

ARBOR

RESTAURANT

Winter Menu 2019

All dishes use fresh, seasonal ingredients, sustainable and locally sourced where possible. Look out for Chef Andy's sustainable fish specials from local boats, changing daily. As always, our staff are happy to advise you on all our dishes and any dietary requirements you may have. Please ask.

NIBBLES

Crispy Squid, Tartar Sauce — 5.50 — <i>Gf, Df, Nf</i>	Chickpea Crackers, Olive Tapenade — 3.50 — <i>Gf, Ve, Nf</i>	Onion Bhajees — 4.00 — <i>Gf, Ve, Nf</i>	Artisan Loaf, Sun-Dried Tomato Butter — 4.50 — <i>V, Nfo</i>	Mixed Olives — 4.50 — <i>Gf, Ve, Nf</i>	Halloumi Bites, Sweet Chilli Mayonnaise — 5.00 — <i>V, Nf</i>	Curried Cauliflower, Katsu Sauce — 4.00 — <i>Gfo, Ve, Nf</i>
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TO START

Gin-Cured Chalk Stream Trout, Cucumber and Apple, Avocado Purée

— 9.00 —

Sustainable farmed Trout is cured for at least 24 hours in salt and sugar and a generous amount of local conker Gin. Then diced and mixed with refreshing and crunchy apple and cucumber and finished with a creamy avocado puree.

Nf Df Gf

Ham Hock Terrine, Piccalilli

— 8.50 —

A staple Winter terrine which never fails to please. Slow-cooked ham, prepared simply as its flavour needs no help. Served with warm House made toasted Rye Sourdough. A vibrant and tangy piccalilli accompanies to add a bit of zing

Df Gfo Nf

Beef Scrumpet, Beetroot Purée, Beetroot Slaw

— 8.50 —

Slow cooked cuts of beef, such as cheek and featherblade are cooked until falling apart and mixed with herbs and then rolled in breadcrumbs, served with a bright beetroot puree for crisp tartness and a beetroot slaw for crunch.

Df Nf

Seasonal Soup of the Day

— 6.50 —

Some people never order soup, thinking it's the obligatory afterthought of a reluctant chef. Not here. Only suitably winter goodies make 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, Nfo

Dorset Rarebit, Rye Sourdough and IPA Onion Rings

— 8.00 —

Cheese on Toast given the Arbor makeover. Tangy rich Ford Farm Coastal Cheddar is melted into a thick sauce made with Whitstable Bay pale ale and grilled till bubbling on sharp sourdough. Served with crunchy, beery onion rings and a pickled apple purée.

V, Nf

Carpaccio of Celeriac and Apple, Celery and Pine Nut Salad

— 7.50 —

Raw celeriac and apple compressed in English truffle oil and tarragon, served on top of a Waldorf-inspired salad. Crunchy celeriac and apple is mixed with celery, grapes and vegan mayonnaise. Toasted pine nuts are added last minute for crunch. A light starter, humble ingredients, wonderful flavours.

Ve, Gf, Nfo

TO FOLLOW – FROM BAY, BARN & BUTCHER

Chargrilled Butternut Squash, Sun-dried Tomato Polenta, Smoked Tomato Purée

— 15.50 —

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 Nf Df

Slow-Cooked Shoulder of Pork, Cider Gravy, Crushed Celeriac & Apple

— 19.50 —

Slow cooking on a low heat for this cut of Crooked Soley Pork, braised in our favourite Sheppy's cider from Somerset, cooked until falling off the bone. It is served with a creamy crushed celeriac mash and roast chantenay carrots.

Gf Nf Dfo

Slow-Cooked Lamb Shank, Lamb Bacon and Butter Bean Pasty

— 22.50 —

Our lamb shanks are slowly simmered in red wine, rosemary and garlic and cooked until almost falling off the bone. Served with a pasty made with in-house-cured lamb bacon, butter beans and carrots. Creamy butter bean purée and a rich lamb sauce round off this simple yet comforting dish.

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.

Venison Loin, Beetroot and Juniper Dumpling, Casserole

— 23.50 —

Super lean venison cooked medium rare, then pan fried to develop the roast meat flavour and crust. This is how we recommend it, but if you prefer well done, that's fine. (You're the boss!) Served with a herby, peppery beetroot dumpling and a side of rich casserole made with venison saddle trimmings.

Nf, Df

Smoked Artichoke Risotto, Barber's Cheddar and Confit Artichokes

— 15.00 —

Naturally sweet and smoky artichokes are cooked until just soft and smoked again, folded into a super creamy risotto of Barber's cheddar, speckled with crunchy apple and pear for a fresh tangy hit. Topped with artichoke crisps, shards of crunchy cheddar, and micro herbs.

Gf, Nf, Veo

8oz Stokes Marsh Ribeye Steak, Cherry Vine Tomatoes, Field Mushroom

— 24.00 —

Peppercorn Sauce +1.50 *Nf, Gf, Dfo*
Garlic and Herb Butter + 1.50 *Nf, Gf*
IPA Onion Rings + 2.50 *Nf, Df*

Steak as it should be. Succulent Ribeye from Tim Johnson's roaming Hereford-Angus crossbred herd, dry hung for 28 days for flavour and tenderness. Served with crunchy twice-cooked chips, sweet vine tomatoes and field-fresh mushroom.

Nf, Dfo, Gfo

Chef's Sustainable Fish Special

— 21.00 —

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.

Twice-Cooked Chips

Df, Gfo, Veo, Nf

Sun-Dried Tomato and Polenta Chips

Ve, Gf

Buttered New Potatoes

Gf, V, Veo, Nf

Simple Seasonal Greens

Gf, Dfo, Veo, Nf

Creamed Sprouts and Bacon

Gf

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. ~ 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. ~ alexjamespresents.co.uk

Meggy Moo's Farm Fresh Milk

We get now get all our milk delivered in pails from Meggy Moo's dairy - direct to our door. This reduces our plastic waste as the pails are picked up and refilled. The milk tastes amazing too. ~ www.meggymoosdairy.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.fluffettsfarm.co.uk

SERVING SOON

A few highlights to whet your appetite...

Good Mood Food - 5-course tasting menu £35pp with nutritionist talk, 17th January, 7pm

Barbara Cox, nutritionist teams up with Andy to produce a 5-course tasting menu to boost your mood in 2020.

Chinese New Year - 5-course themed tasting menu £35pp. 6th February from 6pm – 8.30pm

Celebrate the Chinese New Year with a themed tasting menu from Andy. Add wine flight from £12pp.

Valentines Day, "table for two?" - 14th February, serving from 5.30pm

One of the most popular days of the year for tables for two. Choose from our winter dinner menu.

AWARDS

