

ARBOR

RESTAURANT

WINTER 2018

All dishes here use fresh, seasonal ingredients, sustainable and locally sourced where possible. There's been an abundance of game this year, so this autumn we welcome wood pigeon to the menu. We don't want to overwork our seas. Instead, Andy selects the finest seasonal and sustainable catches each day. As always, our staff will advise you on menu changes, what's new in today, and dietary requirements.

NIBBLES

Chickpea Crackers & Dip — 3.50 — <i>Gf, Ve</i>	Onion Bhajees — 3.50 — <i>Gf, Veo</i>	Arancini & Dips — 3.50 — <i>V</i>	Mixed Olives — 3.50 — <i>Gf, Ve</i>	Halloumi Bites, Saffron Mayonnaise — 4.50 — <i>V</i>	Artisan Bread — 5.50 — <i>V</i>
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TO START

Herb-Crusted Beef Carpaccio, Rocket Pesto, Parmesan Croutons

— 9.00 —

Lean, tender Walter Rose Beef, seared and rolled in herbs, sliced thinly to melt in the mouth. Parmesan croutons contrasts with the meaty richness and a peppery hit of fresh rocket rounds it all off.

Beetroot, Dill and Gin-Cured Salmon, Herb Crème Fraiche, Brown Bread

— 9.00/12.00 —

Salmon steeped in Gin with Dill and Beetroot. Served with house made brown bread and a good dollop of cool, herby crème fraiche.

Gfo, Nf

Carrot and Coriander Gnocchi, with Braised Carrot and Hazelnut Dukkah

— 7.50/10.50 —

Light as a feather potato dumpling flavoured with carrot and coriander and matched with dukkah, an Egyptian inspired spice and nut mix. Sweet braised carrots and floral coriander complement and enhance the nutty flavours.

Df, V

Seasonal Soup of the Day

— 6.00 —

Some people never order soup, thinking it's the obligatory afterthought of a reluctant chef. Not here. Only suitably seasonal stuff makes it into our steaming pot. So if you're normally a non-souper, it's safe to ask about today's creation. Veggie option always available.

Gfo

Potted Pork Belly, Sage and Onion Scone, Apple and Cider Chutney

— 8.00 —

Slow-cooked pork belly, prepared simply, because its flavour needs no help. Comes with home-made straight-from-the-oven Sage and onion scone. For that bit of zing a Granny Smith and cider chutney

Gfo, Nf

Cauliflower Katsu Curry with Cauliflower and Coconut Purée

— 6.50 —

This Japanese dish is becoming one of the world's favourite curries. Simple, healthy but big on flavour. Cauliflower is braised in spices and Asian aromats then coated in breadcrumbs. Served with a mild curry sauce, cauliflower purée and a toasted coconut and cauliflower salad.

Ve, Gfo

TO FOLLOW – FROM BAY, BARN & BUTCHER

Confit Duck Leg, White bean and Chorizo Cassoulet

— 19.50 —

The Creedy Carver Duck is succulent, full of flavour and sourced from just over the border in neighbouring Devon. The leg is cooked until falling from the bone, and then rests on a bed of white bean and chorizo cassoulet.

Gf, Df, Nf

8oz Stokes Marsh Steak with Portobello Mushroom

— Rump 21.50 / Sirloin 23.50 —
Peppercorn Sauce plus 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.

Gfo, Dfo

Roast Wood Pigeon, Game Pie and Creamed Leeks

— 18.50 —

This season brings an abundance of fine local game to our kitchen. Full flavoured wood pigeon is cooked on the crown and served pink. It's accompanied by a rich gamey pie and creamed leeks. Bite carefully as the wood pigeon may contain shot.

Dfo

Market Whole Fish

Market price

The best, freshest fish from local quays, perfectly prepared. It may be world-class Bass from Poole or sought after Lemon Sole from Lyme Bay. It's all seafood for the soul. Just ask your waiter or check the board to see how it will be served today.

Chef's Sustainable Fish Special

— 19.00 —

We don't want to overwork our seas. Instead, Head Chef Andy Hilton picks from the best seasonal and sustainable catches of the moment to create a perfectly balanced dish of the most delicious fish and shellfish, straight from port to plate. Please ask your waiter what's on the menu today.

Roast Lamb Rump, Smoked Lamb Belly and Confit Jerusalem Artichoke

— 20.50 —

Two of Chef Hilton's favourite ingredients – Walter Rose lamb rumps and sweet earthy Jerusalem artichokes – brought together here in perfect harmony. Arbor's own slow-cooked lamb belly smoked in-house delivers bold flavours to this heart-warming, soul-satisfying dish.

Dfo, Gf

6oz Chargrilled Squash, Herb Polenta Chips, Braised Lettuce

— 14.00 —

Steak and Chips vegan style! Chargrilled squash is served with polenta chips flavoured with fresh herbs and garlic. Our own smoked tomato ketchup with a braised marmite lettuce adds crunch and depth of flavour to this wonderfully indulgent but healthy dish.

Ve, Gf

Mushroom and Barley Wellington, Wild Mushrooms

— 15.00 —

Earthy chestnut mushrooms and pearl barley are wrapped in puff pastry for a tasty alternative to the traditional wellington. A tangy mushroom puree and new forest wild mushrooms are served alongside the wellington with bread sauce served on the side.

Ve

SIDES – ALL 3.50

Hand Cut
Double-Cooked Chips
Df, V

Peas, Lettuce
and Bacon
Gf

New Potatoes
V

Simple
Fresh Greens
Gf, V, Dfo

Pickled
Red Cabbage
Gf

Confit
Garlic Mash
Gf, V

Gf = Gluten free ~ Gfo = Gluten free option ~ Df = Dairy free ~ Dfo = Dairy free option ~ Ve = Vegan ~ Veo = Vegan option ~ V = Vegetarian ~ Nf = Nut free

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 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.

Fb /ArborRestaurantBournemouth
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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 sea on our doorstep to the plates on our tables. Our aim is 'Port to Plate' in 24 hours. Arbor follows 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.

We use multiple fishmongers in Dorset, Devon and Cornwall depending on seasonality and keep a close eye on the Marine Conservation Society's 'Good Fish Guide'. Only fish and seafood with the best sustainable ratings make it to our menu. Special mention must go to Chalk Stream Farm on the River Test who now supply us some of the UK's tastiest, richest rainbow trout – all sustainably and ethically reared.

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. ~ jamescheese.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. ~ 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. ~ 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...

Christmas Afternoon Tea 1st – 31st Dec

Puff pastry mince pies, Cranberry & White Chocolate Gingerbread, Christmas Pudding Crème Brûlée. Book online.

Xmas Day Tasting Menu & New Year's Eve Dinner

Celebrate with family and friends over Arbor's famous multi-course festive feasts. Bookings now being taken.

Gin Tasting with Potheary – Jan 2019

Fancy a spot of gin tasting with some great British food to match? Check dates on our website.

Wedding Open Day Sunday 20th Jan 12 – 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

