

ARBOR

RESTAURANT

The Arbor Summer / Autumn 2017 Menu

Because we only use fresh, seasonal ingredients, we've left the descriptions a little open to interpretation. This allows Andy and his team creative leeway to bring you the very best our producers have to offer. Our staff will advise you on daily specials and any menu changes.

NIBBLES

Onion Bhajees
— 3.50 —
Gf, Ve

Arancini & Dips
— 3.50 —
V

Mixed Olives
— 3.50 —
Gf, Ve

Artisan Bread
— 5.50 —



TO START

**Dorset Crab Mayonnaise,
Apple & Avocado Salad, Brown Crab Fritter**
— 9.00 —

Luxurious local crab is the main event on the plate here so let the quality sing! Hand-picked white crab meat in a fresh chive mayonnaise with simple salad of apple, soft avocado and cucumber. The brown crab meat fritter packs a punch.
Gf

**Black Cow Vodka & Dill Cured Salmon,
Watercress, Pickles**
— 8.00/12.00 —

Salmon steeped in smooth Dorset-distilled vodka (made from milk!) with dill and lemon. Served with peppery Dorset watercress, pickled shallots, gluten-free buckwheat pancakes and a good dollop of cool crème fraîche.
Gf

**Rosary Goat's Cheese Cake,
Textures of Beetroot**
— 7.50 —

Soft and light, almost dessert-like, until you get the savoury sharp hit of Salisbury Rosary goat's cheese and a crunch of homemade onion digestive base. Earthy, beetroot sorbet adds sweetness, pickled beetroot adds texture.
V

**Crooked Solely Ham Hock Terrine,
Brioche & Yeast Extract Butter**
— 7.50/10.50 —

Slow-cooked ham, prepared simply, because its flavour needs no help. Comes with a homemade straight-from-the-oven brioche, spread with super savoury butter. For that bit of zing: crunchy pickled carrots and a Granny Smith purée.

Summer Soup of the Day
— 5.00 —

Some people *never* order soup, thinking it's the obligatory afterthought of a reluctant chef. Not here. Only the summeriest vegetables make it into our pot. So if you're normally a non-souper, it's safe to ask about today's liquid creation.

**Isle Of Wight Tomato Tartar,
Tomato Water, Basil Oil**
— 6.50 —

A stunningly beautiful tartar of vibrant Isle of Wight tomato varieties, complemented by a crystal clear tomato essence. The sweet familiarity of basil oil cuts through the intense umami. A big hit of flavour with a refreshing finish.
Ve



TO FOLLOW, FROM BAY, BARN AND BUTCHER

**Slow-Cooked Lamb Shoulder, Tabbouleh,
Butterbean & Olive Casserole**
— 17.50 —

Flavoursome lamb shoulder, slow cooked for hours in a casserole of butter beans, tomatoes and olives until meltingly soft. Served with a zesty, herby quinoa tabbouleh, powerful olive tapenade & minty yoghurt dressing.
Gf

Stokes Marsh Steak with Portobello Mushroom
— 8oz Rump 20.00/8oz Sirloin 22.50 —
Peppercorn sauce, add 1.00

Steak as it should be. Succulent sirloin and rump from Tim Johnson's roaming Hereford-Angus crossbred herd are dry hung for 28 days to maximise flavour and tenderness. Served with addictive twice-cooked chips and a big, meaty Portobello mushroom.

**Courgette & Kidney Bean Chilli,
Roast Almond Purée, Crispy Potato Skin**
— 13.50 —

Spicy, fragrant chilli served in a potato skin for crunch. The smooth almond purée balances the heat hit, while grilled lettuce lifts with freshness. There's zingy red onion salsa on the side, because a chilli without salsa isn't really a chilli.
Gf, Ve

**Slow-Roast BBQ Pork Ribeye, Cajun-Coated
Prawn, Warm Potato Salad, Fennel Slaw**
— 18.50 —

Arbor's own surf and turf: spiced honeyed pork, reared outdoors at Bishops Cannings (Pig Producer of the Year 2015) pairs with tender, crispy prawn. Served with dill-infused early potatoes and an anise-tinged slaw for summer crunch.
Gf, Df

Chef's Seafood Special
— 18.00 —

We don't want to overwork our seas. Instead, Andy selects the finest seasonal and sustainable catches, using his knowledge and passion to create a perfectly balanced dish of the most delicious fish and shellfish, straight from port to plate.

Market Whole Fish
— Market Price —

The best, freshest fish from local quays, perfectly grilled. It may be world-class Bass from Poole or Lemon Sole from Lyme Bay – just ask. Served with new potatoes and a sauce to bring out the fish's unique flavours. Seafood for the soul.

**Roast Squash, Spinach & Cheese Pie, Crunchy
Seeds, Wholegrain Mustard Cream Sauce**
— 14.50 —

Mix the best local produce with two of our favourite cheeses – creamy Rosary goat's cheese and rugged Dorset Cheddar – then encase in homemade pastry topped with toasted seeds for a superb veggie pie. Mustard adds a welcome lick of heat.
V

**Roast Chicken Breast, Chicken & Tarragon
Raviolo, Mushroom Purée**
— 17.00 —

Walter Rose's superb chickens deserve respect: the breast is pan roasted to crisp the skin and develop rich flavour; the thighs are slow-cooked and combined with tarragon for raviolo. Served with rich mushroom purée and a side of smoky bacony mushroomy sauce.



SIDE DISHES

— all 3.50 —

**Hand Cut
Double-Cooked Chips**
Df, V

**Heritage Tomato &
English Feta, Basil**
Gf, V

**Peas, Lettuce
and Bacon**
Gf

**Simple, Fresh
Greens**
Gf, V

**Crunchy Fennel and
Apple Slaw**
Gf, V

**Herby
New Potatoes**
Gf, V

Gf = Gluten free Df = Dairy free Ve = Vegan V = Vegetarian

We practise fair tipping which means our team receives 100% of your gratuity (after the taxman's cut). A 10% discretionary gratuity will be added to your bill. Before you order your meal, please ask our team if you have any questions about the menu, allergies or dietary requirements. We welcome any feedback, so please tell us what you think.

HEAD CHEF, ANDY HILTON

'In our kitchen, a borderline obsession with food is mandatory.'

My cooking was encouraged by my father. Saturdays as a young kid, we'd create spicy curries. Sundays were all about the roast. Both my parents worked during the week and I'd always cook dinner after school, trying out different things. Some dishes worked better than others. Mum and Dad just smiled and devoured them regardless.

I became head chef at The Green House in 2012. What do I ask of my team? First: passion. Chefs need to love what they do. In our kitchen, a borderline obsession with food is mandatory. Second: inspiration. I want my team to take something and run with it. It's my food on the menu but everyone here's a part of Arbor. Their contributions and opinions are invaluable. Ultimately, I want my trainees to aspire to their own kitchen.

My food hero is really my previous head chef, Gordon Jones, whose ability to see a finished dish within a stack of raw materials is amazing. He taught me to avoid the constraints of 'normal'. He'd say, 'Let your food reflect you'. So every day I strive to make every dish look and taste better than the day before.

Great eating makes you react. If at some point during your meal, you don't halt your conversation to comment on the food then I've failed. (No pressure - I won't be hovering over you!) It's the challenge I'm happy to take on. I hope you have a truly memorable experience. And if for some reason you don't, please let me know about it.

SUSTAINABLE TO THE CORE

'Our commitment to sustainability is like the marbling on a beautiful piece of beef. It's essential to the end result, not a token menu boast.'

Great food leaves lasting memories. But we need to protect their future. That's why every decision taken in the restaurant and hotel is evaluated for environmental impact. We have low-energy induction cookers, sustainable floor timber, beehives on our roof. And we only use the best quality, ethically produced local ingredients. The Sustainable Restaurant Association has given us the highest possible ranking, saying we were 'Raising the bar in sustainable sourcing practices'.

The job's made easier by the rich diversity of our region's fantastic producers, including a treasured group of artisan suppliers, many of them small, family-run businesses. Using small-scale local suppliers with ultra-high standards means we have to accept peaks and troughs in availability. So our kitchen team have to be constantly creative about the ingredients they use.

We research our suppliers carefully and agree fair and ethical policies that benefit them, us, and you the customer.

S O C I A L / W E B

Facebook
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Web
www.arbor-restaurant.co.uk
www.thegreenhousehotel.co.uk

'BON APPETIT!' FROM OUR SUPPLIERS

'We only use quality-assured specialist providers who are as passionate and committed to ethical food excellence as we are.'

FISH

Lobster, crab, red mullet, black bream, rope-grown mussels, hand-dived scallops, langoustine - all only a short distance from the ocean on our doorstep to the plates on our dinner tables. Why go further? Arbor sources only from companies following Marine Stewardship Council (MSC) guidelines, which promote the best environmental and sustainable policies and practices in fishing and sourcing seafood. To protect future stocks, fishing is directed by seasonality.

Meet the Fishmonger - Samways, West Bay, Dorset

The family business Samways started out in 1961 selling its wares from wooden barrows on the harbourside at West Bay. Today, it buys from over 150 in-shore boats. It's closely associated with the Responsible Fishing Scheme and the Great Dorset Seafood Campaign. Sourcing directly from local ports in Dorset, Devon and Cornwall, its policy is 'Port to plate in 24 hours'.
~ www.samwaysfish.com

MEAT

We only use meat produced from happy, well-fed, traditionally reared animals and birds. Most comes from Dorset, Wiltshire and Hampshire. Where appropriate, meat is hung for maximum flavour and tenderness. All animals are:

- free to range,
- free from hormones and growth promoters,
- fed an organic, natural diet,
- humanely slaughtered.

Meet the Butcher - Walter Rose & Son, est 1847, Devizes, Wiltshire

Awarded Britain's Best Butchers Shop in 2016, Walter Rose & Son is run by Andy and Steve Cook, whose family have been butchers for three generations. Most produce comes from their own farm or from farms within walking distance of the shop, including Hereford-Angus crossbreeds from Coulston, and free roaming pigs from the wooded hills of Crooked Soley. 'The best butchers I have ever worked with. The quality of meat is incredible.' Andy Hilton.
~ www.walterroseandson.co.uk

FRUIT & VEG

Maximum freshness, vibrant flavour and seasonal variety are the watchwords here. We buy from ultra-local micro growers within a few miles of the hotel, and have formed a strong partnership with...

Meet the Grocer - Harvest Fine Foods, Southampton & Grounded Enterprises Bournemouth

Harvest supply all of our dry foods and spices and some of our veg. Every month they update us on seasonality and local availability. We also work closely with Grounded Enterprises who source extremely seasonal, ultra-local veg via the Bournemouth Food Assembly.
~ www.harvestfinefoods.co.uk
~ www.facebook.com/groundedenterprises

CHEESE & DAIRY

When it comes to the curd, apart from Blue Vinney, Dorset used to be the lesser cousin to Somerset. But there's been a real artisanal revival here recently, which we're proud to support.

Meet the Cheesemakers & Dairy Suppliers...

James's Cheese - Dorset

In 2009, James McCall, Head Cheesemaker at Daylesford Organic, moved his family to the beautiful Dorset countryside to concentrate on 'affinage', the art of ageing and maturing cheese. Working with local suppliers like Lyburn and Chalke Valley Cheese, he's developed an award-winning range of exciting washed-rind cheeses, which take centre stage on our cheeseboards.
~ www.jamesscheese.co.uk

Homewood - Mendips, Somerset

A small-scale artisan making special ewes' cheeses using unpasteurised milk from local flocks and vegetarian rennet. All are traditionally hand-crafted in small batches, including their signature cheese Old Demdike, a Greek-style brined cheese, Halloumi, and fresh Ricotta.
~ www.homewoodcheeses.co.uk

Alex James Presents - the Cotswolds

A little rock-star glamour is brought to our menu courtesy of Alex James (Blur's bassist). His company was founded in 2011 and now produces a range of amazing, award-winning artisanal cheeses from his country estate in the Cotswolds.
~ www.alexjamespresents.co.uk

Wrights Dairies - Poole, Dorset

Wrights supply our cream, butter, organic milk, freshly squeezed juices and a vast range of local cheeses. They're a small local business who go out of their way to find the best produce for their customers.
~ www.wrights-dairies.co.uk

Fluffets Farm - Fordingbridge, Hampshire

The passion Ben from Fluffets has for his business is evident every time he delivers eggs straight to the back door. He cares about eggs and the way that they are produced so we know the product is going to be first class every time.
~ www.fluffetsfarm.co.uk

SERVING SOON

See arbor-restaurant.co.uk for all the latest events and special menus. Here are a few highlights to whet your appetite...

Farm to Frying Pan, 7.15pm, 16th Aug & 18th Oct

A 4-course set meal inspired by produce grown by one of our favourite local Dorset smallholders. Big table, friendly atmosphere and a very special menu. £29 per head.

The Arbor Tasting Menu, 6pm onwards 3rd Aug, 7th Sep & 5th Oct

5 courses inspired by the seasons: £32. Take a wine flight for an extra £12. Early booking advised as spaces are limited.

Wedding Open Day, 24th Sep, 1-5.00pm

Join us to see just how beautiful your wedding day could be at the Green House Hotel. Meet our wedding planners and tour our Victorian Villa, decked to the nines by all of our suppliers.

AWARDS

