



MIND
BODY
SOUL

FOOD

ICC
WALES

“ONE CANNOT THINK WELL,
LOVE WELL, SLEEP WELL,
IF ONE HAS NOT DINED WELL.”

Virginia Woolf

Our Culinary Philosophy

ICC Wales is raising the benchmark with its innovative culinary thinking and is setting exciting new standards in outstanding conference catering with its Mind, Body and Soul Food philosophy.

We pride ourselves on offering our renowned warm Welsh welcome combined with world class quality cuisine. Our highly skilled culinary team personally select the finest local ingredients and superfoods that not only taste delicious but simultaneously boost alertness and energy levels, general wellbeing and the overall good health of our delegates and visitors.

Nourish to Flourish

Our Mind, Body and Soul Food philosophy aims to keep the mind sharp, body strong and soul nourished through great food.

As host to your event we take our role very seriously, with the principal aim of providing the very best possible opportunity for engagement, enjoyment and business success.

We believe feeding your mind, body and soul with goodness is crucial to heightening attentiveness, concentration and ultimately upping productivity. As a consequence, all aspects of the delegate experience will be enhanced, contributing to more successful communication and networking opportunities, enriching table conversations at gala dinners and sustaining energy levels across the exhibition floor. Now that's food for thought.



“FOOD FOR THE BODY IS NOT ENOUGH. THERE MUST BE FOOD FOR THE SOUL.”

Dorothy Day

You are what you eat

Mind, Body and Soul Food symbolises a commitment to superior quality, nutritious dishes that feed both the body and the mind. This nutrition to fruition principle derives from exploring and understanding the science behind the ingredients we choose to include in our menus and the nutritional qualities they hold that we believe optimise delegate performance.

Our passionate team led by Culinary Director, Peter Fuchs, and his Executive Chef, Michael Bates, have the skills and experience to deliver outstanding catering from mini morsels to brilliant banquets, with the intent of exceeding client and customer expectations.

You can be confident that ICC Wales will delight delegates and guests, providing essential sustenance around the clock, served up with our legendary Welsh hospitality.

Feed your mind with success

Our award-winning chefs take special pride in every single dish they make, for every single event, keeping in mind the following three key menu essentials:

- Superfoods and fresh fruits and vegetables should be a prominent feature in all menus to help bring out the best in delegates
- Produce will be sourced from local and regional suppliers wherever possible to then be beautifully crafted into menus
- Dishes aim to be high in protein and low in saturated fats to help maintain energy, fight fatigue and sustain focus throughout the day, keeping delegates as productive as possible



MEET OUR CULINARY DIRECTOR

Peter Fuchs, Culinary Director for ICC Wales, has held senior positions in five-star hotels on three continents and his twenty two years of international experience includes posts in South Africa, Mauritius, Dubai, Saudi Arabia and Crete, as well as at Harrods in London.

Peter has created menus and managed the food delivery for Formula 1 Grand Prix, royal visits and the NATO Wales Summit and is now tasked with devising the menus for the 5,000-delegate venue that is ICC Wales.

Peter will oversee the dedicated in-house catering team and use his passion and expertise to provide memorable and innovative culinary experiences for all clients, featuring the very best in locally sourced, seasonal produce.

Wales is a country full of wonderful natural ingredients, a major factor in the recent Welsh culinary success story. Peter loves searching for the best home-grown produce and looks forward to incorporating these into the menus at ICC Wales.

Peter is very involved with the Culinary Association of Wales which promotes excellence in the art of professional cookery within Wales, something that's immensely important to attract the very best chefs and strengthen Wales' growing reputation for the quality of its food and drink products.



MEET OUR PARTNERS

We are extremely keen to champion local produce and promote the use of fresh, seasonal ingredients, whilst supporting regional farmers and producers. ICC Wales is proud to be working with the following partners to provide all our guests with the very best produce Wales has to offer.

Castell Howell

One of Wales' leading independent food wholesalers started out over forty years ago as a cow and chicken farm in West Wales. Proud of their rural roots, this is reflected in one of the company's core values of supplying and promoting the very best regional produce.

Douglas Willis

This family owned business is devoted to producing excellent meat from pasture to plate. With experience of farming and butchery extending back three generations, the passionate Willis family personally select their livestock which are free to graze outdoors all year round, helping to build their reputation as the most respected meat producer in South Wales.

Halen Môn Anglesey Sea Salt

The award-winning Halen Môn (the Welsh translation of Anglesey Salt) is run by a husband and wife team from the unique island of Anglesey off the north-west coast of Wales. Made from 100% pure Anglesey seawater, the range of gourmet salts are used by the best chefs all over the world and have been served at the London 2012 Olympics, political summits and royal weddings.

Welsh Lady Preserves

The Jones family have been making sweet preserves and savoury condiments for over fifty years from their legendary jam factory on the Llyn Peninsula in North Wales. These products have won a remarkable number of awards for taste and quality over the years, with each batch lovingly prepared from the finest ingredients and cooked in old fashioned copper pans.

Shervington Farms

A family owned and run business on the Gwent Levels just to the west of Newport, South Wales. Shervington Farms have been in existence for over forty years and they produce, pack and distribute free range eggs.

BREAKFAST

BREAKFAST MENU

Kick start the day with a bolstering breakfast fit for champions.

All prices are per person and exclude VAT

(SF Superfoods)

CLASSIC BREAKFAST

Tea, coffee	£1.50
(SF) Green tea and fruit infusions	£1.50
(SF) Tea, coffee, oatmeal cookies	£2.75
Tea, coffee, Danish pastries and croissants	£3.00
Tea, coffee, Welsh cakes and bara brith	£2.75
Tea, coffee, carrot cake, white chocolate and raspberry slice	£3.00

HOT BREAKFAST

Welsh bacon bap or local pork sausage bap (Quorn sausage for vegetarians)	£4.17
(SF) Metabolism boosting warm oatmeal apple pie	£2.65
Pork, apple and fennel sausage rolls, spiced tomato chutney	£2.65

HEALTHY BREAKFAST

Pots of Welsh yoghurt with a choice of the following fillings:	£2.20 each
(SF) Bircher muesli: rolled oats, apple, pear, Hilltop honey	
(SF) Merry berry: mixed berries and acai berries	
Tropical explosion: mango puree, pineapple pieces and toasted coconut	
(SF) Mind over matter: Chia seeds and goji berries	
(SF) Sunflower and pumpkin seed granola bars	£2.20
Oatmeal, bran and banana muffins	£2.20

SWEET BREAKFAST

Mini Dutch pancake bites with dips	£2.65
SF Mini blueberry bran muffins	£2.20
Mini glazed doughnuts	£2.63
Chocolate and mint whoopie pie	£1.75
Chocolate fondant fancy	£1.75
Mini chocolate beignets	£1.75
Gluten free chocolate brownie	£1.75

ENERGISED BREAKFAST

SF Greek yoghurt smoothie	£2.20
Cereal and energy bars	£1.25
Fresh fruit skewers	£1.95
Lucozade and isotonic drinks	£1.50

SAVOURY BREAKFAST

SF Pumpkin and rosemary oat muffin	£1.85
Selection of assorted mini filled bagels	£4.50
Mini croque monsieur	£3.25

NOURISHING BREAKFAST

SF Green tea, herbal tea or infusions	£1.50
SF Healthy green detoxing smoothie	£2.20
SF Dried fruit and nut pick and mix	£3.00
Milk and oat cookie	£3.85
Bananas	£1.25





LUNCH

LUNCH MENU

Liven up lunchtime with some mix and matching that caters for every taste to tackle the munchies.

£19.50

All prices are per person and exclude VAT

Choice of ten items to include: three salads, two cold dishes and one hot dish, one vegetarian dish, one hot side dish and two desserts to finish.

(SF Superfoods)

SALAD SELECTION

Garden salad with ranch dressing

(SF) Potato salad with chive and Greek yoghurt dressing

Tomato with basil marinated mozzarella

(SF) Asian slaw with apples

Smoked chicken pasta with peach and grain mustard mayonnaise

(SF) Cajun three bean salad with lime and roasted corn

(SF) Niçoise salad with poached salmon

(SF) Five bean salad with herbs, lemon and olive oil

(SF) Spiced beetroot and orange slaw

Spring vegetable slaw

Thai beef salad

Greek salad

(SF) Quinoa and pumpkin salad

Spelt and pickled mushroom, herbs and rocket

(SF) Charred tandoori spiced cauliflower, onion and tomato salad, lime and garlic Greek yoghurt dressing

(SF) Pickled watermelon, rocket, salted cucumber and corn salad

(SF) Quinoa salad with roasted butternut squash, peppers, pomegranate and rocket

(SF) Beetroot salad with spinach, cherry tomato and asparagus

COLD DISHES

- SF Cajun roasted salmon with red pepper mayonnaise
- Sweet chilli prawns with marinated Asian vegetables
- SF Tandoori chicken with mint Greek yoghurt raita
- Chicken liver parfait with gooseberry relish
- Halloumi and olives with flatbread and dips
- SF Goat's cheese tart with caramelised leek
- SF Tomato and basil quiche
- Crudités with houmous
- SF Watermelon and Serrano ham
- Peppered beef with horseradish cream
- SF Poached salmon with lemon caper berries and herb Greek yoghurt
- King prawn and pineapple salad with chilli dressing

HOT DISHES

- Beef kebabs marinated in chimichurri with warm tomato couscous salad
- Welsh beef tagine with saffron and aromatic spices
- Slow cooked Welsh lamb with ragout of local vegetables and barley
- Lamb kofta curry
- Mildly spiced meatballs in medium/hot madras curry sauce
- Korean barbecue pork with kimchee
- SF Thai green chicken with broccoli
- Sweet and sour chicken with Cantonese style sauce
- SF Szechuan orange chicken with sautéed greens and hoi sin beetroot
- Green masala fried fish with aloo gobi
- Poached fish in a lemon and paprika crumb with herb roasted potatoes
- SF Roast salmon with pepper and black eyed bean jambalaya



VEGETARIAN DISHES

Vegetable rice

- SF Mediterranean vegetables with basil and bean chilli
- SF Sweet potato, cauliflower and chickpea sofrito
- SF Roasted pumpkin tart with caramelised red onion and rocket pesto
- SF Lemon jumbo couscous with roasted root vegetables and kale
- SF Red Thai pumpkin curry
- SF Vegetable paella with asparagus, courgettes, broccolini, herbs and garlic, flavoured with saffron and paprika
- SF Thai green vegetable curry with stem broccoli, pak choi and aubergine
- SF Whole wheat pasta with braised butter beans, leeks, charred corn and nut free pesto
- SF Tuscan bean cassoulet with herbs and roasted garlic

HOT SIDE DISHES

Vegetable rice

- SF Egg noodles with kale, ginger, garlic and sprouts
- SF Mixed lentil rice
- Crushed new potatoes with fresh herbs and olive oil
- SF Quinoa with spinach, sun dried tomatoes, garlic and ginger
- SF Yellow lentil dhal
- Creamy cheesy potato mash
- SF Roasted pumpkin with chilli
- SF Cauliflower and oatmeal bake

DESSERTS

- SF Pomegranate coconut mousse
- SF Red berries, acai berries and vanilla trifle
- Caramel chocolate terrine
- SF Fresh fruit salad with strawberries, blueberries and goji berries
- Lemon and lime tartlets
- White and dark chocolate mousse cake
- Double cream tiramisu with chocolate crumble
- Strawberry bavarois bar cake
- Milk chocolate and coconut tart
- Passion fruit delice
- SF Set ground almond and cranberry pudding
- Warm cocoa and walnut pudding
- SF Warm maple and oat monkey bread pudding

CHEESE

Welsh Cheese Platter

A selection of Welsh cheese including Caerphilly, Perl Las, Perl Wen, Black Bomber Cheddar and Y Fenni served with grapes, celery, dried fruit, oat cakes and chutney
(£7.50 ex VAT supplement per person applies)

ADDITIONAL DISHES

Extra cold dish	£3.75 per person, per item
Extra hot dish	£4.17 per person, per item
Extra dessert	£2.50 per person, per item

PACKED LUNCH MENU

Pushed for time?

Our perfectly packed picnics are sure to do the trick.

OPTION 1

Please choose two sandwiches from the selection below for the whole group:

Cheese, onion and mayonnaise on thick malted wheat bread

Chicken, bacon and mayonnaise on thick malted wheat bread

Egg mayonnaise and cress on thick oat crusted bread

Ham and coleslaw on thick white bread

Classic BLT (bacon, lettuce, tomato) on thick wholemeal bread

With a piece of fresh fruit

£9.60 excluding VAT, per person

OPTION 2

Please choose two sandwiches from the selection below for the whole group:

Chicken tikka and cucumber on thick white bread

Pastrami, Monterey Jack cheese, gherkin, lettuce, red onion and mustard mayonnaise on thick malted bread

The ultimate ploughman's: mature cheese, pickle and salad on malted bread

Cajun chicken, roast peppers, salsa, coriander, jalapeños and sour cream in a fresh tortilla wrap

Falafel with houmous, coleslaw and crisp lettuce in a fresh tortilla wrap

Plus, a piece of fresh fruit, crisps, bottled mineral water

£13.80 excluding VAT, per person

ADDITIONAL LUNCH ITEMS

Small sushi plate	£11.50
Salad bowl	£8.50
Scotch egg	£5.50
Pork pie	£3.50
Cheese and onion pasty	£4.10
Welsh yoghurt pot	£2.00
Chocolate bar	£2.00
Crisps	£1.75
Muffin	£2.00

All prices are per person and exclude VAT

GRAB AND GO MENU

Feeling peckish? When you're in need of a little refuelling head to the main Plaza and browse our wide selection of tasty lunch options from one of our around the world stations for food on the go.

ASIAN

Snack Selection

Snacks, fruit and drinks	from £1.50
Muffins and cakes	£2.00
Salad and sandwiches	from £5.50

Lunch Selection

Thai green chicken curry with broccoli and rice	£7.00
Thai red vegetable curry with rice	£7.00
Large vegetable spring roll with sweet chilli dip	£3.50 pc

ITALIAN

Snack Selection

Snacks, fruit and drinks	from £1.50
Muffins and cakes	£2.00
Salad and sandwiches	from £5.50

Lunch Selection

Meatballs and penne pasta with a rich tomato and basil sauce	£7.00
Herb roasted vegetables with arrabiata sauce, olives and penne pasta	£7.00

INDIAN

Snack Selection

Snacks, fruit and drinks	from £1.50
Muffins and cakes	£2.00
Salad and sandwiches	from £5.50

Lunch Selection

Chicken tikka masala with rice	£7.00
Saag aloo with chickpeas, lentils and rice	£7.00
Large vegetable samosa with mango chutney	£3.50 pc

MEXICAN

Snack Selection

Snacks, fruit and drinks	from £1.50
Muffins and cakes	£2.00
Salad and sandwiches	from £5.50

Lunch Selection

Pulled pork burrito with corn chips, salsa and sour cream	£7.00
Vegetable chimichanga with corn chips, salsa and sour cream	£7.00

BARBECUE

Snack Selection

Snacks, fruit and drinks	from £1.50
Muffins and cakes	£2.00
Salad and sandwiches	from £5.50

Lunch Selection

BBQ beef rib sandwich with chipotle chutney and brioche bun	£7.00
Vegetarian burger with chipotle chutney and brioche bun	£7.00

JACKET POTATOES

Snack Selection

Snacks, fruit and drinks	from £1.50
Muffins and cakes	£2.00
Salad and sandwiches	from £5.50

Lunch Selection

Freshly baked jacket potatoes with a choice of fillings:	£7.00
Five bean chilli	
Baked beans and Welsh cheddar	
Chilli con carne	



AFTERNOON & HIGH TEA

AFTERNOON AND HIGH TEA MENU

Sweet treats for an afternoon pick me up.

All prices are per person and exclude VAT | (SF Superfoods)

CREAM TEA	£5.00
Freshly brewed tea and coffee Scones with jam and cream	
AFTERNOON TEA	£7.50
Freshly brewed tea and coffee Classical opera cake Mini Irish cream éclair Strawberry red velvet sponge Scones with jam and cream	
HIGH TEA	£10.00
Includes the full afternoon tea menu plus a selection of finger sandwiches with the following fillings: Cucumber and cream cheese Honey roasted ham Egg mayonnaise and pea shoots Smoked salmon and dill	
HEALTHY AFTERNOON TEA	£15.00
Green tea, lemon and ginger infusion, organic caffeine free cinnamon coffee (SF) Dark chocolate brownie (SF) Angel food cupcakes (SF) Banana, quinoa and coconut rice pudding (SF) Blueberry and goji berry wholemeal scone with no added sugar, strawberry jam, whipped cream	
ADD SANDWICHES	£5.00
Houmous and tabbouleh filled pitta bread (SF) Turkey, apple and brie on walnut bread (SF) Curried egg and Greek yoghurt mayonnaise with broccoli sprouts on brown bread Sweet potato latke with fat free cream cheese and smoked salmon	
GLUTEN FREE SELECTION	£5.00
The following sweet treats are all gluten free and are available as an alternative item from the afternoon tea menus. Lemon polenta cake Sticky toffee pavlova Strawberry cheesecake Rum and raisin panna cotta Chocolate nemesis	

DINNER



DINNER MENU

Our three course menus offer elegant dining to suit all occasions in Wales' most prestigious venue.

FROM £32.00 TO £55.00

All prices are per person and exclude VAT

OPTION 1

STARTERS (please choose one)

Salad Caprice

Buffalo mozzarella, plum tomato, basil and pickled red onion salad

Smoked Salmon Parfait

Pickled cucumber, cauliflower and tomato salsa, pea shoots, crème fraiche dressing

Confit Chicken Terrine

Apple purée, golden sultanas, brioche croute

Honey Roast Ham Hock Salad

Fresh peas and beans, mini Scotch egg, watercress purée

Walnut and Perl Las Cheese Tart

Rocket and mustard seed dressing

Smoked Chicken Caesar Salad

Romaine lettuce, Caesar dressing, panna cotta, bacon crumbs

MAIN COURSES (please choose one)

Slow Cooked Pork Belly

Potato cake, black pudding bon bon, roasted pumpkin, sage infused gravy

Slow Roasted 28 Day Matured Beef Rump

Celeriac purée, roasted root vegetables, rich beef jus

Herb Roasted Free Range Chicken Breast

Almond potato mash, shallot purée, seasonal vegetables, chive cream sauce

Herb Roasted Pork Loin

Pork rillettes, leek and potato terrine, roasted carrot, greens, pork jus

Braised Welsh Lamb

Sweet garlic potato mash, smoked bean casserole, kale, heritage carrots, lamb jus

Confit Duck

Juniper and thyme scented, mustard mash, roasted root vegetables, Madeira sauce, caramelised hazelnuts

DESSERTS (please choose one)

Cookies and Cream Cheesecake

Fudge crumble, bourbon chocolate sauce

Eton Mess

Raspberry coulis, crushed meringue, berries

Dark Chocolate Truffle Torte

Trio of textured raspberries: freeze dried, foam and gel

Lemon Crunch Panna Cotta

Lemon and biscuit infused, filled with an apricot and lemon sauce

CHEESE

Welsh Cheese Platter

A selection of Welsh cheese including Caerphilly, Perl Las, Perl Wen, Black Bomber Cheddar and Y Fenni served with grapes, celery, dried fruit, oat cakes and chutney (Supplement per person applies)

OPTION 2

STARTERS (please choose one)

Smoked Trout

Horseradish panna cotta, cucumber ribbons, watercress gel

Beetroot Cured Salmon

Pea shoot and sweetcorn salad, lemon jelly, crab beignet, creamed horseradish

MAIN COURSES (please choose one)

Slow Cooked Beef Rump

Wild mushroom and shallot tart, truffle mash, greens, red wine gravy

Duet of British Beef

Roasted sirloin with steak and ale pie, seasonal vegetables, caraway potatoes, red wine gravy

Slow Roasted Rump of Welsh Lamb

Heritage carrots, greens, potato fondant, red wine and thyme sauce

Tenderloin of Rare Breed Pork with Chorizo

Parsnip purée, baby leek, butternut squash, crackling, caramelised apple, sherry vinegar jus

DESSERTS (please choose one)

Pressed Berry Pudding

Chantilly cream, passion fruit, white chocolate

CHEESE

Welsh Cheese Platter

A selection of Welsh cheese including Caerphilly, Perl Las, Perl Wen, Black Bomber Cheddar and Y Fenni served with grapes, celery, dried fruit, oat cakes and chutney (Supplement per person applies)

Hoi Sin Duck Salad

Cold roasted duck breast, Asian plum chutney, shredded duck salad, cucumber and rice wine vinegar dressing

Smoked Ham Hock and Spelt

Pickled anchovies, golden beetroot, satsuma cells, sun-blushed tomatoes, garden herbs

Beetroot and Goat's Cheese

Candied walnuts and pumpkin seeds, pickled watermelon, onion textures

Roasted Free Range Chicken

Stuffed with wild mushroom, chive potato cake, asparagus, roasted carrots, light Madeira jus

Herb Marinated Rack of Lamb

Carmarthen ham crumbs, spiced lamb faggot, sautéed greens, natural lamb jus (Supplement per person applies)

Duet of British Beef

Roasted fillet with steak and ale pie, seasonal vegetables, caraway potatoes, beef and red wine reduction (Supplement per person applies)

Raspberry and Vanilla Cheesecake Dome

Raspberry foam, vanilla custard, chocolate

Black Forest Chocolate Cup

Kirsch cream, dark chocolate, cherry gel





OPTION 3

STARTERS (please choose one)

Perl Las Panna Cotta

Mild Welsh blue cheese, pepper relish, fennel and walnut salad, black pepper crackers

Black Mountains Smokery Salmon

Gentleman's relish, beetroot cured salmon tartar, balsamic caviar, lemon gel, sourdough bread

Cured Salmon

Gin and cucumber jelly, pumpernickel crumbs, lemon crème fraîche

Ham Hock and Truffle Press

Apple and fig chutney, rye bread crisps

MAIN COURSES (please choose one)

Roasted Corn Fed Chicken

Filled with pancetta chicken farce, flavoured with truffle oil, chive potato cake, sautéed asparagus and assorted mushrooms, Madeira jus

Duet of Welsh Lamb

Roasted loin of lamb, confit lamb with herb crust, purple potatoes, roasted root vegetables, celeriac mash, rosemary reduction

Roasted Sirloin of British Beef

Confit shin, spring onion chorizo champ, pearl barley and vegetable cassoulet

Loin of Brecon Venison Terrine

Braised beer buckwheat, spiced pear, artichoke, green beans, carrot, spiced apple jus

Fillet of Sea Bass

Leek potato cake, fricassée of peas and beans, asparagus, tomato and chervil butter sauce

Herb Marinated Rack of Lamb

Carmarthen ham crumbs, spiced lamb faggot, sautéed greens, natural lamb jus (Supplement per person applies)

Duet of British Beef

Roasted fillet with steak and ale pie, seasonal vegetables, caraway potatoes, red wine gravy (Supplement per person applies)

Fillet of British Beef

6oz roasted fillet with herbs, garlic cream potatoes, seasonal vegetables, cognac sauce (Supplement per person applies)

DESSERTS (please choose one)

Lemon Meringue

Candied peel, Limoncello and Welsh honey curd, lime quenelle

Chocolate and Orange Ingot

Dark chocolate truffle mousse set on a base of vanilla biscuit, filled with orange purée, berry compote, orange caramel gel

Rhubarb and Custard Sphere

Rhubarb mousse with a centre of vanilla custard and rhubarb compote, dipped in chocolate, served on a ginger biscuit, custard gel, raspberries

CHEESE

Welsh Cheese Platter

A selection of Welsh cheese including Caerphilly, Perl Las, Perl Wen, Black Bomber Cheddar and Y Fenni served with grapes, celery, dried fruit, oat cakes and chutney (Supplement per person applies)

OPTION 4

STARTERS (please choose one)

White Crab Panna Cotta

Coriander and lemon crème fraîche,
rye bread croutes

Porcini Mushroom Frittata

With fine green bean and hazelnut gremolata

Smoked Duck Breast

Pear and vanilla purée, baby leaves

Trio of Salmon

Smoked salmon mousse, beetroot marinated
salmon, spiced hot smoked salmon tian,
lemon gel, micro cress

MAIN COURSES (please choose one)

Roasted Breast of Guinea Fowl

Sautéed kale, shallot purée, château potatoes,
thyme gravy

Pan Fried Sea Bass with Green Masala

Soft shell crab in Bombay panko crust, warm
saffron potato salad

Whole Roasted Fillet Beef

Braised beef croquette, buttermilk and
horseradish mash, braised spring greens, red
wine sauce

Duet of Lamb

Herb roasted rack and confit lamb shepherd's
pie, gratin dauphinoise, roasted root vegetables,
lamb jus

Fillet of British Beef Wellington

Baked in wild mushroom duxelle and puff pastry,
seasonal vegetable, potato, port wine glaze
(Supplement per person applies)

Fillet of British Beef

6oz roasted with herb crust, garlic cream
potatoes, seasonal vegetables, cognac sauce
(Supplement per person applies)

DESSERTS (please choose one)

Peach Bellini Sphere

Soft centre of peach and champagne, enveloped
in peach mousse, covered in white chocolate and
set on a chocolate coated cinnamon cookie base,
red berry and honeycomb salad

Strawberry and Cream Bar

Strawberry mousse with white chocolate truffle,
strawberry gel and vanilla shortbread

Tropical Fruit Mousse

Passion fruit and mango mousse with apricot and
lemon soft centre, sat on a layer of spiced cake,
blueberry gel, lychee foam, raspberry macaroon

Dark Chocolate and Hazelnut Sphere

Hazelnut mousse with caramel and praline
soft centre, dark chocolate and hazelnut
coating dusted with gold powder, vanilla cream,
almond custard

CHEESE

Welsh Cheese Platter

A selection of Welsh cheese including Caerphilly, Perl Las, Perl Wen, Black Bomber Cheddar and Y Fenni
served with grapes, celery, dried fruit, oat cakes and chutney (Supplement per person applies)

DRINKS

Mineral water

from £3.75

House wine, red or white

from £17.00

Champagne

from £41.67

ALL prices are per bottle and exclude VAT





SUPERFOODS

Bang! Pow! Wham!

Superfoods are nutrient powerhouses packed with extra large doses of much needed vitamins and minerals that can have amazing positive effects on your body.

Superfoods are super healthy, super tasty and super beneficial, but don't just take our word for it. Read why they are so awesome and feature on our menus with this A-Z guide.

ALMONDS

Topping the leader board for the most nutritionally dense nut, they are fibre-tastic and deliver a healthy dose of potassium, calcium, vitamin E, magnesium, and iron.

BEANS

High in protein and low in cholesterol, beans of any variety are loaded with fibre, folate and magnesium that can help lower cholesterol and reduce the risk of certain cancers.

BLUEBERRIES

Filled with fibre, vitamin C and cancer-fighting compounds, studies also reveal that blueberries may even improve memory.

APPLES

Full of vitamins, antioxidants and fibre an apple a day can promote good health by protecting the body's cells from free radical damage and supporting a healthy digestive and immune system.

BEETROOT

This veggie superfood contains heaps of vitamins, minerals, and antioxidants that can help fight disease and strengthen vital organs.

BROCCOLI

Has exceptionally high levels of vitamin C and folate (which can reduce risk of heart disease, certain cancers and stroke) plus it's packed with vitamins, minerals, fibre and disease-fighting compounds.

CAULIFLOWER

Often considered as one of the healthiest foods around due to its rich supply of phytochemicals, high levels of anti-inflammatory compounds and ability to ward off cancer, heart and brain disease and even weight gain, it seems there isn't much cauliflower can't do.

CHIA

These nutrient dense seeds have energy boosting power and one serving is loaded with magnesium, iron, calcium, and potassium. Their benefits include promoting healthy skin and supporting the heart and digestive system.

EGGS

Packed with protein and brimming with nutrients, eggs deserve their superfood status. They are also a fantastic source of omega 3 fatty acids, essential for normal body function and a healthy heart.

GINGER

A culinary spice and medicinal marvel, ginger is a natural remedy for everything from an upset stomach to unwanted inflammation.

GREEN TEA

Loaded with antioxidants and nutrients, this brilliant beverage can have powerful effects on the body including improved brain function, fat loss, a lower risk of cancer and many other incredible health benefits.

CELERY

For a vegetable with such few calories it offers a lot of benefits. Its high levels of antioxidants act as natural anti-inflammatory and it's also nutrient-dense, packing loads of vitamins and minerals in its stalks.

CRANBERRIES

These bacteria-busting berries can help fight inflammation, reduce the risk of heart disease, improve oral health, help prevent ulcers and can cure colds and sore throats.

GARLIC

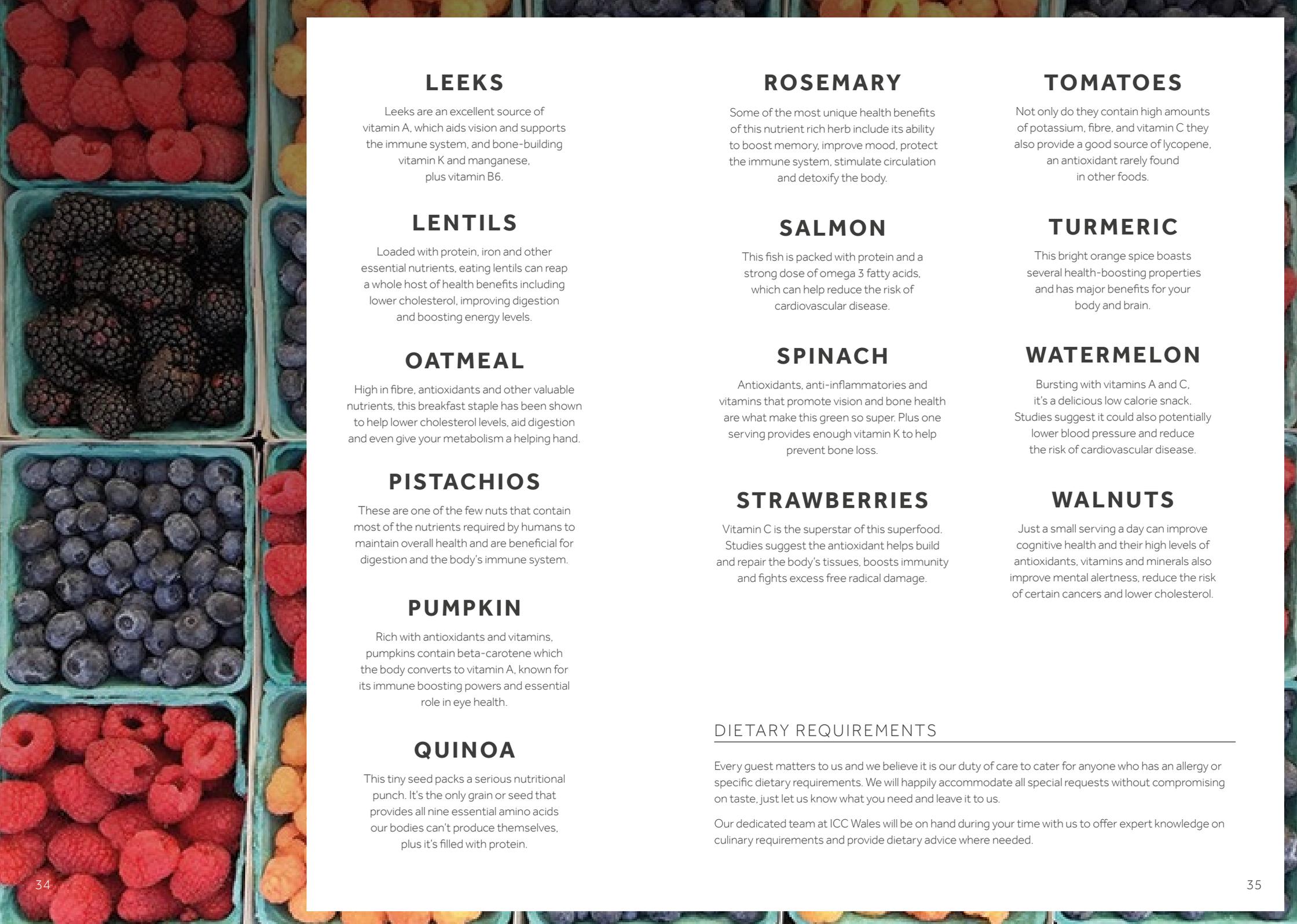
Recent evidence-based research suggests garlic may be effective against high blood pressure, cardiovascular disease, cholesterol, colds and some cancers.

GREEK YOGHURT

Regular yoghurt's thicker, creamier cousin is bursting with protein and probiotics. It improves digestion and bolsters the immune system.

KALE

This rough and tough green is the leader in terms of nutrition and provides more antioxidants than most other fruit or vegetables. It's also a great source of fibre, calcium and iron.



LEEKS

Leeks are an excellent source of vitamin A, which aids vision and supports the immune system, and bone-building vitamin K and manganese, plus vitamin B6.

LENTILS

Loaded with protein, iron and other essential nutrients, eating lentils can reap a whole host of health benefits including lower cholesterol, improving digestion and boosting energy levels.

OATMEAL

High in fibre, antioxidants and other valuable nutrients, this breakfast staple has been shown to help lower cholesterol levels, aid digestion and even give your metabolism a helping hand.

PISTACHIOS

These are one of the few nuts that contain most of the nutrients required by humans to maintain overall health and are beneficial for digestion and the body's immune system.

PUMPKIN

Rich with antioxidants and vitamins, pumpkins contain beta-carotene which the body converts to vitamin A, known for its immune boosting powers and essential role in eye health.

QUINOA

This tiny seed packs a serious nutritional punch. It's the only grain or seed that provides all nine essential amino acids our bodies can't produce themselves, plus it's filled with protein.

ROSEMARY

Some of the most unique health benefits of this nutrient rich herb include its ability to boost memory, improve mood, protect the immune system, stimulate circulation and detoxify the body.

SALMON

This fish is packed with protein and a strong dose of omega 3 fatty acids, which can help reduce the risk of cardiovascular disease.

SPINACH

Antioxidants, anti-inflammatories and vitamins that promote vision and bone health are what make this green so super. Plus one serving provides enough vitamin K to help prevent bone loss.

STRAWBERRIES

Vitamin C is the superstar of this superfood. Studies suggest the antioxidant helps build and repair the body's tissues, boosts immunity and fights excess free radical damage.

TOMATOES

Not only do they contain high amounts of potassium, fibre, and vitamin C they also provide a good source of lycopene, an antioxidant rarely found in other foods.

TURMERIC

This bright orange spice boasts several health-boosting properties and has major benefits for your body and brain.

WATERMELON

Bursting with vitamins A and C, it's a delicious low calorie snack. Studies suggest it could also potentially lower blood pressure and reduce the risk of cardiovascular disease.

WALNUTS

Just a small serving a day can improve cognitive health and their high levels of antioxidants, vitamins and minerals also improve mental alertness, reduce the risk of certain cancers and lower cholesterol.

DIETARY REQUIREMENTS

Every guest matters to us and we believe it is our duty of care to cater for anyone who has an allergy or specific dietary requirements. We will happily accommodate all special requests without compromising on taste, just let us know what you need and leave it to us.

Our dedicated team at ICC Wales will be on hand during your time with us to offer expert knowledge on culinary requirements and provide dietary advice where needed.



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