

## 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

Cacio E Pepe Macaroni Bites	Fennel and Chilli Puffed Pork Skin, Apple and Tarragon Puree	Beef Fat Hash Brown, Truffle Mayo and Crispy Onions	Marinated Black & Green Olives	Warm Baked Focaccia, Tomato and Harissa Pesto	Sweetcorn Riblets, Sriracha Seasoning
<i>Gluten, Milk, Egg</i>	<i>Sulphites</i>	<i>Gluten</i>	<i>Ve</i>	<i>V Gluten, Milk</i>	<i>Ve</i>
- 6 -	- 5 -	- 7 -	- 5 -	- 7 -	- 6 -

## TO START

**Confit Chicken Thigh Terrine, Black Garlic Caesar, Crispy Chicken Skin**

— 12.00 —

Chicken Thighs are cooked slow and gentle until soft and flakey, then mixed with Grana Padano Cheese and Black Garlic and Pressed. Served alongside a dressing made from black garlic from the isle of wight garlic farm

*Milk, Egg, Mustard, Sulphites***Poached Hake with a Pea Mousse, Salt and Vinegar Gel, Warm Tartar Sauce, Potato Scraps**

— 13.00 —

Hake lightly poached with a vibrant green pea mousse is the star of the show here. Paired with familiar flavours akin to the seaside favourite. A classic combination with elevated techniques showcases the best of British seafood

*Fish, Egg, Milk, Sulphites, Gluten***Baked Goats Cheese Cheesecake, Tomato Reduction and Pine Nut Granola**

— 12.00 —

We use Rosary Goats cheese from the New Forest as the base for our savoury cheesecake paired with a rich umami filled tomato reduction that compliments the creamy acidic cheese. A crunchy gluten free granola made with pine nuts adds texture

*V- Milk, Egg, Sulphites***Crispy Char Siu Pork Belly, Steamed Bao Bun, Pickled Apple Puree**

— 15.00 —

Our Pork Belly is braised for 6 hours until super soft and tender, mixed with char siu flavours and coated in pork skin that crackles when deep fried. Served with a Bao bun and a sour apple puree to cut through the fatty Pork

*Gluten, Soya, Sesame, Sulphites***Spring Soup of the Day**

— 8.50 —

A combination of seasonal produce to create a wonderful bowl of Soup, expect seasonal delights like Wild Garlic, Peas and keep an eye out for asparagus towards the middle of the season. Always served with a chunk of Warm Bread from our Pastry Section.

*V-Gluten***Bhaji Battered Sweet Potato, Pickled Red Onion, Roast Cashew Nut Curry Sauce, Coriander Oil**

— 10.00 —

Sweet Potato braised in a curry stock is smothered in a batter made from gram flour, spices and onions, Deep fried until crispy and served a top a nutty korma style sauce and fresh coriander oil

*Ve - Almond, Cashew*

## TO FOLLOW - FROM BAY, BARN &amp; BUTCHER

**Slow Cooked Beef Cheek, Risotto Milanese, Bone Marrow Butter and Parsley Oil**

— 30.00 —

Unctuos Beef Cheeks cooked in red wine and aromats for hours until soft, sit a top a vibrant risotto made with saffron and cheese. A butter made with Beef bone marrow and pasley melts over the whole dish to add rich decadence

*Sulphites, Celery, Milk***Chalk Stream Trout served with Lemon Gnocchi and a Crayfish and Samphire Butter Sauce, Dill Oil**

— 28.00 —

Fish farmed locally at Chalk Stream is cooked with a crispy skin and served with potato gnocchi flavoured with zingy lemon and a sauce of crayfish tails and samphire. Finished with a drizzle of green dill oil

*Fish, Milk, Crustacean, Sulphites, Gluten, Egg***Chicken Schnitzel, Fluffetts Farm Hens Egg, Capers and Tomato Jus**

— 25.00 —

Chicken coated in breadcrumbs fried until juicy, with an oozing fried egg from our local egg supplier. Served with a mustard and potato salad and a rich tomato and caper jus

*Gluten, Egg, Mustard, Celery***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***28-Day Dry Aged 8oz Rump or 6 oz Fillet or 8oz Sirloin**

— 27.00/36.00/34.00 —

Steak as it should be. Cooked to your liking but we recommend cooked Rare to Medium for best results. Served with (in our opinion) the best chips money can buy, grilled Mushroom and Tomato and a Creamy Peppercorn Sauce

*Milk, Celery, Sulphites***Miso Roasted Aubergine, Charred Aubergine Puree, Crispy Maitake Mushrooms**

— 22.00 —

Whole Roasted Aubergine, cooked until charred and soft in the middle, and flavoured with a rich miso made with fermented soya beans. Crispy Maitake Mushrooms dusted in a garlic flour add a crispy texture

*Ve - Soya, Sesame***Roast Lamb Rump, Lamb and Mint Potato Terrine, Glazed Button Onions and Peas**

— 32.00 —

Spring Lamb rump cooked pink and fat rendered for full flavour sits next to a potato terrine with layers of potato and minced lamb. Minted peas and glazed button onions are covered in a cream lamb sauce

*Sulphites, Celery, Milk***Feta, Spinach and Watercress Pie, Roast Garlic Hummus and a Tomato and Olive Bean Stew**

— 24.00 —

Our take on the Greek pie, 'Spanocopita' Feta and Spinach Encased in a filo Tart sit upon roast garlic hummus served with a tomato and olive bean stew to complete the Mediterranean vibe

*V - Gluten, Milk, Sesame, Sulphites, Eggs*

## SIDES — ALL £6

Roast Hispi Cabbage,  
Black Garlic Caesar*V- Milk, Mustard, Egg, Sulphites*Chive Butter New  
Potatoes*V - Milk*Chantenay Carrots with  
Maple and Miso Dressing*Ve - Soya*Truffled Garden Peas, Lettuce and  
Smoked BaconChunky Koffman  
Chips*Ve*

## 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

