



Our menus are purely suggestions we are happy to create a menu for your specific event or occasion within your special requirements & budget. We are happy to provide a taster session



370 Mumbles Road Norton Swansea SA3 5TN
www.zing.wales ☎ info@zing.wales ☎ 01792 549495 ☎ 07779 169 135

Main Course Menus

Traditional Roasts

- **Roast Silverside of Beef £12.00**
Prime sirloin of Welsh black beef dusted with mustard seeds
Yorkshire pudding, horseradish mash & a rich gravy
- **Tender Welsh lamb £12.75**
Rolled Welsh Leg of Lamb seasoned with rosemary and served with garlic Roast Potatoes
- **Pembrokeshire Turkey £10.50**
Crown turkey roasted with Parsley & Thyme and served with Honey Roast parsnip
- **Fresh Roast Chicken £10.00**
Herb roasted chicken served with bread sauce
- **Fresh Roast Leg of Pork £10.00**
Rolled leg of Pork with Sage & Onion and served with Apple & cider Sauce



Beef

- **Filet au Poivre £15.00**
Fillet of local mountain reared Welsh Beef topped with a creamy triple peppercorn sauce on a bed of buttered mash
- **Welsh Black Rump Steak in a Borderlais Sauce £12.00**
with tomatoes, chopped shallots & thyme on a bed of sautéed onions & mushrooms(maximum of 40, steaks cooked medium unless otherwise requested)
- **Welsh Black Sirloin Steak £13.50**
in a Béarnaise Sauce - on a bed of sautéed onions & mushrooms (maximum of 40, steaks cooked medium unless otherwise requested)
- **Beef Olives £13.50**
Welsh Black sirloin stuffed with olives & breadcrumbs on a carrot & parsnip mash
- **Welsh Black Ribeye Steak £15.00**
with wild mushrooms & garlic
- **Traditional Beef Wellington £15.00**
served on braised Welsh leeks (Maximum of 40)



Lamb

- **Saddle of Welsh Lamb in a Red Wine Sauce £14.00**
with Welsh leek mash
- **Rack of Welsh Lamb with a Citrus Crust £14.50**
on a bed of swede puree
- **Roast Chump of Welsh Lamb £13.00**
presented on a bed of buttered savoy cabbage
- **Minted Welsh Lamb Shank £14.00**
on a bed of chive mash
- **Braised Welsh Lamb Shank £14.00**
Cooked with red wine and rosemary along with parsley buttered new potatoes
- **Welsh Lamb Cutlets £12.00**
accompanied by caramelised root vegetables (Maximum of 40)



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|-----------|----------------|-------------|------------|-----------|------------|---------------------|
| 1. Gluten | 2. Crustaceans | 3. Mollusc | 4. Fish | 5. Nuts | 6. Peanuts | 7. Sesame seeds |
| | | | | | | |
| 8. Eggs | 9. Milk | 10. Mustard | 11. Celery | 12. Lupin | 13. Soya | 14. Sulphur Dioxide |
| | | | | | | |





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Pork

- **Medallions of Pork with Calvados £12.00**
served with duchesse potatoes
- **Valentine Pork Chops £12.50**
with Smoked Bacon & Cider presented with sautéed Welsh leeks
- **Pork Chops with Honey & Orange £12.00**
garnished with baby carrots & mange tout
- **Caramelised Pork Fillets £12.50**
with sautéed onions & topped with a port & redcurrant jus
- **Tenderloin of Pork wrapped in Bacon £12.00**
served with black pudding stacks & apple chutney
- **Roast Loin of Pork £12.00**
on a spring onion mash with a mustard grain sauce



Chicken

- **Ricotta & Garlic Chicken Supreme £11.00**
of chicken stuffed with ricotta garlic and wrapped in Carmarthenshire ham
- **Pate Chicken £11.00**
Breast of chicken stuffed with liver pate and wrapped in streaky bacon
- **Caerphilly Chicken Breast £11.00**
Whole chicken breast served with a rich Caerphilly cheese and leeks sauce
- **Supreme of Chicken Infused with tarragon butter £12.00**
served on a bed of Dijon mash potato
- **Poulet Provencal £11.00** Traditional Provencal dish served with sauté potatoes
- **Madeira chicken** served with a light Madeira sauce on a rosemary mash



Fish

- **Fillet of Sole Duglere £12.00**
- Monkfish wrapped in Parma Ham £12.50
with duchesse potatoes & topped with a roasted pepper sauce
- **Tournedos of Salmon £12.50** presented with a creamy leek ragout & mint hollandaise
- **Baked Fillet of Seabass £12.50** accompanied by wilted greens & drizzled with sauce vierge
- **Plaice Fillet Veron £12.00** with aubergine fritters shallots, tomato, parsley & white wine
- **Thai Style Salmon £12.00** with sweet chilli, coriander & lime



Vegetarian

- Classic Mushroom Stroganoff (v) with a timbale of boiled wild rice
- Aubergine, Mozzarella & Beef Tomato Stack drizzled with a sweet yellow pepper coulis
- Fricasse of Wild Mushroom & Asparagus (v) served in a puff pastry case
- Leek & Goats Cheese Tartlet (v) with a beetroot dressing
- Roast Pepper Parcels (v) Wild rice, mushrooms & sweetcorn
- Mediterranean Vegetables en Croute (v) topped with a pesto & roast tomato coulis



1. Gluten



2. Crustaceans 3. Mollusc



4. Fish



5. Nuts



6. Peanuts



7. Sesame seeds



8. Eggs



9. Milk



10. Mustard



11. Celery



12. Lupin



13. Soya





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Potatoes

- **Traditional Parsley Buttered** Gower New Potatoes
- **Saute** with garlic & oregano
- **Chargrilled New Potatoes**
- **Delmonico** diced Potatoes cooked in cream & garlic
- **Duchesse** piped creamed potatoes
- **Parmentier** diced savoury potatoes with Cajun seasoning
- **Flavoured Mash** with a choice of: Welsh cheddar –garlic-spring onion -mustard-parsley & chive-horseradish -Welsh leeks
- **Flavoured Roasts** with a choice of: classic-rosemary & Garlic-oregano-sea salt & cracked black pepper
- **Dauphine** sliced potatoes cooked in a béchamel sauce
- **Boulangere** savoury potatoes cooked with bacon & rich beef stock
- **Lyonnaise** cooked with onions
- **Hot Buttered Jacket Potatoes**
- **Potato Rosti** seasoned potato cooked to crisp perfection



Vegetables

- Minted Garden Peas - with fresh mint
- Baby Carrots - glazed with tarragon butter
- Broad Beans - accompanied by smoked bacon
- Peppered Whole Green Beans
- Button Sprouts
- Broccoli - with almonds
- Baton Carrots - dressed with sesame oil
- Baby Corn - with poppy seeds
- Seasonal Savoy Cabbage
- Cauliflower Florets
- Buttered Mashed Swede
- Honey Glazed Roast Parsnips
- Buttered Welsh Leeks
- Cauliflower Cheese
- Traditional Ratatouille
- Crisp Mange Tout
- Wilted Greens - spinach, rocket, watercress
- Minted Pea Puree
- Buttered Asparagus Tips
- Braised Red Cabbage - with a hint of cinnamon
- Baton Carrots - tied with Welsh leeks
- **Green Beans** - tied with smoked bacon



NB

The price of each main course includes one potato and two vegetable selections



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