

ARBOR

RESTAURANT

Welcome to Arbor's seasonal menu for Autumn - Winter 2016/2017.

Because of our commitment to and passion for using fresh, seasonal ingredients, we have deliberately left parts of the menu a little open to interpretation. This allows Andy and his team to use their creativity to bring you the very best of what our producers have to offer. Our staff will advise on daily specials and any alterations to the menu.

NIBBLES...

Onion Bhajees
— 3.50 —
Gf, Ve

Arancini & Dips
— 3.50 —
V

Mixed Olives
— 3.50 —
Gf, Ve

Artisan Bread
— 3.50 —

**Honey Roast
Cashew Nuts**
— 3.50 —
Gf, Df

TO START...

**South Coast Crab Tortellini
with Cauliflower**
— 7.50/11.50 —

Hand-picked local crab meat, delicately infused with the fresh fragrance of lime and coriander, is encased in our velvety homemade pasta. Cauliflower couscous and purée add a variety of textures.

**Gin-Cured Mackerel, Beetroot Risotto
with Horseradish Gel**
— 6.50/10.50 —

We use Bournemouth-distilled Conker Gin to make our version of "gravlax" using smoky seasonal mackerel. Sweet, earthy beets and the warm flavour of horseradish make for a modern take on classic flavour combinations. Perfect as either a starter or main course.
Gf, Df

**Whole Baked Somerset Camembert,
Mini Artisan Loaf and Tomato Chutney**
— 12.50 for 2 —

Award-winning cheese from the Lubborn Creamery is studded with garlic and herbs and baked until just oozing. Served with warm homemade bread and a tangy tomato chutney, it's a perfect winter sharing dish.
V

**Braised Venison Chilli, Parsley
Tortilla and Red Cabbage Slaw**
— 7.50/10.50 —

Lean, tasty venison, slow-cooked Mexican style with cumin and chilli to a rich dark ragu, is served up with a vibrant green tortilla, avocado purée and dried cheese on the side.

Soup of the Day
— 4.50 —

With the changing seasons comes an abundance of winter veg, perfect for hearty, warming soups. Based on the best of today's fresh produce.

**Spiced Sweet Potato Samosa with Mango
Chutney with Carrot and Coriander Purée**
— 5.50/8.50 —

Forget the uninspired triangles found in supermarket selections: this crisp, flaky, freshly fried pastry, filled with autumnal, lightly spiced sweet potato, is our mouthwatering homage to the original Indian snack.
Ve

TO FOLLOW, FROM BAY, BARN AND BUTCHER...

**Braised Lamb Shoulder with Lamb and
Mint Pasty and Swede Purée**
— 16.50 —

Slow-cooked British lamb, tender and full of flavour, is the centrepiece of this hearty rustic dish. Served alongside a buttery smooth swede purée and a golden homemade pastry parcel of sticky minted minced lamb and diced potatoes.

Stokes Marsh Steak with Portobello Mushroom
— 8oz Sirloin 20.50/8oz Rib Eye 23.50 —

An honest plateful of succulent sirloin from Tim Johnson's free-ranging Hereford-Angus crossbred herd. Dry hung for 28 days to maximise flavour and tenderness, this is steak the way it should be, served with our highly addictive twice-cooked chips and a big, meaty Portobello.
Gf

[Add peppercorn or garlic butter or a fried duck egg for an additional £1]

**Peanut Satay Tofu with Lemongrass
and Coconut Risotto and Parsnip Purée**
— 12.50 —

Marinated in lemongrass, lime and chilli, the tofu is coated in gluten-free gram flour and deep fried, then tossed in a rich, nutty satay sauce. The Asian tastes and textures marry perfectly with the creamy, mellow risotto, while saffroned parsnip adds a seasonal finish.
Ve, Gf

**Loin of Pork with Stornoway Black Pudding and
Ham Hock, Cider and Leek Pie**
— 16.50 —

Delicate pan-fried loin gets some extra va-va-voom from Arbor's favourite dark, crumbly black pudding and a tart Granny Smith apple, roasted until it's caramelised. Mash-topped, cider-braised ham hock completes this stunning autumnal taste-fest.

Chef's Seafood Plate
— 17.00 —

Because sustainability is so important to us, we don't believe in making too many demands on our fishermen. Instead, Andy will work with the very finest seasonal catches, using his knowledge and passion to create a perfectly balanced selection of the most delicious fish and shellfish, straight from port to plate.

Market Whole Fish
— Market Price —

What could be simpler, healthier or more delicious than the best and freshest from the local quays, perfectly grilled – especially when we are surrounded by some of the finest fishing on the planet! It may be world-class Bass from Poole or Lemon Sole from Lyme Bay – just ask. Served with new potatoes and a sauce designed to bring out the fish's unique flavours. It's seafood for the soul.
Gf

**Duo of Creedy Carver Duck, Breast and Leg
with Broccoli Purée and Soy Dressing**
— 17.50 —

Plump legs from these flavoursome birds, bred in Devon in small free-range flocks, are cooked in duck fat until flaking then mixed with soy, ginger and spices to create a posh spring roll that really packs a punch. The juicy breast is pan-fried until its skin is golden and crisp.
Df

SIDE DISHES...

— all 3.00 —

**Hand Cut
Double-Cooked Chips**
Gf, Df, V

**Honey-Roast
Root Vegetables**
Gf, V

**Peas, Lettuce
and Bacon**
Gf

Simple Greens
Gf, V

**Truffled Macaroni
and Cheese**
V

**Herby
New Potatoes**
Gf, V

Gf = gluten free Df = dairy free Ve = Vegan V = Vegetarian

We practise fair tipping which means our team receive 100% of your gratuity. 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, please tell us what you think.

OUR CHEF, ANDY HILTON

Most people's earliest food memory tends to involve their granny. Although mine does have a fond place in my memories, my cooking was encouraged by my father. Saturdays as a young kid, we'd create spicy curries and Sundays, of course, were all about the roast. Both my parents worked during the week and I would always cook dinner after school, trying out different things, with some dishes working better than others. Mum and Dad just smiled and devoured them regardless.

I arrived at The Green House in 2011, first as Sous Chef, assuming the Head Chef role in 2012. What do I now ask of my kitchen? First and foremost is passion, I use the word a lot but I need my chefs to be passionate about food – borderline obsessed. It's impossible to be a good chef if you don't eat, taste and think about food. Sure, sometimes flavour combinations don't quite work but there is always a way to enhance them, as long as you're using quality fresh ingredients. Second, inspiration. I need my chefs to be able to take something and run with it. At the end of the day it's my food on the menu but I like all the chefs to feel like they are a part of Arbor, so my chefs' opinions are invaluable. Ultimately, I want the trainee in my kitchen one day to have his own kitchen, and if the belief, passion and inspiration disappears, it's a gloomy future for our industry.

As well as the great and the good, my food heroes include my previous head chef, Gordon Jones, whose ability to see a finished dish within a stack of raw materials is amazing. He taught me not to work in the constraints of 'normal'. He'd say "try and be different" and "let your food reflect your personality". Hence daily I strive to make my food look amazing, taste even better and excite. Working at The Green House, this is made easier by the richness of local ingredients including fish and seafood off the Dorset coast, fresh produce from one of England's garden counties, meat from nearby Wiltshire and game from the New Forest.

Food has to invoke emotion, it has to make the diner react. The food has to be inviting, through presentation, colour, smell. It then has to start a debate. If at some point during the meal, diners don't halt their conversation to comment on the food then I've failed. That's the challenge I'm happy to take on, and I hope you have a truly memorable experience when you visit us.

OUR FOOD VALUES

At Arbor, our commitment to sustainability goes deep: it is a philosophy that runs through everything we do, like the marbling on a beautiful piece of beef.

Some of it is clearly visible, from the low-energy induction cookers we use in the kitchen, to the sustainable timber on our floors, and the honey-bee hives on our roof.

But sometimes it's the things you can't see that make the biggest difference – such as our commitment to using the best-quality local ingredients we can find as sustainably and ethically as we can. It is a commitment that has gained us the highest possible star rating from the Sustainable Restaurant Association, which said we were "raising the bar in terms of sustainable sourcing practices."

Our job is definitely made easier by the richness and diversity of our own county and that of our immediate neighbours. Whether it's free-range, organically reared meat from the grassy meadows of the Mendips and Wiltshire, fish and seafood from the Dorset, Devon and Cornwall coast, fresh-grown seasonal fruit and veg from our very own garden county, or mushrooms, elderflowers, berries and preserves from the New Forest, we have a passion for wildly varied, wonderful ingredients gathered from a treasured collection of local artisan suppliers, many of them small, family-run businesses.

Relying on small-scale local suppliers with extremely high standards means we have to be prepared for occasional peaks and troughs in availability. It means as chefs, Andy Hilton and his team have to be constantly creative and inventive about the ingredients they use. And it means as a customer, you have to trust us to bring you delicious seasonal dishes according to the spirit, if not always the letter, of our menu.

The work begins long before the raw materials arrive in our kitchen: we put a lot of effort into selecting and verifying our food and drink suppliers, and working closely with them to come up with fair and ethical agreements that benefit them, us, and ultimately you the customer. We buy only from quality-assured specialist providers who are as passionate and committed to food excellence as we are, and with whom we are proud to be associated.

If you want to know about more about how we source our ingredients, we have included some more details here. If not, thank you for reading, and Bon Appetit!

OUR FISH

Lobster, crab, red mullet, black bream, rope-grown mussels, hand-dived scallops, even langoustine – some of the most delicious fish and seafood to be found anywhere in the world travels the short distance from the ocean on our doorstep to the plates on our dinner tables.

Arbor is committed to sourcing only from suppliers and fishermen adhering to the guidelines of the Marine Stewardship Council (MSC), a global organisation working with fisheries, seafood companies, conservation groups, scientists and the public to promote the best environmental and sustainable policies and practices in fishing and sourcing seafood. For example, each variety of fish has its own breeding season, which must be respected to protect future stocks, so fishing strictly according to seasonality is at the heart of a sustainable fishing policy.

Our regular suppliers include Samways, a family business that started out in 1961 selling its wares from wooden barrows on the harbourside at West Bay. The company has come a long way since then, and now buys from over 150 in-shore boats. It is closely associated with the Responsible Fishing Scheme and the Great Dorset Seafood Campaign. Sourcing directly from local ports such as West Bay, Poole and Lyme Regis in Dorset, Brixham along the coast in Devon, and Looe and Fowey in Cornwall, it is committed to supplying from port to plate within 24 hours. You can't get much fresher than that!

www.samwaysfish.com

OUR MEAT

We work only with suppliers who understand our absolute requirement for meat that has been produced from happy, well-fed, traditionally reared animals and birds. Sourced mostly from our own and neighbouring counties such as Wiltshire and Hampshire, our meat comes from farms that can guarantee that their livestock are:

- Free to range
- Free from hormones, growth promoters and antibiotics (unless these are necessary to treat a specific illness)
- Fed on an appropriate, organic, natural diet
- Humanely slaughtered
- Hung, where appropriate, for an optimum period (for beef, usually 28 days) to assure maximum flavour and tenderness.

One of our favourite butchers is Walter Rose & Son, established in 1847 in Devizes, Wiltshire. It is run by Andy and Steve Cook, whose family have been Devizes butchers for three generations. Most of their produce comes from a small group of farmers within walking distance of their shop – farmers such as Tim Johnson of Stokes Marsh Farm at Coulston, who raises Hereford-Angus crossbreeds, and also the family's own farm at Bishops Cannings. Pigs, meanwhile, begin their lives on the wooded hills between Marlborough and Hungerford at a place with the wonderful name of Crooked Soley. Here the sows live contented lives outdoors, able to fully express their natural behaviour. The piglets are born and raised here until they are three months old before being moved to roomy straw yards.

www.walterroseandson.co.uk

OUR FRUIT AND VEG

To ensure the maximum freshness and variety of high-quality fruit, vegetables and salad with the minimum of food miles, we have formed a strong partnership with Countryfare, a Bournemouth-based fresh produce supplier with a well-deserved reputation built up over 30 years. Countryfare supplies us with a wonderful range of both farmed and wild produce. It has close links with the area's growers, and closely follows the seasons, offering an astonishing variety of both familiar and more unusual varieties to satisfy our constant craving for colour, texture and flavour!

www.countryfare.co.uk

OUR DAIRY

Dorset may not be able to compete quite yet with its north-westerly neighbour Somerset when it comes to cheese. Not traditionally renowned for our cheeses (except perhaps for Blue Vinney), we are nevertheless producing a small but growing number of excellent varieties.

Take, for example, our partner James' Cheese, formed in 2009 when James McCall, formerly Head Cheesemaker at Daylesford Organic, moved his family down to the beautiful Dorset countryside and began to concentrate on 'affinage', the vital work of ageing and maturing cheese. Working with local suppliers like Lyburn and Chalke Valley Cheese, he has developed an exciting, award-winning range of washed-rind cheeses which we are proud to feature on our cheeseboards.

www.jamesscheese.co.uk

Over in the Somerset Mendips, meanwhile, Homewood is a small-scale artisan cheesemaker's creating very special ewes' cheeses using unpasteurised milk from local flocks. They hand-produce a range of varieties in small batches using traditional techniques, including their signature cheese Old Demdike and also Greek-style brined cheese, Halloumi and fresh Ricotta. All their cheeses are made using vegetarian rennet.

www.homewoodcheeses.co.uk

A little rock-star glamour is brought to our menu courtesy of Alex James Presents, the cheese company founded in 2011 by the former Blur bassist Alex James, which produces a range of award-winning artisanal cheeses at his country estate in the Cotswolds.

www.alexjamespresents.co.uk

OUR AWARDS

- 'Considerate Hotel of the Year 2013' by the Considerate Hoteliers Association.
- Gold in the Dorset Tourism 'Eating Out' Award 2014 and 2015.
- Gold in the Dorset Tourism 'Sustainable Tourism' Award 2014.
- Silver in the South West Tourism Excellence Awards 2015.
- Awarded "Food made good award for Environment" from the SRA 2016.
- Three-star champion (the highest possible rating) by the Sustainable Restaurant Association.
- Winner of the SRA Award for Environment 2015.

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www.arbor-restaurant.com

www.thegreenhousehotel.co.uk

