

ARBOR

RESTAURANT

The Arbor Spring 2018 Menu

All dishes on the menu are made using fresh, seasonal ingredients that are sustainable and locally sourced where possible. As well as our continued commitment to quality and taste, Andy has included some healthy additions, so you can start this season with a renewed spring in your step. You can find these highlighted in bold throughout the menu and include the tasty goodness of earthy beetroot, fennel puree, zingy lemongrass and fragrant saffron. Our staff as always 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

**Halloumi Bites,
Saffron Mayonnaise**
— 4.50 —

Artisan Bread
— 5.50 —



TO START

**Slow cooked Beef Shin,
Beetroot Tortilla and Guacamole**
— 8.50/12.50 —

Rich and Flavoursome, this locally-sourced beef from Tim Johnson is cooked in Tex Mex spices for hours until meltingly soft and tender. The earthy **beetroot** tortillas contrast with the meaty richness of the beef and a serving of zingy Guacamole. This is finger food at its finest.

Dfo

**Smoked Mackerel Paté, Torched Mackerel
with Toasted Spelt Bread and Salted Cucumber**
— 7.00 —

Using super sustainable local mackerel, this full of flavour pate is complemented by the fresh simply torched fish and is served with home-made bread made with ancient grain. A **fennel** puree and dill oil partner the fish perfectly.

Gfo, Df

**Crab and Scallop Tortellini,
Crab Bisque and Pickled Fennel**
— 10.00/13.00 —

With scallops from Lyme Bay and crab meat straight from the Solent, this fragrant saffron pasta dish is served with a warming bisque, **fennel** and a boozy hit of brandy and Pernod. Pickled fennel adds a sharp hit of flavour and crispy celeriac adds texture.

Spring 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 finest spring vegetables make it into our steaming pot. So if you're normally a non-souper, it's safe to ask about today's liquid creation.



TO FOLLOW, FROM BAY, BARN AND BUTCHER

**Pan Fried Pork Tenderloin, Braised Carrot
and Pulled Pork Shoulder Lasagne**
— 18.50 —

Lightly seasoned Bishop Cannings flavourful pork, which is pan fried and served slightly pink. The pork shoulder is slow cooked in a rich tomato sauce until tender then layered between **spinach** pasta and a rich cheesy sauce and is cooked until it is crispy round the edges. The addition of braised **carrot** adds sweetness and colour.

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.

**Coastal Cheddar and Chive Gnocchi,
Pea and Mint Fritter, Toasted Pine Nuts**
— 14.50 —

Light and fluffy potato dumplings, delectably moist are made with our favourite smooth cheddar from Ford Farm and are served with the most tender green pea and **mint** puree and a crispy fritter adds texture.

Stokes Marsh Steak with Portobello Mushroom
— 8oz Rump 21.00/8oz Rib Eye 23.50 —
Peppercorn sauce, add 1.00

Steak as it should be. Succulent rib eye 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.

**Tandoori Lamb Shank,
Lamb Biryani and Apricot Chutney**
— 18.00 —

Slow cooked, this Lamb Shank from butcher of the year Walter Rose is delicately marinated with fragrant Indian spices and yoghurt. It is placed in a hot oven to blacken the skin for that authentic tandoori finish.

Served alongside a rich lamb Biryani with aromatic **cardamom** rice and an Onion Bhaji, a tangy Apricot Chutney accompanies.

Gf

SIDE DISHES
— all 3.50 —

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

**Peas, Lettuce
and Bacon**
Gf

**Simple, Fresh
Greens**
Gf, V

**Rocket and
Parmesan Salad**
Gf

**Confit Garlic
Mash**
Gf, V

Gf = Gluten free Gfo = Gluten free option available Df = Dairy free Dfo = Dairy free option available 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

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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.

Sustainability at our core...

To maintain the freshest and most sustainable sourcing practices, we use a variety of fishmongers. This gives us flexibility to follow the Marine Stewardship Council guidelines and to keep a close eye on the Marine Conservation Society's 'Good Fish Guide'. Only fish and seafood with the best sustainable ratings make it on to our menu. Fish and seafood are brought into local ports throughout Dorset, Devon and Cornwall - 'Port to plate' in 24 hours is our ambition.

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...

Our new Terrace and Hut

Ready to brave the British summertime, our Terrace and Hut are now available for bookings. Our hut can be booked for private get-togethers for up to 22 and has its' own wood fired pizza oven attached as well.

The Arbor Tasting Menu, 6pm onwards 5th April, 3rd May, 7th June

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, 30th September 1 - 4pm

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

