

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 - 3 for £15.00

Sticky Chinese Pork Belly, Hoi Sin

Gluten, Soy, Sesame

- 7 -

Parsnip and Cumin Falafel, Houmous

Ve - Sesame

- 6 -

Crispy Halloumi, Harissa Mayonnaise

V - Gluten, Milk, Egg

- 6 -

Marinated Black & Green Olives

Ve

- 5 -

Homemade Japanese Milk Loaf, Black Garlic Butter

V - Gluten, Milk, Egg

- 7 -

STARTERS**Celeriac and Onion Bhajee, Coconut Curry Sauce, Pickled Ginger and Coriander Oil**

- 11 -

Crispy and golden Bhaji made with seasonal veg is served with silky coconut curry sauce and finished with pickled carrot and ginger for freshness and zing.

Ve - Soya, Celery

Smoked Salmon and Prawn 'Cannelloni' with Horseradish Mayo, Smoked Cucumber and Dill Oil

- 13 -

A light mousse made from local cream cheese and prawns is rolled in smoked salmon and served with pickled smokey cucumber. A punchy mayo complements the smoked fish.

Fish, Crustacean, Milk, Sulphites

Winter Soup of the Day

- 9 -

A combination of seasonal produce create a warming bowl of soup — look out for favourites like squash, celeriac and wild mushrooms alongside other seasonal highlights. Always served with a chunk of warm bread from our pastry section.

V - Ask about Allergens

Crispy Pulled Pork Terrine, Celeriac and Mustard Slaw, Granny Smith Puree

- 13 -

Rich cuts of pork, cooked until tender, mixed with fresh herbs, rolled in breadcrumbs and deep fried for texture is served with a refreshing apple puree to cut through the fatty pork and a creamy slaw for freshness.

Gluten, Mustard, Egg, Celery

Somerset Brie and Cranberry Arancino, Rocket and Balsamic Vinegar, Cranberry Gel

- 12 -

Crispy, oozing with cheese and festive. The arancino sits with a salad of rocket and balsamic for zing, A cranberry gel adds colour and sweetness to compliment the cheese.

V - Gluten, Egg, Milk, Sulphites

MAINS**Roast Creedy Carver Chicken Breast, Barley Risotto, Soft Leeks and Leek Top Oil**

- 26 -

Roast Chicken served with a creamy barley risotto. Finished with tender soft leeks and a drizzle of vibrant leek top oil.

Gluten, Milk, Celery, Sulphites

Slow Braised Beef Featherblade, Creamed Potatoes, Confit Shallot and Chive Oil

- 29 -

Slow-braised beef feather blade cooked until tender served with creamy mash and a punchy sauce. A soft confit shallot completes the dish.

Milk, Celery, Sulphites

Baked Chalk Stream Trout, Prawn and Cherry Tomato Butter Sauce, Crushed Potatoes

- 27 -

Arbors favourite sustainably farmed fish is served with zesty potatoes and a creamy butter sauce with prawns and dried cherry tomatoes.

Fish, Milk, Crustacean

Aubergine Schnitzel, Black Garlic and Miso Puree, Slow Cooked Onions, Cavolo Nero

- 22 -

Crispy aubergine schnitzel served with a rich black garlic and miso purée, sweet slow-cooked onions and earthy cavolo nero. A bold, comforting dish full of depth and texture.

Ve - Soya

Tim Johnsons 28 Day Dry Aged 6oz Rump Steak, Miso Braised Mushrooms, IPA Onion Rings, Koffman Chips and Peppercorn Sauce

- 25 -

Steak as it should be. Tim Johnson's 28-day dry-aged Rump, cooked to your liking — though we recommend rare to medium for the best flavour. Served with Koffman chips, miso-braised mushrooms, crisp IPA onion rings and a rich peppercorn sauce.

Gluten, Milk, Soy, 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

Coastal Cheddar, Confit Onion and Potato Pie, Cauliflower Cheese Puree and Roast Cabbage

- 24 -

A golden pie filled with Coastal Cheddar, confit onion and potato, served with silky cauliflower cheese purée and sweet roast cabbage. A comforting, hearty vegetarian dish with a modern twist.

V - Gluten, Milk, Egg

Dorset Ale Battered Fish, Koffman Chips, Tartar Sauce, Chip Shop Curry Sauce and Peas

-18-

Fish, Gluten, Milk

6oz Beef Burger with Smoked Cheddar and Sticky Pulled Pork served with Koffman Chips

-19-

Gluten, Milk, Mustard, Celery, Sulphites, Soya

Wild Mushroom and Tarragon Pappardelle, Truffle Oil, Crispy Shallots

-18-

V - Gluten, Milk, Egg

SIDES — ALL £6**Buttered Winter Greens**

V- Milk

Chive Butter New Potatoes

V - Milk

Honey and Balsamic Roast Beetroot

Ve

Thyme and Maple Mashed Root Vegetables

Ve

Chunky 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

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 seafish, 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. ~ jamesscheese.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.fluffettsfarm.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

