



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

Caraway Panisse With  
Harissa Mayonnaise

VE  
— 6 —

Crispy  
Buttermilk  
Chicken, Truffle  
Mayonnaise

Milk  
— 8 —

Gambas Pil Pil

Crustaceans

— 7 —

Marinated Black  
& Green Olives

Ve

— 6 —

Warm Tomato Bloomer, with  
Netherend Salted Butter &

Basil Pesto

V Gluten, Milk

— 8 —

Onion Pakora, Lime  
Pickle Mayonnaise

V, Mustard

— 7 —

## TO START

**Warm Chicken Thigh Scrumpt, Thai  
Green Curry, Green Beans Salad And  
Puffed Rice**

— 11.00 —

Slow cooked chicken thigh, breadcrumbed and crispy, served with a flavorful Thai green curry, complemented by a crisp green bean salad and finished with a sprinkle of puffed rice for added texture.

Gluten, Egg

**Grilled Mackerel Tandoori Style, Lime Pickle Mayonnaise,  
Salted Cucumber, Pink Onions**

— 12.00 —

Mackerel charred to perfection with tandoori spices, accompanied by zesty lime pickle mayonnaise, salted cucumber, and vibrant pink onions for a burst of flavor

Fish, Mustard, Milk, Celery, Sulphites

**Four Cheese Arancini, Peach Ketchup, Grilled  
Peach, Toasted Walnuts, Rocket Oil**

— 12.00 —

Crispy Arancini filled with a rich blend of four cheeses, served with sweet and sour peach ketchup, grilled peach slices, toasted walnuts, and a drizzle of rocket oil

V - Gluten, Milk, Egg, Walnuts, Sulphites

**Hot Smoked Chalk Stream Trout, Soft  
Boiled Hens Egg, New Potato Salad and Dill  
Ranch Dressing**

— 13.00 —

Delicate hot smoked trout paired with a soft boiled hens egg, creamy new potatoes, and a tangy dill ranch dressing, creating a harmonious blend of flavors

Fish, Egg, Milk, Sulphites

**Spring Soup of the Day with  
Warm Bloomer**

— 8.00 —

A delightful seasonal soup crafted from the freshest ingredients, served with a side of warm, crusty bread for a comforting start to your meal.

V - Gluten, Milk

**Isle of Wight Tomato Salad, Pickled Shallots, Basil  
Oil, Olive Crumb, Pan Con Tomate**

— 10.00 —

A vibrant medley of Isle of Wight tomatoes with pickled shallots, fragrant basil oil, crunchy olive crumb, and traditional pan con tomate, celebrating fresh, bold flavors.

VE - Sulphites

## TO FOLLOW - FROM BAY, BARN & BUTCHER

**Lamb Loin and Minted Pea  
Wellington, Balsamic Roast Shallot,  
Whipped Feta, Buttered Courgettes**

— 32.00 —

Experience the perfect blend of tender lamb loin wrapped in a minted pea Wellington, enhanced by the rich flavors of balsamic roasted shallots and creamy whipped feta. Buttered courgettes complete this elegant dish.

Gluten, Milk, Egg, Celery, Sulphites

**Pan Fried Hake, Preserved Lemon,  
Ricotta and Spinach Agnolotti,  
Courgette and Basil Puree**

— 26.00 —

Delicate pan-fried hake paired with ricotta and spinach agnolotti, uplifted by the zest of preserved lemon. A smooth courgette and basil puree ties the elements together beautifully

Fish, Gluten, Milk, Egg, Sulphites

**Pork Schnitzel, Burnt Apple Puree  
Spaetzle, Honey and Mustard Salad  
Vert**

— 26.00 —

Our crispy pork schnitzel is perfectly complemented by a smoky burnt apple puree.

Accompanied by tender spaetzle and a refreshing honey and mustard salad vert, this dish offers a delightful balance of flavors and textures

Gluten, Milk, Egg, Celery, Mustard

**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  
Rump Or Fillet Steak**

— 26.00 /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:

**Black Garlic & Soy Butter £2**

Milk, Soy

**Peppercorn Sauce - £2**

Milk, Celery, Sulphites

**Shiitake Mushroom Dumpling,  
Marinated Tofu, Crispy Oyster  
Mushroom**

— 25.00 —

Indulge in delicate shiitake mushroom dumplings paired with marinated tofu and crispy oyster mushrooms, offering a perfect vegan medley of flavors and textures.

VE - Soya, Sesame

**Roast Breast of Duck, Glazed Pressed  
Leg, Cherry Puree, Duck Fat Galette**

— 28.00 —

Enjoy our succulent roast duck breast alongside a glazed pressed leg. A tangy cherry puree and crispy duck fat galette add depth and richness to this elegant dish.

Sulphites, Celery

**Aubergine Parmigiana, Tomato  
Sauce, Bocconcini and Basil Oil**

— 25.00 —

Savor the layers of baked aubergine immersed in a rich tomato sauce, topped with creamy bocconcini and finished with a drizzle of fragrant basil oil, creating a harmonious vegetarian delight

V - Gluten, Milk, Egg, Sulphites

## SIDES — ALL £6

Koffman Potato Chunky Chips

Ve

Buttered New  
Potatoes with Mint

V - Milk

Fine Green Beans, Truffle Butter

V - Milk, Gluten

Isle of Wight  
Tomato and  
Bocconcini Salad

V - Milk, Sulphites

Watermelon,  
Feta, Cucumber  
and Mint Salad

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*  
*Twitter @arborrest*

[www.arbor-restaurant.co.uk](http://www.arbor-restaurant.co.uk)  
[www.thegreenhousehotel.co.uk](http://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](http://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](http://www.harvestfinefoods.co.uk)  
~ [www.facebook.com/groundedenterprises](http://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](http://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](http://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](http://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](http://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](http://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

