



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)



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 Provençal £11.00** Traditional Provençal 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



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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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