

# ARBOR

## RESTAURANT

### WELCOME TO ARBOR'S SEASONAL LUNCH MENU FOR SPRING - SUMMER 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's on offer. Our staff will advise on daily specials and any alterations to the menu.

### FIXED PRICE MENU...

Lunch (12.30pm - 2.30pm) 2 Courses - 17.00 | 3 Courses - 20.00

### NIBBLES...

**Onion Bhajees**  
— 3.50 —  
*Gf, Ve*

**Arancini & Dips**  
— 3.50 —  
*V*

**Artisan Bread**  
— 3.50 —

**Mixed Olives**  
— 3.50 —  
*Gf, Ve*

### TO START...

#### Soup of the Day

With the changing seasons comes an abundance of spring and summer veg - perfect for lighter, fresher soups. Based on the best of today's fresh produce.

#### South Coast Crab Risotto with Onion Fritter

Fresh-off-the-boat local crab meat and an intense crab-shell stock make this risotto sensational.

*Gf*

#### Spiced Sweet Potato Samosa with Mango Chutney

Nothing like the pre-packed version - a crisp, freshly fried pastry parcel filled with lightly spiced, sweet potato.

*Ve*

#### Confit Chicken Terrine, Smoked Breast and Leek Velouté

Slow-cooked chicken thigh meat pressed with leeks, served with succulent oak-smoked breast and a glazed winglet.

*Gf*

#### Black Cow Vodka and Dill Cured Salmon

Our take on gravlax, served with peppery watercress and pickled shallots, buckwheat pancakes and crème fraîche.

*Gf*

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

#### Roast Lamb Rump with Confit Onion Mash

Our delicate, exceptionally tender new-season lamb: rump served pink and pan-fried.

*Gf*

#### Market Whole Fish — 5.00 supplement —

The best local catch of the day: it may be world-class bass from Poole or Lemon Sole from Lyme - just ask!

*Gf*

#### Creedy Carver Duck Breast with Broccoli Purée

This juicy breast, bred in free-range flocks from Devon, is pan-fried until its skin is golden and crisp.

*Df*

#### Ratatouille Stuffed Tomato with Tomato Risotto

Intense mediterranean flavours infuse this vegan dish, served with red pepper houmous, toasted flatbread and rocket pesto dressing.

*Gf, Ve*

#### Beer-Battered Fish & Hand-Cut Chips

The freshest local fish encased in crunchy Whitstable Bay Pale Ale batter, served with addictive twice-cooked chips.

#### Chef's Seafood Plate

We work with the finest and freshest fish and shellfish to create a stunning medley, straight from port to plate!

#### Green House Burger & Hand-Cut Chips

A juicy burger made with flavoursome free-range beef steak, garnished with Coastal cheddar and confit onions.

### SIDE DISHES...

— All 3.50 —

**Superfood Salad**  
*Gf, V*

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

**Herby New Potatoes**  
*Gf, V*

**Simple Greens**  
*Gf, V*

**Crunchy Fennel and Apple Slaw**  
*V*

**Peas, Lettuce & Bacon**  
*Gf*

### SUNDAY IS ALL ABOUT THE ROAST...

See a few sample Roasts that we have on our specials board each Sunday.

All roasts are served with garlic & thyme roast potatoes and gravy

**Roast Chicken Breast**  
Bread Sauce  
— 15.50 —

**28 Day Aged Sirloin of Beef**  
Yorkshire Pudding  
— 17.50 —

**Roast Mendips Lamb Shoulder**  
Mint Sauce  
— 16.50 —

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

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.