



## **GET ALL LOVED UP WITH KNIFE & FORK FOOD THIS VALENTINE'S DAY**

Whether you fancy breakfast in bed, a romantic meal for two, or help with creating your own Valentine's feast, Knife & Fork Food Ltd has something for everyone.

Woods Brasserie will be hosting a sumptuous 5 course dinner for £55 per person. Commencing with an amuse bouche, choose from Cornish scallops, a chicken and foie gras 'Arctic roll' or aubergine and carrot tian for your starter course. Following a palate cleansing sorbet, will be a choice of fillet of Welsh beef, pan fried line caught sea bass or butternut squash gratin for your main. Finally choose from an assiette of desserts to share, vanilla with brandied prune crème brulee, or a selection of artisanal cheese and biscuits for dessert to complete your Valentine's experience.

Alternatively why not head to The new Conway for some special treats from their blackboard. Choose from a range of starters, including, king prawn cocktail platter to share (£11), deep fried Perl Wen with pickled red cabbage and grape salad with sherry caramel (£6) or spiced duck terrine with prune puree (£6.50). Choose something special for your main like the 'Entrecote doublet' (double Usk Valley rib eye served with a red wine jus and hand cut chips), served at your table by one of our chefs (£38 to share), or perhaps clam and bream 'en paupiette' with saffron, orange & tarragon (£16) or crispy polenta cake with baked field mushrooms, beetroot pesto and Perl Las cream (£12.50) is more your preference. Finally finish off your meal with a choice of desserts such as, pannetone bread and butter pudding, chocolate and caramelised hazelnut pot or Welsh cheese selection with biscuits and organic Welsh chutney (All £6 each).

Finally, if you prefer to stay in on Valentine's Day, why not treat your other half to the Deli's 'Breakfast in Bed' Hamper? Other hamper options include 'Sweets and Chocolate', 'Welsh Lovers' and 'Wine and Chocolate' and prices start at £20. Or why not wow your other half by cooking your own special dinner, and let us help by providing you with one of our delicious freezer meals, such as Thai green chicken curry, beef in red wine creamy salmon and prawn fish pie or butternut squash

stuffed with wild mushrooms? We can also provide desserts and the champagne. We won't tell if you don't!

The Deli is also stocking many Valentine treats and gifts over the next week, including a Chocolate Pizza, an 'Emergency Kit' for Chcoholics and a selection of heart shaped cakes and decorated cupcakes.

For more information about menus, prices, and bookings at all our sites please visit our website [www.knifeandforkfood.co.uk](http://www.knifeandforkfood.co.uk)

ENDS

For more information, please contact Caroline Hammond, PR and Marketing Manager, Knife & Fork Food Ltd, 07984 497692, [caroline@knifeandfork.co.uk](mailto:caroline@knifeandfork.co.uk)

Editor's notes;

Knife & Fork Food Ltd (formerly ChoiceProduce) is owned by a group of shareholders of which Sharon Noakes, Sean Murphy and Serge Luceau are the directors. Sean and Serge operate the business on a day to day basis. Sean is a well-known chef, having previously trained and worked with world-renowned chefs in Michelin starred restaurants, including Gordon Ramsey, Marcus Wareing, Pierre Koffman, Tom Aikens and Paul Rankin. Serge Luceau is the Operations Director and has a proven background of running restaurants in France, combined with an excellent knowledge of wines.

[www.knifeandforkfood.co.uk](http://www.knifeandforkfood.co.uk)

Woods Brasserie, Cardiff Bay – A 2 AA Rosetted restaurant in the heart of Cardiff Bay, producing high quality food on a range of menus.

The Old Swan Inn, Llantwit Major – The oldest pub in Llantwit Major, serving traditional pub food and seasonal special offerings.

The Conway, Pontcanna – The first and only Cardiff pub to appear in Michelin's Good Pub Guide, this gastro pub offers classic pub favourites, daily seasonal specials, mixed in with our chef's own quirky dishes.

Knife & Fork Deli, Cowbridge – Formally Farthings At Home, this busy delicatessen is situated on Cowbridge’s high street, and stocks a selection of organic ingredients, local farm produce and deli favourites such as charcuterie, cheese, olives, the deli's own French dressing and freezer meals.

Knife & Fork Catering - Knife & Fork Catering provides quality food for weddings, birthday parties, christenings and corporate events, from 1 – 500 guests.

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a dark blue rectangular background.

Follow us on Facebook – Knife & Fork Food Ltd

The Twitter logo, consisting of the word "twitter" in a light blue, lowercase, sans-serif font.

Follow us on Twitter - [www.twitter.com/knifeforkfood](https://www.twitter.com/knifeforkfood)