



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 all £7

Confit Chicken Satay Bites, Satay Mayonnaise

Gluten, Peanuts, Soya, Crustacean

Crispy Halloumi Fries, Olive & Mint Tapenade

V Sulphites, Milk

Crispy Sushi Rice, Pickled Ginger & Japanese Mayonnaise

V- Egg, Soya, Gluten, Mustard

Marinated Olives, Sundried Tomatoes & Balsamic Onion

Ve Sulphites

Warm Sourdough Bread Board, basil & Pine Nut Butter

V Gluten, Milk

Crispy 5 Spice Oyster Mushrooms, Miso Dressing

Ve Soya, Sesame, Gluten

TO START

Beef Shin Ragu Stuffed Arancino, Tomato Puree, Basil Emulsion.

— 12.00 —

Crispy rice filled with slow-cooked beef shin ragu paired with vibrant tomato puree for a burst of freshness and finished with a basil emulsion.

Celery, Sulphites, Gluten, Egg, Milk, Mustard

Ricotta, Truffle & Pine Nut Raviolo, Mushroom Duxelles, Aerated Mushroom Puree, Sourdough Pangrattato.

— 11.00 —

This dish marries the creamy richness of ricotta with the earthy essence of truffle and the crunch of pine nuts. On a bed of mushroom Duxelles crowned with sourdough pangrattato.

V Egg, Milk, Gluten

Blue Corn Taco, Crispy Oyster Mushroom, Pickled Red Cabbage & Pico De Gallo.

— 10.00 —

A savory delight that brings together the satisfying crunch of oyster mushrooms and the unique earthiness of blue corn. Topped with vibrant pickled red cabbage for a tangy kick and accompanied by zesty Pico De Gallo, this taco is a fusion of textures and tastes.

Ve Sulphites

Smoked Mackerel & Potato Salad, Poached Fluffetts Farm Hens Egg, Brown Crab Hollandaise, Watercress Oil.

— 12.00 —

Accompanied by poached Fluffetts Farm hens egg, with a drizzling of brown crab hollandaise and a finishing touch of watercress oil that elevates the ensemble, creating a mix of textures and tastes that celebrate the sea's bounty and the earth's richness.

Fish, Mollusc, Crustacean, Egg, Sulphites

Spring 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 a perfect start to your meal, offering a taste of the season's bounty in every spoonful.

V - Ask about allergens

Confit Duck Leg Spring Roll, 5 Spice Smoked Breast, Broccoli Puree & Miso Dressing.

— 13.00 —

A crispy delight filled with tender duck confit is accompanied by 5 Spice smoked breast, offering a balance of smokiness and succulence. A velvety broccoli puree adds a touch of green elegance

Soya, Sesame, Gluten, Egg

TO FOLLOW - FROM BAY, BARN & BUTCHER

Red Onion Fritter, Spring Baby Vegetables, Butterbean & Herb Mash, Green Sauce.

— 24.00 —

Paired with vibrant spring baby vegetables, the dish offers a fresh and seasonal touch. The Butterbean mash provides a velvety base with hints of citrus, creating a harmonious balance. A drizzle of our green sauce adds a zesty and herbaceous finish.

Ve- Sesame, Mustard

Pan Fried South Coast Sea Bass, Nori & Burnt Leek Terrine, Chive Beurre Blanc, Braised Potato.

— 27.00 —

Accompanied by a Nori & Burnt leek terrine, the sea bass is elevated with layers of umami and smoky flavors. Drizzled with a delicate chive beurre blanc, the dish offers a velvety richness that complements the fish. Served alongside a braised potato.

Crustacean, Sulphites, Milk, Fish, Mollusc

Pork Fillet, Cider Braised Pork Belly, Puffed Pork Skin, Pressed Apple & Potato Terrine.

— 27.00 —

The dish features a delightful crunch with puffed pork skin adding a textural dimension. Complemented by the sweet and tangy notes of sweet & sour pressed apple & potato terrine for a perfect balance of flavors.

Celery, 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

— 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:
Chestnut Mushroom Sauce £2

Milk, Sulphites, Celery

Peppercorn Sauce- £2

Milk, Celery, Sulphites

Watercress Pearl Barley Risotto, Cranbourne Blue Cheese, Walnut Praline, Pickled Grapes

— 24.00 —

Revel in the creamy richness enhanced by the tangy Cranbourne blue cheese, while the walnut praline adds a delightful crunch. The dish reaches its crescendo with the burst of sweetness from pickled grapes, creating a harmonious balance.

V - Milk, Sulphites, Gluten, Egg, Nuts

Roast Breast Of Chicken, Crispy Thigh, Asparagus & Cheddar Sauce, Chicken Skin Hasselback

— 26.00 —

Our roast breast of chicken is paired with a succulent thigh. Crispy and flavorful chicken skin hasselback potatoes are there to create a medley of textures and flavors that showcase the best of poultry perfection.

Milk, Sulphites, Celery

Slow Roast Lamb Shoulder, Minted Peas, Glazed Kidneys, Roast Balsamic Onions

— 28.00 —

Slow roast lamb shoulder is accompanied by vibrant minted peas. Glazed kidneys add a rich and savory note, while the roast balsamic onions give a hint of sweetness and acidity.

Celery, Sulphites

SIDES - ALL 5.00

Koffman Potato Chunky Chips

Ve

Herby New Potatoes

V -Milk

Buttered Spring Greens, Crispy Onions Chive Oil

V - Milk, Gluten

Butterbean and Herb Mash, Green Sauce

V - Sesame

Spring Salad, Feta, Watercress Oil

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

