

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 £18.00

<b>Chorizo Croquettes with Saffron Aioli</b> — 8 — <small>Gluten, Milk, Mustard, Egg, Sulphites</small>	<b>Spiced Courgette and Sweetcorn Fritter with Mango Gel</b> — 7 — <small>Ve</small>	<b>Pork and Fennel Polpette with Tomato and Chilli Sauce</b> — 8 — <small>Sulphites</small>	<b>Crispy Cheddar Polenta with Sundried Tomato Pesto</b> — 7 — <small>V - Milk</small>	<b>Marinated Black &amp; Green Olives</b> — 5 — <small>Ve</small>	<b>Wildfarmed Sourdough Bloomer, Truffle Butter</b> — 7 — <small>V - Gluten, Milk</small>
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### Tempura of Tenderstem Broccoli and Fennel, Thai Green Curry Sauce, Toasted Coconut Shavings

— 11 —

Fresh spring Vegetables coated in a crispy batter, sit with a fiery coconut sauce made with green chillis and coriander. Toasted coconut adds aroma and flavour whilst a broccoli and sesame puree balances the spice.

Ve - Sesame

### Grilled Octopus, Crab and Fennel Bisque, Fennel two ways

— 15 —

Sweet Octopus is grilled for a smoky char, served with a velvety bisque made with crab and anise tinged fennel tops. Fennel prepared two ways, a fresh crunchy pickled salad and a soft confit baby fennel, completes the dish.

Fish, Crustacean, Mollusc, Milk, Sulphites

### Slow Braised Beef Short Rib, Confit Sand Carrot, Beef Dripping Hash Brown

— 30 —

Slow-braised beef short rib cooked until tender, pressed and then glazed, served with a sweet carrot, grown in coastal sand and a rich hash brown made with dripping. A red wine sauce is made with the cooking liquor.

Celery, Sulphites

### Roast Lamb Rump, Slow Cooked Shoulder Wellington, Buttered Lettuce Heart

— 32 —

Lamb Rump, roasted and served pink, is paired with a wellington made with slow cooked shoulder wrapped in a herb crepe and a pea duxelle, all encased in golden puff pastry. A buttered lettuce heart adds bitterness to contrast the sweet lamb and peas.

Gluten, Milk, Egg, Celery, Sulphites

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

— 19 —

Fish, Gluten, Milk

### Market Fish of the Day

— MP —

Please ask about allergens

### Tim Johnsons 28 Day Aged 6oz Sirloin Steak, Miso Mushrooms, IPA Onion Rings, Koffman Chips and Peppercorn Sauce

— 30 —

Gluten, Milk, Soy, Celery, Sulphites

### 6oz Beef Burger with Coastal Cheddar and Sticky Pulled Beef served with Koffman Chips

— 20 —

Gluten, Milk, Mustard, Celery, Sulphites

### New Season Spring Pappardelle with Wild Garlic Oil

— 18 —

V - Gluten, Milk, Egg

### ON THE SIDE

#### Koffman Chips

— 6 —

Ve

#### Truffled Asparagus, Wild Garlic

— 8 —

Ve

#### Simple Seasonal Greens

— 5 —

V - Milk

#### Chive New Potatoes

— 5 —

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 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](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. ~ [jamesscheese.co.uk](http://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](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.fluffettsfarm.co.uk](http://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

