
£3.00 - £6.00

**Mains**  
£4 - £15

**Deserts**  
£2 - £6

Cosmo  
Unit 16 & U7B  
Mermaid Quay  
Cardiff  
CF10 5BZ  
Wales

02920 461 333  
[www.cosmo-restaurants.co.uk](http://www.cosmo-restaurants.co.uk)



## Strada

### “Italian”

STRADA is all about great quality, freshly prepared pizzas, pastas and risottos served in stylish, contemporary surroundings. The Menu Innovation Network's Menu Innovation and Development Awards (MIDAS) were presented at D&D London's Avenue Restaurant & Bar on Thursday 18th March 2010.

The Menu Innovation Network has been created as a vehicle for group menu development managers and group executive chefs to interact and exchange information and to continually improve and satisfy the demands of consumers eating away from home.

A team of mystery diners and judges, with considerable experience of multi unit disciplined menu operations, had been tasked, over the past six weeks, with deciding the winners in each of the sixteen categories.

**Starters**  
£3.00 - £6.00

**Mains**  
£4 - £15

**Deserts**  
£2 - £6

Strada  
163 Eversholt Street

0207 121 3200  
www.strada.co.uk



## Cafe Rouge

### “Restaurant”

With a combination of delicious food, great wines and a real ambience, Café Rouge has embodied the style and je ne sais quoi of French dining since it opened way back in 1989.

Now with over 111 sites across the country it's just the place to mull over the morning papers with a cafe au lait and a croissant, pop in for a spot of lunch, share a post-work drink or relax over an evening meal.

Our menu covers a range of French classics from croques and baguettes, ideal for a quick and easy snack, to more substantial fare such as steak frites and boeuf bourguignon. Likewise, our wines are predominately French, many made by lesser known producers, and provide the perfect accompaniment to the food on offer.

If it's been a while since you've paid a visit, we think you'll be surprised by how much you've missed us. No hassle, no rush, no skinny-decaff-double-shot-to-go, just a vibrant atmosphere that moves with your moods throughout the day.

**Starters**  
£3.00 - £6.00

**Mains**  
£4 - £15

**Deserts**  
£2 - £6

Cafe Rouge  
Mermaid Quay  
Cardiff Bay  
Cardiff  
CF10 5BZ  
Wales

02920 497638  
[www.caferouge.co.uk](http://www.caferouge.co.uk)



## Signor Valentino “Restaurant”

Since its launch in 2001 Signor Valentino has built a reputation as one of Cardiff's most fashionable waterfront restaurants and has become one of the capital city's favourite places to eat.

Located in a prime position on the elevated first floor of Mermaid Quay's restaurant quarter, Signor Valentino enjoys panoramic views over Cardiff Bay. The famous vibrant, bustling atmosphere at the restaurant compliments the freshly prepared contemporary Italian cuisine to create a truly cosmopolitan, yet informal dining experience. And with an open plan kitchen, American oak flooring, and a balcony that can accommodate over 40 people for „al fresco' dining, Signor Valentino is still fresh and fun six years after opening its glass frontage to an enthusiastic audience.

### Starters

£3.00 - £6.00

### Mains

£4 - £15

### Deserts

£2 - £6

Signor Valentino  
Unit Upper 15  
Mermaid Quay  
Cardiff  
CF10 5BZ  
Wales

+44 (0)29 2048 2007  
[www.signorvalentino.com](http://www.signorvalentino.com)



## Pearl of the Orient “Chinese”

Our restaurant is totally open plan and with our large glazed walls it has a feeling of being one with the outdoors. The interior has a contemporary edge with pale orange being the predominant colour, this is complimented by use of traditional dark timber and a translucent water feature. The seating has been carefully planned to allow for comfort and intimacy. The layout creates an unrivalled atmosphere which is aided by use of live piano music on most evenings.

**Starters**  
£4 - £10

**Mains**  
£10 - £18

**Deserts**  
£2 - £6

Pearl of the Orient  
Mermaid Quay  
Stuart Street  
Cardiff  
CF10 5BZ  
Wales

029 2049 8080  
[www.thepearloftheorient.com](http://www.thepearloftheorient.com)





## Mimosa Kitchen & Bar

### “European”

In 1865 a boat full of Welsh men and their families sailed from Liverpool to Patagonia, southern Argentina, in the hope of creating a new Wales. The tea clipper, named Mimosa, set sail on a two month journey to South America with 159 people, mainly from the Bala area of Wales, on board. Today the population of Patagonia is around 150,000 with 20,000 descended from the Welsh settlers and around 5,000 able to speak Welsh.

Located in the heart of Cardiff Bay, Mimosa Kitchen & Bar has a striking contemporary design, attracting a cosmopolitan mix of drinkers and diners with its bustling yet relaxed ambience.

The modern interior, exemplified by the stunning brushed steel bar and bespoke 5 metre „bean seat’, is enhanced by the use of natural textures such as Welsh slate, wenge wood, and leather seating.

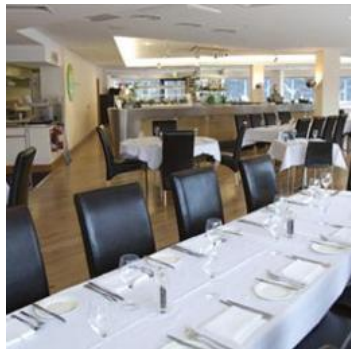
**Starters**  
£4.50 - £6

**Mains**  
£9.95 - £16.95

**Deserts**  
£2 - £6

Mimosa Kitchen & Bar  
Mermaid Quay  
Cardiff  
CF10 5BZ  
Wales

02920 491 900  
[www.mimosakitchen.co.uk](http://www.mimosakitchen.co.uk)



## Ffresh Restaurant

“Contemporary”

Wales Millennium Centre opened in 2004 and has already established its reputation as one of the World’s iconic arts and cultural destinations. The vision of the Centre is to be an internationally significant cultural landmark and centre for the performing arts, renowned for inspiration, excellence and leadership.

The Centre is one of the most unique and lively performing arts centres in Europe, opened by Her Majesty The Queen in 2004. Look beyond the amazing exterior, as featured in Torchwood and Dr Who, and you will come across a bustling atmosphere that makes our visitors want to return time and time again. We’re so much more than a theatre. Our visitors come to enjoy blockbuster West End musicals, opera, ballet and contemporary dance, hip hop and stand up comedy, art exhibitions, workshops, training days, free daily foyer performances, guided tours, bars and restaurants..... there really is something for everyone!

**Starters**  
£3.00 - £6.00

**Mains**  
£4 - £15

**Deserts**  
£2 - £6

Ffresh Restaurant  
Wales Millennium Centre  
Cardiff  
CF10 5AL  
Wales

029 2063 6465  
www.wmc.org.uk

# Contact us...

## Doctors Academy

PO Box 4283  
Cardiff  
Wales  
UK  
CF14 8GN

Phone: +44 (0) 161 408 0807

Skype: Doctors.Academy  
E-mail: [info@doctorsacademy.org.uk](mailto:info@doctorsacademy.org.uk)  
Web: [www.doctorsacademy.org.uk](http://www.doctorsacademy.org.uk)