

We love... eating!



Edited by
Laura Davies

Fancy a pint?



Where? Fred's Bar, St Helen's, Brynmill, Swansea, SA2 0AR.

Established: It was run by Fred Jenkins from the mid 1970s until the early 1980s when the baton was handed over to the St Helen's Balconiers, who plough all money raised from it back into Glamorgan cricket. It is one of the best-known and loved bars on the county circuit.

Opening hours: Today-Saturday 10.30am-6.30pm, Sunday 12.30-7pm.

Look out for: Worthington Creamflow £3, Carling £3.30, Magners £3.40.

Beyond the pumps: The open-fronted bar, also sometimes known as Fred's Shed, is one of the most exclusive in the sporting world, only open on five days a year. Today is one of them on day two of Glamorgan's four day match against Gloucestershire and the last day of business this year will be at Sunday's one dayer against Nottinghamshire, starting at 1.15pm. It has a rooftop stand which acts as a viewing gallery for the action on the ground in front of the sweeping Swansea Bay behind. Welsh cakes, rolls, and pasties, tea, coffee and soft drinks are all available, served by the dedicated Balconiers' tea ladies.

Favourite pint? Carling.

Are children welcome: Yes

Disabled access: Not needed, as it is a flat entrance in, although the rooftop stand is only accessible by steps.

More information:
www.glamorgancricket.com/supporters



Value matches food's quality

SO the basic premise runs something like this: we fancy a bit of a meal out, somewhere half decent but without breaking the bank and somewhere that doesn't involve walking through a pub door.

Where to go?
Well, actually, these days, there's quite a lot of competition in this sector in Swansea.

There's bring-your-own, 2-4-1 deals, buy one, get two free: you name it, it's probably out there somewhere.

Somehow or another though, we end up in the Village Hotel in Swansea's SA1 docklands. Outside and its frontage area is heaving with people enjoying a drink or two at its string of pavement tables catching the last rays of the days in the process. We are after something a bit more substantial, however, and head through its doors to the restaurant proper.

It's a little while since I last visited. Not much has changed, it has to be said.

It offers a comfortable, laidback feeling and is a bit of an elegant haven from the incessant traffic of Fabian Way outside.

Its stylish dining room features

Eating out

leather banquettes and the kind of lighting and furniture popular with food lovers looking for weekend brunch, leisurely lunches, after-work Bellinis and romantic evening meals.

Where? Verve Restaurant, Village Hotel, SA1 docklands, Swansea.
Price: 1 course for £8.95, 2 for £10.95 and 3 for £11.95

But here comes surprise No 1. It's not hugely busy despite the burst of activity outside.

And No 2?
Well, the menu offers something of a bonus for early doors diners.

By chance we are seated before 7pm and are presented with my kind of eating out option, namely, a deal!

One course for £8.95, 2 for £10.95 and 3 for £11.95.

We decide to break the bank

and warm up with a warm and toasted garlic flatbread with mozzarella. Spot on!

I then go for ham hock terrine with some nose-tingling piccalilli followed up by a Verve burger with relish and fries. It arrives mountain-like wedged between a brioche bun with some very gooey Swiss cheese melting down it.

Across the table, a sewin steak with samphire (taken from the "Local" menu) is also attracting praise.

Less so, the potatoes that come with it which for some reason are way, way too bitter. Almost to the point of being inedible in fact.

But that's the only real grumble in a line up of food that is well made, fresh and good value.

To finish, a pretty much unimprovable Eton Mess.

To go with it all, a bottle of the summery and refreshing Alto Rajo Sauvignon Blanc at £19.95.

Service is top notch too from a young waitress who clearly knows her stuff; a precious commodity indeed!

●VERDICT: Great value, great place. A pleasant diversion for those looking for something rather more upmarket than a pub meal in a setting that suits just about any occasion.

Peter Slee

Bitesize . . .

Where? Waterfront News & Snacks, SA1, Swansea.

Comment? It is tucked away in this ever expanding trendy area of eating and drinking options, but plays its own role quite deliciously. What office worker has got time for a proper lunch these days? The old ways and days of newspapers seem a long time ago. They were.

Grabbing a sandwich is about as good as it gets, and it looks like that is a common tale. Inhabiting the outside tables and chairs were some construction workers taking a break from the next building project there and inside there were three in front of me in the queue. But the three ladies on kitchen and counter duty were quick workers and soon

after I surveyed the menu, which included a wide variety of sandwiches, baguettes, jacket potatoes and ploughman's, and ordered a minted lamb brown sandwich, (£2.20) it was freshly made in my hands. Nicely flavoured and wholesome, it went down well.

Chris Peregrine

WHAT'S HOT



THIS is a great lunchtime snack on the go: Sainsbury's Taste the Difference Edamame & Butterbean Salad (185g) £1.99 and under 200 cal.



SPOTTED these in Home Bargains in Llanelli and Ammanford: Lindt Lindor Assorted Truffles, 200g, normally £4.59, now £2.49. Once you break its shell, the centre will start to melt, and so will you!



THROW all those cookery books you've got piling up on the kitchen shelf between these two for a bit of a more orderly look: £10 at Sainsbury's.

WE'RE into smoothies at the moment in a big way. . . sales are soaring. This is one of the best we've tried: Tesco Cranberry Blackberry Raspberry Smoothie, 750ml, £2.18.



PRODUCE a fabulous cake from scratch with this retro-style Kenwood mixer from Marks and Spencer, £49.50.

Tomorrow:

We love... fashion