



RESTAURANT

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. 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 that we cannot guarantee that items are 100% free from allergens

NIBBLES

Crispy Beechwood Mushrooms, Garlic Mayo — 7.00 — <i>Ve</i>	Chive, Chorizo & Cheddar Arancini — 7.00 — <i>Wheat, Milk, Egg</i>	Courgette Fritti with Squash Ketchup — 7.00 — <i>Ve- Sulphites</i>	Pitted Kalamata and Green Beldi Olives — 5.00 — <i>Ve</i>	Warm Sourdough with Sage & Onion Butter — 6.00 — <i>Wheat, Milk, Mustard</i>	Crispy Madras Squid, Curry & Lime Mayo — 7.00 — <i>Soya, mollusc</i>
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TO START

Ham Hock Terrine served with Celeriac & Apple Coleslaw, Tarragon Pesto

— 11.00 —

Ham hocks cooked until falling from the bone are flaked and mixed with wholegrain mustard, herbs and pressed. Paired with a coleslaw made with vibrant green apples and earthy celeriac. Nutty and anise tarragon pesto is a perfect companion.

Celery, Sulphites, Mustard, Milk

Mozzarella and Fig Bruschetta with Rooftop Honey & Aged Balsamic

— 11.00 —

Creamy richness of mozzarella with the delicate freshness of ripe fig and a tangy fig jam all arranged atop crispy bruschetta drizzled with honey and aged balsamic for a sweet & sour contrast.

Gluten, Milk, Sulphites

Harissa Roast Cauliflower, Humous, Pomegranate and Almond Salsa

— 10.00 —

Served on a velvety bed of hummus, which offers a creamy contrast, and topped with a vibrant pomegranate & almond salsa. Cauliflower is infused with smoky warmth of harissa spices and coated for a crispy texture.

Ve - Sesame, Sulphites, Almonds

Spiced Trout Rilletes, Curry Mayonnaise, Pickled Red Onion, Toasted Flat Bread

— 12.00 —

Trout from the Chalk Stream is slow cooked in a spiced confit oil, flaked and mixed with Indian seasonings. Accompanied with pickled red onions, a curry infused mayonnaise and a toasted flat bread.

Fish, Gluten, Sulphites

Winter Soup of the Day with Warm Sourdough

— 8.00 —

Some people never order soup, thinking it the obligatory after-thought of a reluctant chef. Not here. Expect warming earthy flavours to reflect the colder days.

V - Ask about allergens

Confit Onion Tart Tatin, Black Cow Cheddar Sauce, Parsnip Puree

— 11.00 —

Sweet & tender onions are artfully arranged atop a buttery puff pastry, accompanied by Black Cow Cheddar and silky parsnip puree to balance the sweetness.

V - Gluten, Milk, Sulphites, Egg, Mustard

TO FOLLOW - FROM BAY, BARN & BUTCHER

Grilled Pumpkin Steak, Squash Ketchup, Smoked Tomato Butter, Hash Brown Chips

— 24.00 —

Thick pumpkin steak is expertly grilled to achieve a smoky char and a tender bite. A sweet & savory taste is given by a delightful squash ketchup. Served with a side of crispy hash brown chips & grilled lettuce to provide contrast.

Ve- Sulphites

Loin of Cod with Lobster Bisque & Saffron Potatoes

— 27.00 —

Tender loin of cod, pan fried for crispy skin, served with bisque full of fennel, tomato and shellfish and a hint of brandy with fragrant saffron potatoes and curly kale for contrast.

Crustacean, Sulphites, Milk, Fish, Mollusc

Braised Beef Feather Blade, Peppercorn Sauce, Mushroom Ketchup & Duck Fat Chip

— 28.00 —

Slow cooked Beef from the cows shoulder, accompanied with a sweet, earthy mushroom ketchup, and rich duck fat chip. Peppercorn sauce adds fierce savory kick.

Celery, Milk, Sulphites

Market Fish of The Day

— Market price —

The Best, freshest fish from local fisheries. It could be world class Bass from Poole or Lemon sole from Lyme Bay. Its seafood for the soul. Just check the boards for today's special.

Ask about Allergens

6oz 28-day aged Fillet Steak with Smoked Tomato & Chilli Butter

— 34.00 —

Steak as it should be. We recommend cooked Rare to Medium. Served with (in our opinion) the best chips money can buy.

Milk

Choose your sauce from the below:

- Smoked Tomato Butter *Ve*
- Sage & Onion Butter *Milk, Gluten*
- Peppercorn Sauce *Milk, Sulphites*

Wild Mushroom, Roasted Pumpkin & Brie Tartlet, Sage & Onion Crumble, Vegetable Crisp

— 24.00 —

A tartlet made with crisp filo is filled with a roasted squash and pumpkin mix, forest mushroom and creamy brie, all topped with a sage & onion stuffing crumble, sat upon truffle infused mash served with rich mushroom gravy.

V - Milk, Sulphites, Gluten

Braised Pig Cheek, Crispy Laverstoke Park Black Pudding, Apple and Fennel Polenta, Tarragon Oil

— 27.00 —

Braised tender pig cheeks are served alongside crispy slices of Laverstoke Park Black Pudding that offer a crunch and delightful contrast. Accompanied by an apple and fennel polenta for a refreshing balance and finished with a drizzle of fragrant tarragon oil for a touch of herbal elegance.

Sulphites, Milk, Gluten, Celery, Eggs

Loin of Venison, Parsnip Puree, Wild Venison Chorizo and Butterbean Pasty

— 32.00 —

Tender and succulent venison loin is the star of the dish, accompanied by a velvety parsnip puree for a touch of sweetness. A wild venison chorizo and butterbean pasty gives both a hearty and savory contrast.

Milk, Egg, Sulphite, Celery, Gluten

SIDES - ALL 5.00

Koffman Potato Chips

Ve

Truffle Buttered Kale

V - Milk

Confit Garlic Mash

V - Milk

Balsamic & Honey Roasted Beetroot

V - Sulphites

New Potatoes with Chive Butter

V - Milk

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

