

# ARBOR

RESTAURANT

## SPRING MENU 2022

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

Chicken Bites, Katsu Sauce — 6.50 — <i>Nfa, Dfa, Gfa</i>	Warm Sourdough, Butter, Aged Balsamic and Extra Virgin Olive Oil — 5.50 — <i>V, Nfa</i>	Crispy Char Siu Pork Belly, Hoi Sin Sauce — 6.50 — <i>Gfa, Dfa</i>	Mixed Olives — 4.50 — <i>Ve, Nfa, Gfa</i>	Poppadum Crackers, Coriander Chutney and Mango Chutney — 5.00 — <i>Ve, Nfa, Gfa</i>	Truffle and Dorset Black Garlic Arancini, Black Garlic Mayo — 6.00 — <i>V, Nfa</i>	Sundried Tomato and Coastal Cheddar Croquetas — 6.00 — <i>V, Nfa</i>
---	---	--	---	---	--	--

### TO START

#### Hand Dived Scallop, Sandridge Farm Smoked Streaky Bacon, Maple and Lime Dressing

— 14.50 —

Scallops that have been eco consciously hand picked from the waters around the UK are pan roasted until caramelised and sat on top of super smoky bacon from Sandridge farm that has been glazed in lime and maple dressing to balance the salty bacon. A roast tomato puree adds zing and colour to the dish.

*Nfa, Gfa, Dfa*

#### Baked Rosary Goats Cheesecake, Smoked Oat Flapjack, Beetroot Crisps

— 9.00 —

Creamy rosary goats' cheese is mixed with cream cheese and baked on top of a smoked oat flapjack at low temperature in the oven for a velvet smooth texture. Earthy beetroot prepared different ways matches perfect with the goat's cheese.

*V, Nfa, Gfa*

#### Chicken and Pistachio Pate en Croute, Apple and Tarragon Puree, Compressed Granny Smith

— 10.00 —

A homemade, buttery Shortcrust Pastry encases a mix of Pork Shoulder, local Chicken Breast with vibrant Green Pistachios, the result, a wonderful slice of pie. Served cold, alongside a sweet and sour Anise-tinged Apple Puree.

#### Slow Cooked Beef short Rib Scrumpet, Ragu Sauce, Basil Mayonnaise

— 10.00 —

Beef Short Ribs cooked in red wine until tender and flaked, then pressed. We breadcrumb for texture. A bright green Basil Mayonnaise adds colour and a freshness to the whole dish.

*Nfa, Dfa*

#### 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.

*Gfa Nfa*

#### Flamed Mackerel, Jersey Royal and Smoked Mackerel Salad, Wholegrain Mustard Emulsion

— 9.50 —

We get our mackerel from Cornwall, received within 24hrs of it being caught. We cure it for a few hours in sea salt to firm up the flesh and its ready, when served we char the skin and sit it on top of Jersey royals. Smoked Mackerel is crumbed in the salad for an intense smoky flavour, finished with shaved fennel and a mustard emulsion.

*Nfa, Dfa, Gfa*

#### Steamed Bao Bun, Crispy Oyster Mushrooms, Shiitake Hoi sin, Carrot and Sesame Salad

— 8.50 —

Shredded Dorset Oyster mushroom are dredged in a spiced flour mix and cooked until crispy, served inside a fluffy steamed bao bun and drizzled with a hoi sin made from shiitake mushrooms. A crunchy salad of carrot and sesame balances texture and flavours.

*Ve, Nfa*

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

#### Slow Braised Lamb Shoulder, Seared Lambs Liver, Roast Onions, Peas and Broad Beans

— 26.00 —

Lamb is perfect in the spring, and we cook the Shoulder for hours until soft and tender and serve with seared lambs' liver which has been cooked and deglazed with balsamic vinegar to contrast the rich offal flavour. We use peas and broad beans in a creamy lamb sauce to finish the dish.

*Nfa, Gfa*

#### Roast Breast of Chicken, Confit Winglet, Chicken and Asparagus Torteloni, Asparagus Velouté

— 25.00 —

Chicken doesn't have to be bland or boring. We take the birds from Creedy carver and use the wings and the breasts, the breasts we simply pan roast to get a crispy skin, the wings we slow cook and glaze in chicken sauce. Served with an asparagus velouté with a hint of cheddar and a homemade pasta filled with a mousse flavoured with chicken, truffle, and fresh herbs.

*Nfa*

Minted Jersey  
Royal Potatoes  
*Gfa, Nfa, V*

#### Asparagus Risotto, Poached Duck Egg and Truffled Hollandaise

— 22.00 —

Seasonal green shoots are added to a risotto bursting with flavour of spring. In our opinion coastal cheddar is as good as any parmesan in a risotto and we are generous with it. A soft poached duck egg from Fluffetts farm sits atop waiting to be popped and the yolk to ooze over the rice. A hollandaise enhances all the flavours with its buttery-ness and zing.

*V, Nfa, Gfa*

#### Stuffed Chalk Stream Trout, Chickpea and Trout Korma, Bombay Potato Rosti

— 26.00 —

Our twist on a kiev, using Indian inspired flavours. We stuff the Trout with a lightly spiced curry butter and breadcrumb. A potato rosti with flavours of Bombay cooked until crispy and a side of chickpea and trout korma, with hints of almond and coconut. A coriander chutney flavoured with lime and lemon adds citrus and colour

#### Crispy Creedy carver Duck Leg, Smoked Duck Boulangère, Sauerkraut

— 27.00 —

Duck legs are slow cooked in duck fat until soft, we remove the bone and press. To serve we crisp up the skin and add a smoked duck and potato terrine to the plate. All served with a sauerkraut made from finely sliced cabbage that has been fermented by lactic acids.

*Nfa, Gfa*

#### Stuffed Courgette, Lemon and Pine nut Spaghetti, Rocket Oil

— 21.00 —

We stuff courgettes with vegan cream cheese, pine nuts and sundried tomatoes and serve alongside spaghetti tossed with pine nuts and lemon zest. A peppery rocket oil dresses the plate. A vibrant green dish that represents spring on a plate.

*Ve, Nfa*

#### Market Fish

— Market price —

The best, freshest fish from local be 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.

*Nfa Gfa*

#### 8oz Sirloin Steak - 30.00 - 6oz Fillet - 34.00 -

Triple Peppercorn Sauce *gfa, nfa, dfa*  
Bearnaise Sauce *v, gfa, nfa*

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.

*Gfa, Nfa, Dfa*

### SIDES – ALL 5.00

Garden Peas,  
Lettuce and Bacon  
*Dfa, Nfa, Gfa*

Rocket and Old Winchester  
Salad, Balsamic Vinegar  
*Gfa, Nfa V*

Seeded Quinoa and  
Courgette Salad  
*Nfa, Gfa, Dfa, Ve*

Twice cooked  
Chips  
*Nfa, Dfa, Gfa, Ve*

*Gfa = Gluten free available ~ Dfa = Dairy free available ~ Ve = Vegan ~ V = Vegetarian ~ Nfa = Nut free available*

We practice 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. Whilst we make every effort to ensure our dishes are prepared without cross contamination of allergens, we do operate in a small space so please be aware of this when choosing your dishes. Please ask a member of the team for further allergen information.

## 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

