











### Café Rouge "French"

Café Rouge was launched in Richmond, London in 1989 by Karen Jones and Roger Myers, foodies on a mission to recreate real French food and wine in a Parisienne bistro-style setting.

Café Rouge use great, fresh ingredients, traditional French cooking methods and classic Rouge recipes all day every day. They're open for breakfast, lunch, dinner and everything in-between - so you're sure to find something you'll love!

Today, they continue to recreate core classics like Steak Frites, Moules and Confit de Canard as well as Croques, Salads and Baguettes available to enjoy with a gorgeous glass of French wine.

Starters £5.95 - £7.95

Mains £9.95 - £21.95

Desserts £4.75 - £8.25

St David's Dewi Sant, Cardiff, CF10 2EF, United Kingdom

02920 236 574

www.caferouge.com









# Cosy Club "British"

Cosy Clubs celebrate the joys of relaxed dining, drinking and lounging in a fabulous, welcoming setting. Think aristocratic abundance with a dash of local village cricket pavilion pottiness.

Cosy Club's magnificent menus veer happily from brunches and light salads to comfort food classics, from fine coffees and smoothies to some of the finest cocktails known to man and woman.

Starters £2.23 - £4.50

Mains £7.25 - £18.95

Desserts £5.95 - £9.95

St David's Dewi Sant, Cardiff, CF10 2LE, United Kingdom

02920 225 998

https://cosyclub.co.uk/









### I Giardini di Sorrento

"Italian"

Inspired by the fresh and authentic flavour of the Sorrento peninsula, I Giardini di Sorrento is an independent Italian restaurant in Cardiff's city centre, a few minutes' walk from major hotels, shopping centres, theatres, railway stations and public transport.

You can discover a selection of home-made pastas, desserts and cakes, as well as mouth-watering pizzas, steaks and fish cooked to order.

I Giardini di Sorrento has also won several awards, including Best Italian Restaurant in Wales 2018, Best Pasta 2018, and Most Authentic Menu 2018.

Visit the award winning I Giardini di Sorrento in Cardiff for a warm Italian welcome.

**Starters** £2.50 - £3.95

Mains £7.55 - £24.95

Desserts £5.95 - £6.25

12 City Road, Cardiff, CF24 3DL United Kingdom

02920 486 580

https://www.i-giardini.com/









### Frankie & Benny's

"Italian-American"

Frankie & Benny's serves up the best of New York Italian cuisine to offer you big flavours and massive choice. Whether you fancy a juicy chicken burger or an Italian classic, they've got something for everyone!

Frankie & Benny's cater for all needs with a huge gluten free menu, a wide offering of vegetarian dishes and host of healthier, lighter bites. So try one of their mouthwatering Freakshakes or grab a beer with friends and enjoy a home-from-home meal.

In typical stateside fashion, great service at Frankie & Benny's is second to none. Nothing is too much trouble for their obliging and friendly family members.

**Starters** £1.00 - £7.29

Mains £6.99 - £19.99

Desserts £3.19 - £6.49

St David's Dewi Sant, Cardiff, CF10 2EF, United Kingdom

02920 371 972

www.frankieandbennys.com



### Pizza Express

"Italian'

Pizza Express values great food, evocative music, and distinctive design; they take the same pride in offering great hospitality and unforgettable experiences.

When it comes to Pizza Express ingredients, they never compromise. After all, they're the foundation for their great flavours. The same goes for their commitment to bringing fresh ideas to the table – whether in the form of the American Hot, Romana, or Leggera pizza, Dough Balls, or Peroni beer.

The ingredients for a great dining out experience? Delicious food, friendly people and, crucially, great atmosphere.

**Starters £4.30 - £11.75** 

Mains £8.95 - £14.95

Desserts £3.95 - £6.45

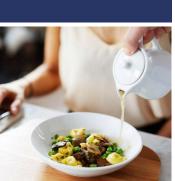
St David's Dewi Sant, Cardiff, CF10 2EF, United Kingdom

02920 359 200

www.pizzaexpress.com









### Prezzo "Italian"

Prezzo uses authentic Italian recipes to bring a touch of Italy to the UK. From bubbling pizzas and scrumptious pasta, to traditional bruschetta and classic Tiramisu, you'll be taken straight to the Amalfi coast.

The Prezzo menu presents a range of exciting dishes, crafted using the season's best ingredients. Sample meat and fish dishes like chicken Milanese or sea bass, along with classic pasta recipes, hand-stretched, stone-baked pizzas, and risotto.

All the favourite antipasti dishes are on offer, as well as speciality folded calzones, and piled-high 'la famiglia' pasta dishes, designed for sharing. Start your visit with a fruity, fizzy pre-dinner aperitivo from the Prezzo cocktail list, and finish with an indulgent Italian-style dessert.

**Starters** £3.30 - £6.85

Mains £8.40 - £15.85

Desserts £3.40 - £6.50

St David's Dewi Sant, Cardiff, CF10 2GS, United Kingdom

02920 397 512

www.prezzorestaurants.co.uk









### Wagamama

"Japanese"

A little ginger to warm you up, chillies that kick, and noodles to nourish the body and soul. Wagamama's Asian inspired menu has been created to soothe, nourish, sustain and inspire. Pick from all kinds of rice and noodle dishes, alongside fresh salads and shareable sides. There are desserts, fresh juices, hot drinks, wine, sake and expertly crafted Asian beers too.

Wagamama's ingredients are cooked fresh, and are served fresh; every bowl and plate that they fill with them is served as soon as it's ready. The colours and aromas, flavours and spices are always at their best when they touch your table.

A warming bowl of bold ramen, teppan griddled to perfection, or if you would rather rice, you're in luck - their menu features many Japanese favourites. Fresh, authentic menus that are updated seasonally, Wagamama is a staple of modern Asian cuisine.

Starters £3.60 - £6.95

Mains £8.25 - £14.95

Desserts £1.75 - £5.95

14 Mill Lane, Cardiff, CF10 1FL, United Kingdom

02920 641 564

www.wagamama.com









## Bill's, Mill Lane "British"

Originally built in the late 1800s, Wyndham Arcade, a Grade II listed building, is home to Bill's Cardiff City Centre restaurant. The newly refurbished restaurant is packed full of colour and charm, ideal for a cosy dinner or catching up with friends.

Both impressive and intimate, with little booths, nooks and crannies, there's plenty of seating including a large outdoor terrace, making Bill's Cardiff Central the perfect place for breakfast, lunch, dinner and everything in between.

Starters £2.95 - £7.50

Mains £10.95 - £19.95

Desserts £2.30 - £5.50

27-39 Wyndham Arcade, Mill Lane, Cardiff, CF10 1FH, United Kingdom

02920 231 524

https://bills-website.co.uk









## YO! Sushi "Japanese"

YO! Sushi are all about fresh, furiously flavoursome authentic Japanese street food and sushi. Although sushi's at the heart of what they do, they have a spectacular range of street food, from traditional classics to innovative fusion dishes, designed by their Executive Chef and his team.

YO! Sushi's vibrant food has been delighting hungry guests since 1997. From the first YO! in Soho, London, which introduced the 'kaiten' conveyor belt and colour-coded dishes to this country, they now have almost 100 restaurants around the world. In that twenty years, they've never stopped discovering, exploring and innovating.. they've got stacks of new dishes, venues and ideas coming round the belt!

**Starters** £2.30 - £5.50

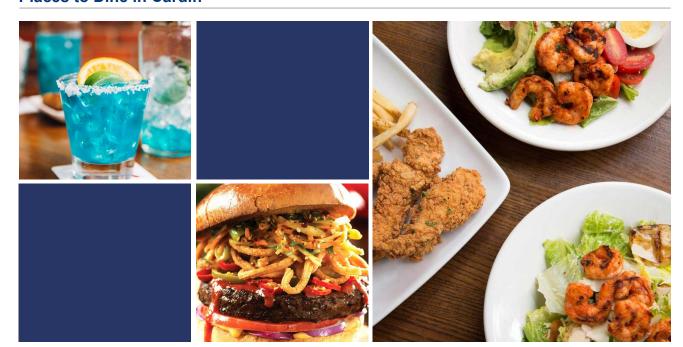
Mains £2.30 - £5.50

Desserts £2.30 - £5.50

St David's Dewi Sant, Cardiff, CF10 2EF, United Kingdom

02920 602 174

https://yosushi.com



### TGI Fridays

"American"

Along with mouth watering food and tempting drinks, TGI Fridays bring fun, friendliness and an extra large helping of good vibes to the table. It's what makes every day seem like Friday.

From their signature loaded skins to their legendary Jack Daniels sauce, they take real American flavors and make them different. These undeniably tasty and original flavors are at the heart of everything they do, and their unique and extensive menu is exactly why you might call TGI Fridays the home of the daredevil.

With their oh so tempting food, dreamy cocktails and infectious buzz, they've got all the ingredients for fun right there. Join them any day of the week and they guarantee that you will get the full Fridays experience!

Starters £3.99 - £7.49

Mains £9.99 - £34.99

Desserts £5.49 - £6.49

St David's Dewi Sant, Cardiff, CF10 2EF, United Kingdom

03448 469 915

www.tgifridays.co.uk









## Wahaca "Mexican"

Wahaca's first restaurant in Wales serves up the Tidiest Tacos on the Taff. Drop in for a taste of Mexican market eating in the heart of Cardiff, or a drink in the upstairs Rojito cocktail bar where there are fresh cocktails with a modern Mexican twist.

Starters £3.95 - £5.95

Mains £4.95 - £13.95

Desserts £5.25 - £5.95

Bridge Street, Cardiff, CF10 1GA, United Kingdom

02921 670 414

https://www.wahaca.co.uk/









### **Zizzi** "Italian"

At Zizzi, they like to do things a little differently. They don't do over-complicated recipes or scrimpy portion sizes. They're all about well-chosen ingredients, simply put together to make exceptional Italian food.

Zizzi Cardiff St David's is the newest edition to the Cardiff family. Their Italian restaurant serves tasty, authentic dishes from pizza, pasta and risotto to salads and indulgent desserts — all in a uniquely designed restaurant. Their Italian menu also includes Vegan and Vegetarian options.

They are open Monday – Sunday for lunch and dinner. They also have an outdoor seating area for alfresco dining.

Starters £2.95 - £7.75

Mains £8.55 - £15.25

Desserts £4.95 - £6.85

St David's Dewi Sant, Cardiff, CF10 1GA, United Kingdom

02921 324 015

https://www.zizzi.co.uk/







## Juboraj "Indian"

The Juboraj Restaurant Group is one of the oldest, and almost certainly, one of the greatest Indian and Bangladeshi restaurants in Wales, having won numerous awards. For well over twenty years there has been a Juboraj in Cardiff.

Juboraj Express on North Road packs all the freshness and quality you'd expect from a Juboraj restaurant into their takeaway and delivery meals so that you can enjoy the Juboraj experience in your own home.

So whether you order over the phone, online or drop into their restaurant, you're sure to enjoy. They do not sell alcohol in their restaurant but you are welcome to bring your own.

Starters £4.35 - £9.50

Mains £9.95 - £16.95

> Desserts N/A

290 North Road, Cardiff, CF14 3BN, United Kingdom

02920 377 668

https://juboraj-express.com/









## **Gourmet Burger Kitchen** "British"

Back in 2001, three Kiwi men, including world-renowned chef Peter Gordon, set up the first Gourmet Burger Kitchen in Battersea, South London, changing the UK burger scene forever. Now with over 60 restaurants across the UK, they still pride themselves on serving up a variety of handcrafted burgers, combining 100% prime beef with the freshest ingredients and burger sauces made from scratch, every day, in each GBK kitchen.

Gourmet Burger Kitchen is about fresh quality produce, handled and prepared with care to produce exceptionally fresh and delicious food.

To complement their food, they have developed clean, relaxed, licensed restaurants where you can enjoy their burgers - a great place to stop in for a good meal in a relaxed and casual environment.

Starters £3.95 - £5.95

Mains £5.85 - £12.95

> Desserts £1.95

Unit 2 Library Building, Mill Lane, Cardiff, CF10 1FL, United Kingdom

02920 668 379

www.gbk.co.uk









## ASK Italian "Italian"

The ASK Italian restaurant in Cardiff is perfectly positioned just outside the Castle Quarter, within a ten-minute walk of Cardiff Castle, Principality Stadium and Cardiff Blues rugby club. Outside, on the oldest arcade in Cardiff, there is an expansive dining area for eating al fresco or sipping a hot Italian coffee.

Their chefs prepare and cook your favourite Italian dishes with real gusto. Risotto, pasta, stone-baked pizzas, fish and meat dishes or a seasonal salad; whatever you're in the mood for, you'll find it on their extensive menu of meals made with real Italian ingredients.

**Starters** £2.95 - £11.95

Mains £11.25 - £14.95

Desserts £4.25 - £6.95

24-32 Wyndham Arcade, Cardiff, CF10 1FJ, United Kingdom

02920 344 665

https://www.askitalian.co.uk/









### Las Iguanas

"Latin American"

There are two Las Iguanas to choose from in Cardiff, and their restaurant in Mill Lane is the perfect addition to this quirky spot right in the heart of the city. Step inside for the ultimate Latin American vibe, with all the delicious classics on offer alongside unique sizzling creations. Their legendary Happy Hour menu offers 2FOR1 cocktails all day every day.

Cardiff Mill Lane Las Iguanas is perfect for big parties, cosy corners, pre-event drinks, family time, lunch or cocktails at the bar. Your ticket to celebrating life the Latin American way with authentic Latin American food, cocktails and hospitality.

**Starters** £2.25 - £7.95

**Mains** £9.95 - £18.95

**Desserts** £4.95 - £7.95

8 Mill Lane, Cardiff, CF10 1FL, United Kingdom

02920 226 373

www.iguanas.co.uk









Viva Brazil Churrascaria is an award winning, authentic, Brazilian style steakhouse. The concept is simple, Viva Brazil gives you more – more of everything... food, service and atmosphere.

Once you are seated, their troop of passadors (meat carvers) move from table to table, offering more than fifteen finest cuts of succulent meats all slow-roasted over a charcoal barbeque and expertly carved at the table. At Viva Brazil Cardiff, you control the service with a small double-sided disc placed on your table. The green side signals the passadors to keep bringing meats, while the red side indicates that you would like to take a break. To accompany the meats served to your table, their Salad Island boasts over twenty different variations of traditional Brazilian hot dishes, freshly prepared salads and sides.

Starters £9.95 - £12.95

Mains £11.95 - £26.95

Desserts £4.95 - £6.95

St Mary Street, Cardiff, CF10 1GD, United Kingdom

02920 220 255

www.vivabrazilrestaurants.com









### Bella Italia

"Italian"

As vibrant as the city of Cardiff is, so is the newest addition to the dining scene in the Old Brewery Quarter - Bella Italia. Previously the site of the Brains Brewery, it is now styled with a new metro look to reflect the people of Cardiff. The new Bella Italia features stunning first floor balcony seating area - ideal for parties, soaking up the sun and enjoying the delicious, authentic Italian treats that the team at Bella has traveled up and down the coasts of Italy to source and bring to your table, here in Cardiff.

They're open every day for lunch and dinner, plus weekends for breakfast with a menu full of tasty Italian dishes made with ingredients crafted with Italian family tradition.

Starters £3.49 - £12.99

Mains £8.49 - £19.99

Desserts £2.49 - £9.99

The Old Brewery Quarter, Cardiff, CF10 1FG, United Kingdom

02920 230 087

www.bellaitalia.co.uk









## Miller & Carter "British"

Miller & Carter believe that they know a thing or two about steak. In fact, they believe that they are one of the best steakhouses in Cardiff.

Once you've tasted their hand-cut, 30-day aged British and Irish steaks you'll soon appreciate the care of their farmers, the exacting standards of their butchers and the passion of their chefs.

Rest assured that their chefs treat their carefully sourced 30-day aged British and Irish beef with the respect it deserves. Their open kitchen is testimony to that. Whatever your preferred cut - rib-eye, fillet, sirloin or perhaps a chateaubriand between two - it'll be as flavoursome and tender as their master butcher intended.

**Starters** £2.95 - £9.25

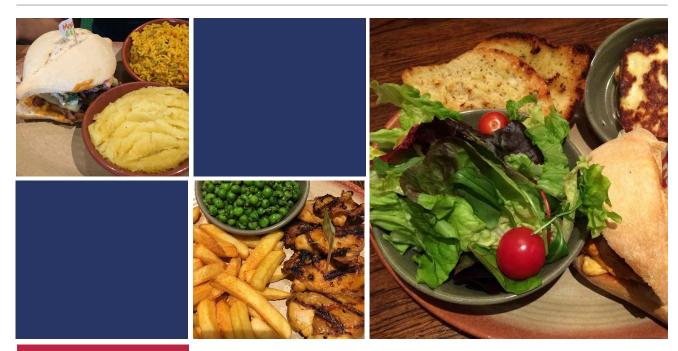
Mains £10.50 - £29.95

Desserts £4.95 - £10.95

9-11 The Hayes Cardiff, CF10 1AH, United Kingdom

02920 372 344

www.millerandcarter.co.uk



## Nando's "South African"

Nando's love flame grilled PERi-PERi-chicken. It makes their world go round! Whether you are eating with friends or family or having a boys/girls night out, enjoy the taste of their famous PERi-PERi-chicken, the warmth and pride with which they deliver it and the laid-back atmosphere of their restaurant.

Way back in the 15<sup>th</sup> Century in the rich soils and intense heat of South Africa, their Portuguese forefathers made a monumentally important discovery – the African Birds Eye Chilli. Known as PERi-PERi, this fiery little customer is added to special herbs and spices to give their Nando's original PERi-PERi sauce its unique flavour.

Starters £3.70 - £10.95

Mains £3.95 - £15.20

Desserts £1.95 - £4.75

The Old Brewery Quarter, Cardiff, CF10 1FG, United Kingdom

02920 341 263

https://www.nandos.co.uk/?



www.doctorsacademy.org