

ARBOR

RESTAURANT

ARBOR SUMMER 2019 FIXED PRICE MENU

Served 12 - 2pm and 5.30 - 6.30pm
3 courses for 25.00

Our commitment to using fresh seasonal ingredients means we've deliberately left parts of the menu a little open to interpretation. This allows Head Chef Andy Hilton and his team to use their creativity to bring you the best of what's on offer. Our staff will advise on daily specials and any menu changes.

NIBBLES

Crispy Squid, Lemon Aioli — 5.50 — <i>Gf, Df</i>	Chickpea Crackers & Hummus — 3.50 — <i>Gf, Ve</i>	Crispy Cauliflower, Katsu Sauce — 3.50 — <i>Ve</i>	Onion Bhajees — 3.50 — <i>Gf, Ve</i>	Arancini & Dips — 4.00 — <i>V</i>	Halloumi Bites, Sweet Chilli Mayonnaise — 4.50 — <i>V</i>	Mixed Olives — 4.50 — <i>Gf, Ve</i>	Artisan Loaf, Yeast Extract Butter — 4.50 — <i>V</i>
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TO START

Salad of Baby Vegetables, Shoots, Hummus and Olive Crumb

Summery baby vegetables selected for seasonality, quality and freshness – carrots, fennel, beetroot, radish etc – are prepared cooked, raw and pickled for complex textures and flavours. Creamy hummus topped with crunchy olive crumb provides the bed. Finished with dressed shoots and leaves.

Ve, Gf

Sea Bream Ceviche, Lime and Tequila Mayo, Guacamole

Fresh-off-the-boat Sea Bream is given a squeeze of lime and a dash of tequila last minute for a light cure. Tangy mayonnaise and spicy guacamole complement the raw fish perfectly. A vibrant Pico de Gallo of Isle of Wight tomatoes and coriander bring it all together. Tortilla chips for scooping crunch.

Gf, Nf

Seasonal Soup of the Day

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

Coronation Chicken Terrine, Apricot Purée

Chicken thighs marinated in classic curry spices are combined with vibrant green pistachio nuts and plump apricots, cooked in a terrine then pressed. Served with a tangy apricot purée. A combination fit for a queen. Kings welcome to try, too.

Gfo

TO FOLLOW – FROM BAY, BARN AND BUTCHER

Beer-Battered Fish, Hand-Cut Chips

The freshest local fish encased in crunchy Wild River Bay Pale Ale batter, served with addictive twice-cooked chips.

Dfo

Green House Burger, Hand-Cut Chips

A juicy burger made with flavoursome free-range beef steak, garnished with Coastal cheddar and confit onions.

Dfo

Chef's Sustainable Fish Special

We work with the finest and freshest fish and shellfish to create a stunning medley, straight from port to plate!

Roasted Jerk Cauliflower, Charred Corn, Sweetcorn Salsa, Rice and Peas

Cauliflower is roasted in a spice mix of cinnamon, nutmeg, ginger and hot chillies. Served with a fresh cooling charred sweetcorn salsa and a side of fragrant rice and fresh summer peas.

Ve, Gf

6oz Rump Steak, Portobello Mushroom

Add Peppercorn Sauce - 1.00

Add Dorset Blue Vinney Butter - 1.00

Succulent rump from Tim Johnson's roaming Hereford-Angus crossbred herd dry hung for 28 days for flavour and tenderness. Served with addictive twice-cooked chips and a meaty Portobello mushroom.

Gfo, Dfo

Warm Chicken Salad

Juicy free range chicken breast on a bed of crispy mixed leaf salad, seasonal baby veg, and tangy Old Winchester cheese.

Gf

Crooked Soley Pork Fillet, Bacon Jam and Pickled Onion

Tender best fillet of Crooked Soley pork with trimmings of sweet, sour and salty bacon jam, a roast apple fondant and scorched onion pickled in malt vinegar.

Df

SIDES – ALL 3.50

Twice-Cooked
Chips

Df, Gfo, Veo

Sun-Dried Tomato and
Cheddar Polenta Chips

V, Gf

Buttered New
Potatoes

Gf, V

Simple Seasonal
Greens

Gf, Dfo, Veo

Fennel and
Cabbage Slaw,
Lime Dressing

Ve, Gf

Curry-Roasted
Cauliflower, Toasted
Almonds and Sultanas

Ve, Gf

Gf = Gluten free ~ Gfo = Gluten free option ~ Df = Dairy free ~ Dfo = Dairy free option ~ Ve = Vegan ~ Veo = Vegan option ~ V = Vege ~ 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.