



COLEG Sir Benfro
Pembrokeshire COLLEGE

SEED

*Restaurant and
Coffee Shop*

January to June 2024

Welcome to **SEED** *Restaurant and Coffee Shop*

I am delighted to welcome you to the Restaurant & Coffee Shop at CAMPUS6.

Our students prepare all the food, serve it and run the front of house activities whilst studying hospitality qualifications at levels 1, 2 and 3. They take great pride in preparing and serving fabulous food and in supervising each other to gain experience of restaurant and kitchen management.

Our students are guided by an inspirational and professional team of staff, who encourage our students to achieve the highest standards.

We are looking forward to welcoming you to our restaurant soon and thank you in advance for your support.

Eva Rees,
Head of Faculty for Health, Childcare & Commercial Enterprises



EAT, DRINK, ENJOY

At Pembrokeshire College we are pleased to be able to offer a high quality experience in our restaurant.

Themed evenings take place every Thursday during term-time which give our students an opportunity to experiment with different styles of cooking and to practise some of the dishes they have learned from top chefs from across the UK.

The coffee shop is open on Fridays from 09:30-13:15 and the restaurant serves a roast every Friday. Our students prepare all the dishes using the freshest of ingredients which are sourced locally wherever possible.

The skills our students learn such as flambéing, filleting fish and table side-service, prepare them for careers in some of the UK's finest establishments. Through our SEED Academy our learners learn from the best chefs in the country every week, bringing their new skills to our daily menus. We also encourage students to take part in Welsh and UK skills competitions to further develop their skills, build their confidence and enhance their CVs.

Former students have gained employment across the breadth of the hospitality industry including in fine dining and starting their own microbusinesses.

OPENING TIMES:

COFFEE SHOP:

FRIDAY, 9.30AM – 1.15PM

RESTAURANT LUNCH:

FRIDAY, 12.00PM - 12.45PM

DON'T FORGET FRIDAY IS ROAST DINNER DAY!

THURSDAY EVENINGS

ARRIVAL 6.00PM – 6.30PM

BOOKING IS ESSENTIAL

01437 753 165

**ALL OPENING TIMES ARE
TERM-TIME ONLY**

VISITOR CAR PARKING AVAILABLE

Please advise of any special dietary requirements or allergens at time of booking.



DIARY DATES 2024

THURSDAY THEMED EVENINGS:

Fancy stepping out of your culinary comfort zone? Then come along to our Thursday Themed Evenings:

11th January: Veganuary

£24.95

Veganuary is an annual challenge run by a UK non-profit organisation that encourages people to follow a vegan lifestyle. Join us at Pembrokeshire College for our themed evening in support of this challenge.

18th January: Asian Small Plates

£24.95

Come and enjoy our own take on Asian style tapas. Feast on a selection of small dishes from all over Asia.

25th January: Global Street Food

£24.95

Pembrokeshire College will be offering a range of street food from all over the globe for you to enjoy.

1st February: Greek Indulgence

£24.95

Join us for a culinary journey and indulge in the best Greece has to offer.

22nd February: Valentine's Evening

£34.95

Love is in the air at SEED restaurant. Come and join us for our Valentine's day menu. Join us in sampling various small plates of food to include dishes like smoked salmon pate, served with a small glass of carefully matched wine.

29th February: St David's Day

£24.95

Dydd Gŵyl Dewi Hapus! Come to the SEED restaurant to celebrate all things Welsh with our Welsh inspired menu which includes Welsh rarebit and locally sourced laverbread.

7th March: Pie & Mash Night

£24.95

Our popular concept for the SEED restaurant. Choose your quality handmade pie, your mashed potato and your sauce to go along with it. We will be creating other dishes for starters and desserts to complete this delicious menu.

Vegetarian options are available with each menu, please advise when booking of any dietary requirements.

DIARY DATES 2024

THURSDAY THEMED EVENINGS:

14th March: Chop House Grill

£24.95

Join us and enjoy our very own grill menu with indulgent sides and sauces.

21st March: '70s/'80s Retro Dining

£24.95

A flash back to the 1970's and 80's with some classic retro cuisine to include prawn cocktail and duck a l'orange.

28th March: Italian Slow Cooked Evening

£24.95

Slow cooked dishes from around Italy for you to enjoy. This menu will involve carefully braised and roasted cuts of meat.

18th April: Tastes of Thailand

£24.95

Join us for this culinary journey around Thailand.

25th April: A Tour of the Mediterranean

£24.95

Come and sample a variety of our carefully selected dishes from the countries around the Mediterranean. Lots of freshly made pasta and seafood.

2nd May: Curries of the World

£24.95

We will be showcasing various curries from around the world in our curry tour spanning from a tikka masala from India to a beef rendang from Indonesia.

9th May: Pembrokeshire on a Plate

£24.95

Locally sourced produce from cuts of beef, to honey, to cheese, to our own Pembrokeshire salt – just some of the delights we will be serving to showcase our home-grown produce.

16th May: Welsh Inspired Barbecue

£24.95

An evening to really showcase high quality Welsh produce cooked over fire.

23rd May: A Taste of the East

£24.95

Join us for our Eastern European culinary tour from a Hungarian Goulash to Borscht from Ukraine.

DIARY DATES 2024

THURSDAY THEMED EVENINGS:

6th June: SEED Academy Evening

£24.95

Please come along to support our learners in their journey through the hospitality industry with our fine dining evening. We will include a host of dishes which will include modern techniques for you to enjoy.

13th June: Gastro Pub Grub and Quiz

£24.95

Join us for a bit of Thursday night fun. We will be creating a gastro-pub menu with a selection of fish and meat dishes (there are always vegetarian options as well) while you puzzle away at the quiz.

Vegetarian options are available with each menu, please advise when booking of any dietary requirements.

MAKE A RESERVATION TODAY:

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NEW! **SEED** Academy

New this academic year, as part of our Hospitality and Catering qualifications, we have launched our **SEED Academy**.

Our learners can immerse themselves in a culinary journey where learning goes beyond the classroom.

Our programme offers engaging masterclasses, featuring specialist equipment and techniques to enhance their culinary skills. Learners explore the world of gastronomy through captivating events and showcases; and embarking on culinary adventures with visits to renowned restaurants.

Learners experience the art of foraging and connecting with nature's bounty to elevate their culinary creations. They journey through global cuisines, broadening their palate and understanding of diverse traditions. Diving into the intricate world of butchery and fish mongering they gain hands-on expertise from industry professionals to complete their culinary journey.

To date we have welcomed TGI's, visited Twr Y Felin, Cinnamon Grove, The Old Point House and Capital Roasters to name a few.

Join us in shaping a unique and enriching educational experience, where every flavour tells a story and every skill learned is a step towards culinary and service mastery.

Welcome to a programme that goes beyond textbooks – where passion meets the plate!

CONTACT US:



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