

# ARBOR

RESTAURANT

## SUMMER MENU 2021

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 Chicken Wings,  
Blue Vinney Dressing  
— 6.00 —  
*Gf, Nf*

Crispy Curried Squid  
Mint Yoghurt  
— 6.00 —  
*Gf, Nf*

Onion Bhajees  
— 5.00 —  
*Gf, Ve, Nf*

Warm Sourdough,  
Sea Salted Butter  
— 5.00 —  
*V, Nf*

Mixed Olives  
— 4.50 —  
*Gf, Ve, Nf*

Halloumi Bites,  
Tapenade Mayonnaise  
— 5.00 —  
*V, Nf, Gf*

Parsley and Cumin Falafel,  
Smoked Paprika Humous  
— 5.00 —  
*Gf, Ve, Nf*

### TO START

#### Conker Gin Cured Trout, Fermented Red Cabbage, Beetroot

— 9.00 —

Using Conker's Navy Gin to cure this super sustainable Chalk Stream Trout. The Navy Gin flavours the Trout perfectly, whilst an earthy sweet Beetroot Puree marries this ethically reared River Trout with the Red Cabbage beautifully.

*Nf, Df, Gf*

#### Fried Duck Egg, Crispy Duck Leg, Duck Fat Brioche, Tarragon Mayonnaise

— 9.00 —

Our brioche made with rich Duck Fat, lightly toasted, sits as the base for a lightly fried Duck Egg. Confit Duck Legs are pressed to make soldiers for dipping in the yolk. Tarragon Mayonnaise finishes this dish cutting through the richness.

*Nf*

#### Sticky Soy Glazed Chicken Thigh, Roast Satay Scallop, Salted Cucumber

— 11.00 —

Chicken thighs from the wonderful Creedy Carver farms in Devon are slow cooked and glazed with an umami mix of Soy, Miso and Sweet Honey from our rooftop bees. Locally sourced Scallops are coated with a salty Satay dressing with peanuts adding texture

*Df*

#### Seasonal Soup of the Day

— 7.00 —

Some people never order soup, thinking it's the obligatory afterthought of a reluctant chef. Not here. Only suitably seasonal 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*

#### Butter Roasted Cauliflower, Gnocchi, Old Winchester Cheese, Sourdough Crumb

— 8.50 / 17.00 —

Fluffy delicate Potato Dumplings are tossed in a creamy Cauliflower puree with Old Winchester Cheese. Our Sourdough Crumb adds a crunch. Florets of cauliflower are roasted in butter to create texture. The dish is finished with a vibrant Chive Oil

*Nf, V*

#### Isle of Wight tomato Mille Feuille, Smoked Paprika Houmous, Aged Balsamic

— 8.00 —

One of Arbor's favourite ingredients this time of year is the incredible Isle of Wight tomatoes. Prepared in different ways: some are simply seasoned, while some are marinated in oil and balsamic vinegar. Stacked between crunchy Chickpea Crackers with a layer of smooth smoky Houmous.

*Ve, Gf, Nf*

### TO FOLLOW – FROM BAY, BARN & BUTCHER

#### Roast Lamb Rump, Lamb Kofta, Cucumber Yoghurt, Olive Tapenade

— 25.00 —

Tender Lamb Rumps from the Mendips hills are marinated in Olive Oil and Oregano, roasted and cooked until pink. Served with a cumin and mint infused Lamb Kofta. Contrasting textures with Olive Crumb and Tapenade. Our creamy Tzatziki brings this dish together.

*Gf, Nf*

#### Crooked Soley Fillet of Pork, Boston Butt Burrito, Refried Beans and Guacamole

— 24.00 —

We take Mexican inspiration here by slow cooking pork shoulder in Tex Mex spices until falling apart, wrap the meat in a tortilla and top with smoked cheddar. Served with pan fried fillet from Bishop Cannings and a guacamole made with avocados, lime and chilli.

*Df, Nf*

#### Hake Kiev, Chorizo and Brown Shrimp Butter, Sweet Potato Puree

— 24.00 —

Butter flavoured with the revered Bath Pig Chorizo mixed with a stuffing of brown Shrimp and fresh herbs goes into responsibly sourced Hake Loin. Rolled in gluten free bread-crumbs and fried. Complimented nicely with a thick puree made from Red Lentils and Sweet Potato.

*Note: We try to ensure we only use line caught local fish so from time to time it may change to cod or pollock, but rest assured it has been sourced with the utmost respect for the ocean.*

*Nf, Gf*

#### Market Fish

— Market price —

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

*Nf, Gf*

#### Beer Braised Beef Cheek, Dauphinois Fritter, Black Garlic Emulsion, Shimeji Mushrooms

— 25.00 —

Using Beef Cheek from the herd at Stokes Marsh farm, slow cooked with a pale ale from Shepherd Neames brewery for hours until soft and tender. Creamy Coastal Cheddar Dauphinois Fritters bring added flavour and texture to the tender meat. Our puree of Black Garlic and nutty Mushroom packs an umami punch.

*Gf, Nf*

#### English Pea and Mint Barley Risotto, Grilled Halloumi, Mint Sauce

— 19.00 —

Using Pearl Barley instead of rice for this risotto which provides a little more bite. Keeping it simple and summery with Peas and fresh Mint along with our favourite Dorset Cheddar, Coastal Cheddar. Grilled Halloumi is glazed with Honey from our rooftop until sticky and charred.

*Nf, V*

#### 8oz Sirloin Steak, Twice Cooked Chips, Three Peppercorn Sauce or Sundried Tomato Butter

— 28.00 —

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

*Nf, Dfo, Gf*

#### Chickpea Curry, Tandoori Potato Terrine, Aubergine Pickle, Onion Bhajee

— 18.00 —

No Arbor menu would be complete without showcasing Andy's love of Indian food. A fragrant Tandoori curry with coconut and chickpeas, served alongside a Potato Terrine made by roasting spiced new potatoes on a high heat to mirror a tandoor oven.

*Ve, Nf, Gf*

### SIDES – ALL 4.00

Soy and Sesame  
Tenderstem Broccoli  
*Df, Ve, Nf*

Green House Honey Glazed  
Carrot with Onion Seeds  
*V, Gf*

Chive New  
Potatoes  
*Gf, V, Veo, Nf*

Isle of Wight Tomato Salad  
with Balsamic and Basil Oil  
*Gf, Df, Nf*

Twice-Cooked  
Chips  
*Df, Nf, 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  
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 across the region 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 goes to Wild Harbour in Cornwall for ultra fresh sea fish, and to Chalk Stream Farm on the River Test for 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
- 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

#### 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.fluffetsfarm.co.uk

## Also Serving...

### Lunch

For the summer we are offering our full Arbor menu at lunchtimes with daily specials

### Afternoon Tea

We are continuing our Collection afternoon tea and also serving Afternoon tea on our terrace

### Green Hut

Our hut is available for private bookings up to 20 and it makes an ideal baby shower outdoor venue. It is heated too for the colder days

## AWARDS

