

ARBOR

RESTAURANT

WINTER 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

Cauliflower Bhajee,
Mango Chutney

— 6.00 —

V, Gf, Nf

Dorset Charcuterie,
Pickles, Sourdough
(For 2 to share)

— 12.00 —

Df, Nf

Warm Sourdough,
Sea Salted Butter

— 5.00 —

V, Nf

Pumpkin Arancini
Sage Mayo

— 6.00 —

Nf

Crispy Pork Belly,
Satay Sauce

— 7.00 —

Gf

TO START

**Salmon, Preserved Lemon & Dill Pate, Beetroot Chutney,
Sourdough**

— 9.00 —

Smoked Salmon and Salmon fillet which is confit and flaked.
Served with Beetroot and Horseradish Chutney, toasted

Sourdough served on the side

Df, Gfo, Nf

Seasonal Soup of the Day

— 7.50 —

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

**Ham, Turkey and Brie Terrine,
Cranberry Puree, Sprout Slaw**

— 9.00 —

Slow Cooked ham hock, layered with
roast Turkey and Brie, with a sweet and
sour cranberry puree with Sprout tops

served separate

Gf, Nf

Baked Camembert, Spiced Tomato Chutney, Focaccia

— 10.00 —

Served in the traditional way, baked with honey and rosemary and
garlic. The Camembert is breadcrumb and baked with a Tomato
chutney and freshly baked Focaccia on the side

Nf, V, Gfo

**Winter salad of salt baked beetroot,
compressed apple, dill mayonnaise, seeds**

— 9.00 —

Three types of Beetroot represent on this salad, Golden, Candied and
Purple. All three hail from Dorset so not only a vegan dish but easy on
the food miles too. Finished with Granny Smith Apples and toasted
Pumpkin Seeds

Ve, Gf, Nf

TO FOLLOW - FROM BAY, BARN & BUTCHER

**Crooked Soley Pork Neck, Slow cooked
Apple Butter, Stornaway Black Pudding**

— 26.00 —

Crooked Soley Pork from Bishop Cannings
is a firm favourite at Arbor. The pork neck
is cooked in Sheppy's Cider, while the
Apple butter is slow cooked until its
texture changes to a buttery spreadable
consistency. All served with the best Black
Pudding in the UK in our opinion so
worth the extra food miles.

Dfo, Nf, Gfo

**Glazed Beef Cheek, Mushroom
Ketchup, Buttered Kale**

— 27.00 —

Using Beef from the herd at Stokes Marsh
farm, slow cooked in red wine for hours
until soft and tender. Our Ketchup of
Chestnut Mushrooms in a salt and vinegar
reduction with Dorset Black Garlic packs a
punch.

Gf, Nf

Celeriac and Granny
Smith Slaw
Df, V, Nf, Gf

**Roast Creedy Carver Duck Breast, Braised
Chicory, Duck Leg Roll**

— 28.00 —

Creedy Carver in Devon is our favourite
Duck farm, sustainably reared Duck roasted
in Chicken Stock with Orange. The Duck
Leg meat is flaked and rolled with Orange
zest and Truffle Oil

Nf

**Shiitake Mushroom and Miso Risotto,
King Oyster Mushroom, Tarragon Pesto**

— 19.00 —

Vegetarian, but also oozing with extra
health benefits. Hailed for supporting your
immune health but also super tasty, these
Shiitake Mushrooms served in Miso Risotto
are bound together with Old Winchester
Cheese sourced from the New Forest.

Gf, Nfo, V

**Grilled Mudeford Plaice, warm Marie Rose,
Prawns in Blankets**

— 24.00 —

Simply grilled with butter, served whole. Prawns
wrapped in streaky bacon from Sandridge farm.

Marie Rose sauce has a dash of brandy and
tobasco to give warmth

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

Nf, Gf

8oz Rump - 24.00 -

8oz Sirloin Steak - 29.00 -

Curry Butter *v, gf, nf* or

Miso and Mushroom Sauce *v, gf, nf*

Steak as it should be. Succulent Sirloin from Tim
Johnson's roaming Hereford-An-gus 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

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

**Sweet Potato and Puy
Lentil Cottage Pie, Red
Wine Shallot**

— 20.00 —

Puy Lentil "mince" with a Sweet
Potato and Sage Mash top.
Shallots are Braised in Red Wine
then Roasted.

Ve, Nf, Gf

SIDES - ALL 5.00

Sweet Potato and Sage
mash
Gf, Ve, Nf

New Potatoes and Chive
Butter
V, Gf, Dfo, Nf

Twice-Cooked
Chips
Dfo, Nf, Gfo, 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 12.5% 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

Fluffetts Farm - Fordingbridge, Hampshire

The passion Ben from Fluffetts 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

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

