



bars
pubs
cafes
hotels
restaurants
coffee shops
delis and markets



*Who are you?
Tim Marriot, owner of The Marketplace.*

*What's the best thing about running a restaurant in Wales?
The availability of smaller and higher quality local suppliers such as farms and smokeries which is something that certainly adds to the passion of cooking a dish as well as helping within the small business community.*

*What's the worst thing?
The saturation of corporate chain eateries and pubs in South Wales and the lack of enthusiasm that this leads to in the restaurant scene as a whole.*

*Which are your favourite Welsh restaurants?
I really enjoy the Maderia Restaurant in Cardiff. The food is simple and tasty and, like our restaurant, has an open kitchen. Great atmosphere.*

*How green are you?
We strive to be as environmentally aware as possible and act accordingly. For example, we have a food grinder so as to not mix food and other waste as well as separating glass and oil and so on. The next step on the list for us is to gain a stamp of approval from the Soil Association who we have applied to lately.*

*What is missing from the Welsh restaurant scene?
Quality rather than quantity.*



THE OLD POST OFFICE
Greenwood Lane, St Fagans, Cardiff
029 2056 5400
www.theoldpostofficerestaurant.co.uk
You'd never guess you were just four miles away from the centre of Cardiff at this peaceful, tranquil establishment. Set in, would you ever guess, an old post office, the restaurant with rooms is bright and contemporary, offering both a delicious selection of meals which fuse traditional methods with modern influences, and a welcome respite from the hustle and bustle of the city.

THE OLIVE TREE
21 Glebe Street, Penarth, Cardiff
08715 294002
www.the-olive-tree.net
Since opening in 2004, this restaurant has earned itself quite the reputation for sticking to French cooking traditions that result in perfectly authentic food. Head chef and owner Martin Dobson has put together consistently excellent set of dishes and a range of sauces that have earned the Olive Tree particular renown.

PATAGONIA
11 Kings Road, Cardiff
029 2019 0265
www.patagonia-restaurant.co.uk
In crisp and contemporary, yet inviting and

ambient surroundings, enjoy an array of artfully created international dishes. Owners Joaquin and Leticia (from Patagonia, hence the name) have travelled Europe in a quest to perfect their cooking skills and have bought the end result to Wales, where a warm welcome awaits those ready the fruits of their labour.

POR-DO-SOL
11 High Street, Newport
01633 214704
Por-Do-Sol is Newport's very first Portuguese restaurant and is based in the heart of the city. Capturing the hearts of customers with an interior that will have you believing you're really in Lisbon, the portions are generous and the food exquisite. This is a small piece of heaven in a city populated with restaurants all fighting for your attention.

PORTO'S
40 St Mary Street, Cardiff
029 2022 0060
Porto's serves a whole range of Portuguese dishes that takes in everything from seafood, meat dishes and vegetarian section. For a delicious insight into Portuguese cuisine this is a more than adequate place to start.