

# ARBOR

RESTAURANT

SPRING 2019

All dishes here use fresh, seasonal ingredients, sustainable and locally sourced where possible. There's been an abundance of game recently, so we welcome rabbit to the menu. We don't want to overwork our seas. Instead, Head Chef Andy selects the finest seasonal and sustainable catches each day. As always, our staff will advise you on today's specials and dietary requirements.

## NIBBLES

Chickpea Crackers & Hummus — 3.50 — <i>Gf, Ve</i>	Onion Bhajees — 3.50 — <i>Gf, Ve</i>	Crispy Cauliflower, Katsu Sauce — 3.50 — <i>Ve</i>	Mixed Olives — 4.50 — <i>Gf, Ve</i>	Halloumi Bites, Saffron Mayonnaise — 4.50 — <i>V</i>	Artisan Bread — 5.50 — <i>V</i>	Arancini & Dips — 4.00 — <i>V</i>
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## TO START

### Tandoori Chalk Stream Trout, Preserved Lime Mayonnaise, Naan Bread

— 8.50 —

Super sustainable fish from the Chalk Stream Trout Farm is marinated in a blend of Indian seeds and spices and cooked in a hot oven to replicate a traditional tandoor. The result is a blistering, full flavoured piece of fish with slightly charred flesh. Salty preserved lime mayo mellows any heat from the spices, and a fluffy naan is on hand to mop up leftovers.

### Pig-Cheek Terrine, Tomato Ketchup and Smoked Egg Yolk

— 8.50 —

Slow-cooked pig's cheeks are mixed with our own house-made tomato ketchup and pressed to form a super-rich terrine. A gooey, indulgent egg yolk purée adds a hint of smokiness. Pickled Shimeji mushrooms cut through the fatty richness and straw potatoes add crunch to this Arbor interpretation of breakfast.

*Gfo, Df, Nf*

### Baked Duck Egg with Old Winchester Cheese, Confit Onions and Peas, Artisan Loaf

— 7.50 —

A rich duck egg sits on top of golden confit onions, seasonal peas and truffled cream, topped with Old Winchester cheese from the New Forest (amazing flavour – like a cross between Gouda, Cheddar and Parmesan). It's baked in a fierce oven until the cheese is oozing but the yolk is still runny. Use the bread to dip in and mix it all together.

*Nf, 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*

### Roast Salt Cod, Jersey Royals, Asparagus and Truffle

— 9.00/15.00 —

Full flavoured and flaky cod from local boats is enhanced by the process of 24hr salting then combined with the springiest of spring produce. We use Jersey royals and chives as a base for the cod to sit on, and wonderful asparagus to make the sauce. The earthy potatoes and the bittersweet asparagus compliment the salty fish.

*Gf, Nf*

### Pressed Mushroom Terrine, Pine Nut Granola, Celeriac Purée

— 7.00 —

A selection of wild and cultivated Dorset mushrooms cooked to offer different textures are pressed together and set with a mushroom stock. Pine nuts and gluten free oats are baked to make a nutty granola for a good bit of crunch. Celeriac purée sits perfectly with the umami of the mushrooms and a vegan tarragon pesto adds colourful aromatics.

*Ve, Gf*

## TO FOLLOW – FROM BAY, BARN & BUTCHER

### Chicken Three Ways – Breast, Leg and Thigh – with Spring Vegetables and Champ Mash

— 19.50 —

A celebration of South West spring time chicken. The breast is simply seasoned and pan fried to get a golden crispy skin. The leg is slow braised and smoked. The thigh is confited then pressed. Baby turnips, leeks and rainbow carrots add a flash of colour. A smooth, velvety chicken butter sauce rounds it all off. Beak to tail cooking at its best.

*Gf, Dfo*

### 8oz Stokes Marsh Steak with Portobello Mushroom

— Rib Eye 25.00 / Sirloin 24.00 —  
Peppercorn Sauce +1.00  
Dorset Blue Vinney Butter +1.00

Steak as it should be. Succulent sirloin and rib eye 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*

### Slow-Cooked Korean Pork Rib Eye, Kimchi Cabbage, Prawn and Ginger Dim Sum

— 19.50 —

Succulent pork collar marinated for 24 hrs in brown sugar, soy, sesame and chilli paste is cooked slow and low until melt-in-the-mouth soft: a process that gets the flavours deep into the meat. Kimchi cabbage adds fiery heat, and a sharp, fresh crunch. Soft doughy dim sum are filled with fragrant ginger and minced prawn to create a dish inspired by Korean street food.

*Df, Nf*

### Rabbit Loin, Rabbit and Mustard Sausage and Confit Shallot

— 20.50 —

Subtle flavoured rabbit loin is wrapped in Parma ham and pan fried to crisp up the bacon. With the thighs we confit until flaky and mix to a terrine flavoured with herbs, with the legs, we mince them and combine with pork fat, herbs and wholegrain mustard and make our own sausages. Served with a sweet onion purée and charred confit onions.

*Gf, Nf*

### Market 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.

### Sweet Potato Thai Green Curry, Coconut Sticky Rice, Broccoli and Sesame Purée

— 15.00 —

A fragrant, spicy but not too spicy Thai green curry sauce full of lemongrass, ginger and chilli smothers a sweet potato steak basted until soft. Sweet sticky coconut rice is rolled and coated and deep fried until crispy. Served with a side of sweet potato Thai green curry.

*Ve, Gf*

### Roast Squash and Dorset Blue Cheese Agnolotti, Sage-Butter-Roasted Broccoli

— 16.00 —

Little parcels of spinach pasta are filled with sweet roasted squash and crumbly, tangy Dorset Blue Vinney. Served with a purée of squash and sage-butter-roasted broccoli for colour. Short description, long on flavour!

*V*

### Chef's Sustainable Fish Special

— 20.00 —

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.

## SIDES – ALL 3.50

Twice-Cooked Chips <i>Df, Gfo, Veo</i>	Aubergine, Tomato and Old Winchester Cheese Bake <i>V, Gf</i>	Buttered New Potatoes <i>Gf, V</i>	Simple Seasonal Greens <i>Gf, Dfo, Veo</i>	Fennel and Cabbage Slaw, Lime Dressing <i>Ve, Gf</i>	Curry-Roasted Cauliflower, Toasted Almonds and Sultanas <i>Ve, Gf</i>
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*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  
Twitter @arborrest

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

A few highlights to whet your appetite...

### Easter Sunday Lunch – 21st April

We'll be serving a full Easter Menu & Afternoon Tea. Perfect for family get togethers.

### Outdoor Pizza Oven at The Green Hut – April onwards

We're now taking bookings for hen parties, baby showers and birthday parties in our beautiful hotel gardens.

### Wedding Supplier Showcase – 12th May, 12pm – 4pm

Meet our favourite wedding suppliers, Free entry – and a goody bag and glass of bubbles to the first 50 brides and grooms to arrive.

### Events at the Terrace – April onwards

Keep an eye out on Facebook and our website for an exciting line-up of distinctly edible events running into the summer.

## AWARDS

