



The 1 pm Girls

With Beth Page, Jemma Haley & Zoe Brookes

Ladies Who Lunch

Marinades, Newent

NEW SUMMER MENU
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Marinades Restaurant

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- Open for Sunday lunch & A La Carte from 12 noon - 2.30pm
- Special diets welcome and catered for with the minimum of fuss.
- Weekend reservations advised.



IT came as quite a surprise when Beth, Zoe and I discovered that the small town of Newent was home to a gem of a restaurant that specialises in Caribbean and Mediterranean cuisine. But Marinades, nestled in the centre of this small Gloucestershire town, delivers unique culinary treats that attract customers not only from the county but as far away as Birmingham and Bristol.

We are always keen to try new flavours and with the rave reviews that Marinades has received since opening two years ago, it seemed ridiculous not to sample some of its much sought after cuisine.

Marinades is a family friendly restaurant, open for lunchtime and evenings, offering tempting specials such as sautéed plantain with a fried dumpling served with a spicy tomato and mango salsa (£4.50) and a wide range of snacks through to lunches, for example, baguettes and jacket potatoes from around £3.50. They also provide a special two-course lunchtime set menu for only £6.95 per person.

The variety of dishes on the menu is extensive, and all sounded so good it took us some time of deliberation until we settled on our choices. Apart from Beth who had decided that she would have jerk chicken before we had even arrived in Newent, so she was thrilled to discover that they served her

all-time favourite dish! Jerk chicken marinated in spices and served with Marinades' own hot and spicy jerk sauce, served with rice and peas (£8.50).

Zoe and I decided to try the two-course lunchtime set menu. Zoe chose as her starter mushrooms in garlic, sliced mushrooms, peppers and onions sautéed in olive oil, butter and garlic. For her main course she chose curried lamb, a traditional lamb dish, delicious tender lamb slow cooked and curried West Indian style with onions and hot peppers, served with rice and peas. I settled on a starter of Caprese, grated mozzarella cheese with ripe tomato topped with fragrant basil and mixed herbs. For my main course I chose a Caribbean omelette, salted cod flakes, peppers, onions, herbs and coconut cream served with a baked potato and mixed salad.

Our starters were perfectly sized and seasoned to perfection so that we still had ample room in our stomachs to savour the exotic flavours of all of our main courses. I really enjoyed my omelette, especially with the coconut cream that really added a twist to it. Beth was raving about her Jerk chicken



all afternoon and she cannot wait to go back for more! Zoe was very satisfied with her curried lamb, which she felt had the right balance of seasoning and spicy aroma.

We are certainly not the only people who have complimented Marinades' fine cuisine. We took a peep into the owners Wendy and Clive's book of comments from delighted customers. Among the book's fine comments are quotes such as: "We never thought we would eat our first Caribbean meal in rural Gloucestershire, absolutely tremendous meal!" and "Something that Newent has needed for a long time - a good restaurant serving original well-cooked food, thoroughly enjoyed by everyone, we will definitely be coming back".

With praise like that, there is no excuse not to pay Marinades a visit!

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