



DOCTORS ACADEMY

Disseminating Medical Knowledge
and Skills Globally

FRCS Course

Practice course for Clinical and Viva Examination in FRCS (Gen Surg)

Venue: Department of Surgery/Outpatient department, Royal Glamorgan Hospital,
Llantrisant, Wales, United Kingdom



Welcome to Cardiff, Capital of Wales!

Croeso! 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
www.visitcardiff.com
www.lonelyplanet.com
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



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



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

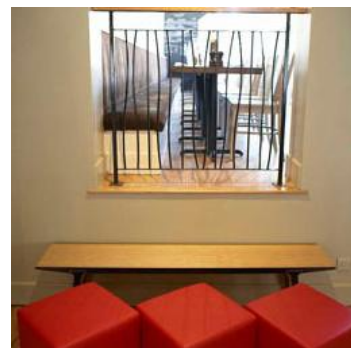
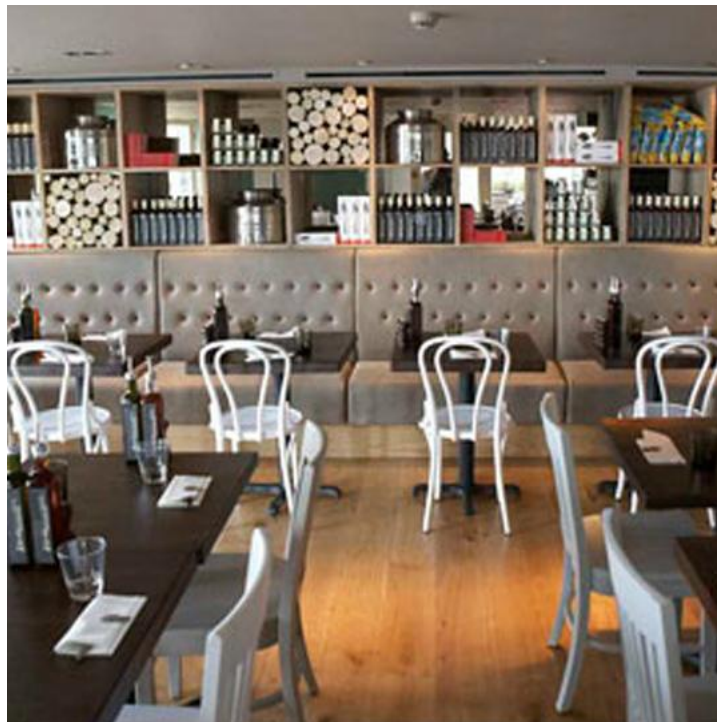
£10.95 - £39.95

Deserts

£1.75 - £4.25

10 Mill Lane,
Cardiff
Wales
029 20 377668

www.juborajgroup.com



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



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



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

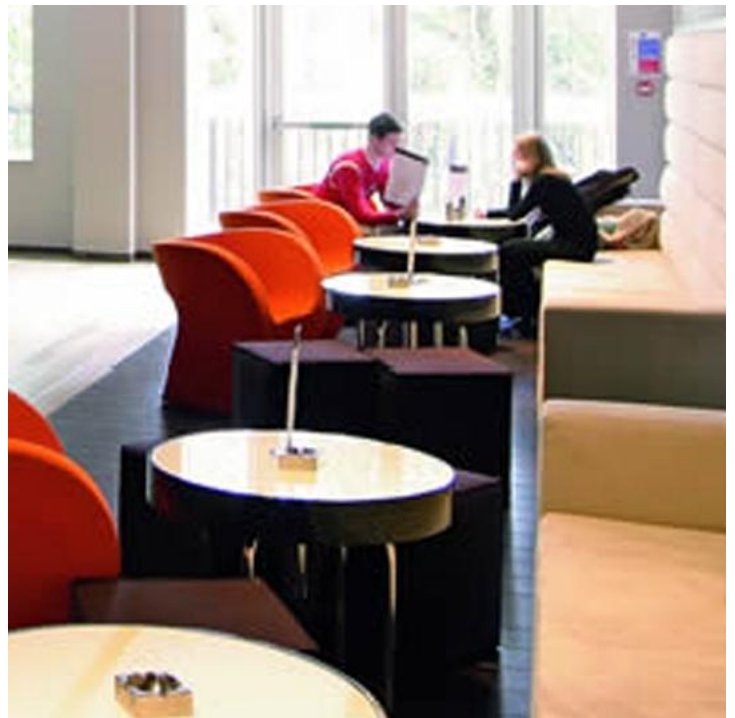
Mains
£4 - £15

Deserts
£2 - £6

Hamons Restaurant
Park Place
Cardiff
CF10 3UD

+44 845 305 8311

www.thistle.com



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



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



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



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



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



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



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



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



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



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.

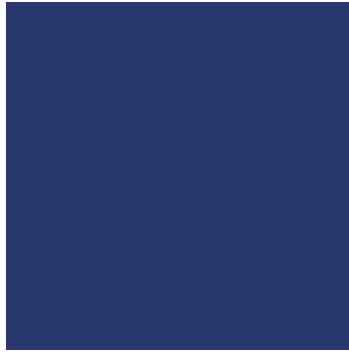
Starters
£3.00 - £6.00

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



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



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



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



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



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.

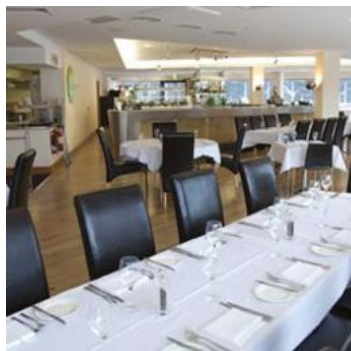
Starters
£4.50 - £6

Mains
£9.95 - £16.95

Deserts
£2 - £6

Mimosa Kitchen & Bar
Mermaid Quay
Cardiff
CF10 5BZ
Wales

02920 491 900
www.mimosakitchen.co.uk



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...

DoctorsAcademy

PO Box 4283
Cardiff
Wales
UK
CF14 8GN

Skype: DoctorsAcademy
E-mail: info@doctorsacademy.org.uk
Web: www.doctorsacademy.org.uk