

# ARBOR

RESTAURANT

## SUMMER 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 Nuggets, 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>Dfa</i>	Mixed Olives — 4.50 — <i>Gfa, Nfa</i>	Smoked Sweetcorn Riblets — 6.00 — <i>Gfa, Nfa, Dfa, Ve</i>	Truffle and Dorset Black Garlic Arancini, Black garlic Mayo — 6.00 — <i>V, Nfa</i>	Crispy Halloumi, Tapenade Mayo — 6.50 — <i>V, Nfa</i>
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### TO START

#### Isle of Wight Tomato Salad, Tomato Tartar, 12 year Aged Balsamic and Basil Oil

— 8.50 —

Tomato varieties that rival any in the world are prepared in different ways, some air dried to intensify the umami, others peeled and marinated, and some just simply prepared with salt and pepper. Dressed with aged balsamic from Modena and a vibrant green basil oil, they sit atop a super intense tomato tartar.

*Gfa, Nfa, Dfa, Ve*

#### Devon Crab Mayonnaise, Apple and Cucumber salad with Avocado Puree

— 14.00 —

Handpicked White Crab is bound with the brown meat and mayonnaise for a rich and creamy crab mayonnaise. A salad of cucumber and crisp granny smith apples add texture and a fresh contrast to the crab, whilst a smooth avocado puree with a hint of chilli finishes the dish.

*Gfa, Nfa, Dfa*

#### Crispy English Feta, Kalamata Olive Tapenade, Grilled Aubergine and Smoked Greek Yogurt

— 9.50 —

A feta-style cheese from the makers at book and bucket cheese company in Cranborne in Dorset is rolled in breadcrumbs and deep fried for texture, served with Olive tapenade made from kalamata olives. Smoked yogurt acts as a foil for the salty cheese and tapenade and a fresh mint oil creates contrast.

*Nfa, V*

#### Creedy carver Chicken and Foie royale Ravioloni, Miso and Mushroom Sauce and a Truffle and Cheddar Foam

— 12.00 —

Fresh pasta encases a mix made with chicken from our favourite flock at creedy carver and Foie Royale. A product developed to replicate foie gras but without any need to unnecessarily harm the ducks. A punchy miso and mushroom sauce compliment the flavours and a light and airy foam made with coastal cheddar and truffle oil adds to the decadence

*Nfa*

#### Salad of Stokes Marsh Farm Ox Tongue, Radish and Pickled Shallot, Watercress mayonnaise

— 10.00 —

A cut of meat often forgotten but full of flavour, is slow cooked until soft and rolled. Served with a peppery watercress mayonnaise, earthy radishes, and Pickled Shallots. Dressed leaves create a summery salad that packs flavour.

*Gfa, Nfa, Dfa*

#### Summer 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 summer 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, Vo*

#### Salted Cod Loin, Pea and Truffle Velouté with a pea and salt cod Fritter

— 11.00 —

We salt the cod loin simply in Maldon Sea salt for 24 hours, this firms up the flesh and intensifies the flavour. A sweet pea sauce with notes of mushroomy truffle compliments the well-seasoned fish and a fritter made from salt cod and seasonal garden peas adds texture.

*Nfa, Gfa*

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

#### Grilled Cauliflower Steak, AFC Nugget, Smoked Paprika Quinoa and a coriander and Lime Dressing

— 22.00 —

Cauliflower is cooked on a griddle to create a smoky flavour served with a cauliflower nugget cooked in a mix of spices. Smoked Paprika quinoa, rich in antioxidants, is lifted with a zesty lime and coriander dressing and a spicy sriracha sauce adds heat.

*Nfa, Gfa, Ve*

#### Slow cooked Lamb Breast, Glazed Lambs Heart, Courgette and Rosary Goats Curd

— 28.00 —

We marinade Lamb breast in harissa spices for 24 hours and then cook low until soft and tender, we save the cooking liquor to use on the dish. The hearts we cook in a BBQ sauce and glaze until sticky with hints of sweet and sour. A soft and creamy curd from one of our favourite suppliers compliments the rich and spicy flavours.

*Nfa, Gfa*

#### Crooked Soley Pork Neck for two, Confit Pink fir Potatoes, Grilled Lettuce and Cherry Vine Tomatoes

— 52.00 —

A dish served family style to share with all the trimmings for a perfect dish, Pork neck marinated in Extra virgin olive oil and Thyme is pan seared and served pink for optimal texture. Waxy pink fir potatoes cooked in duck fat (saved from our duck dish) are roasted and served with a grilled gem heart and a pork and cider cream sauce made from the bones.

*Gfa, Nfa, Dfa*

#### 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*

#### Creedy Carver Duck Breast, Duck Leg Risotto and Caramelised Confit Fennel

— 28.00 —

Duck Breasts from our favourite flock are cooked until the fat is rendered and crispy sit on top of a creamy risotto made with duck stock and flavoured with orange and fennel and flaked duck leg.

*Nfa, Gfa*

#### Pan Fried Sea Bass with Squid Ink Linguini and a Spiced Mussel Emulsion

— 29.00 —

Poole has a good stock of sea bass, and we serve ours with a squid ink linguini tossed in a rich sauce made from steamed mussels, curry powder, sweet wine, and fish stock. Pak choi and marinated cherry tomatoes add colour and fresh texture

*Nfa*

#### Garden Pea and Mint Pearl Barley, Honey Glazed English Halloumi, Mint Pesto

— 23.00 —

Pearl Barley is a great alternative to risotto, full of texture and flavour, we add peas and mint, along with coastal cheddar for a creamy risotto style dish. English style halloumi from the guys at book and bucket is grilled and glazed with honey and mint, a mint pesto dresses the plate.

*V, Nfa*

#### 8oz Sirloin Steak - 32.00 - 8oz Rump - 30.00 - Triple Peppercorn Sauce *Gfa, Nfa, Dfa* Bearnaise Sauce *V, Gfa, Nfa*

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

*Gfa, Nfa, Dfa*

### SIDES – ALL 5.00

Koffman Chips  
*Nfa, Gfa, Ve*

Garden Peas, Chilli and Mint Butter  
*Nfa, Gfa, V*

Tomato Salad, Basil Oil  
*Nfa, Gfa, Ve*

Chive and Truffle New Potatoes  
*Nfa, Gfa, V*

Mixed Leaf Salad, Aged Balsamic  
*Nfa, Gfa, Ve*

*Gf = Gluten free ~ Gfo = Gluten free option ~ Df = Dairy free ~ Dfo = Dairy free option ~ Ve = Vegan ~ Veo = Vegan option ~ V = Vegetarian ~ Nf = Nut free ~ a = Available*

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  
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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

