

Offer Available:

Mon ~ Friday 12:00 - 14:00 & 17:30 - 19:00

Sunday: 17:30 - 19:00

ARBOR

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 **can not guarantee that items are 100% free from allergens.**

2 courses – £28 | 3 courses – £32

NIBBLES - 3 for £18.00

Chorizo Croquettes with Saffron Aioli

— 8 —

Gluten, Milk, Mustard, Egg, Sulphites

Spiced Courgette and Sweetcorn Fritter with Mango Gel

— 7 —

Ve

Pork and Fennel Polpetta with Tomato and Chilli Sauce

— 8 —

Sulphites

Crispy Cheddar Polenta with Sundried Tomato Pesto

— 7 —

V - Milk

Marinated Black & Green Olives

— 5 —

Ve

Wildfarmed Sourdough Bloomer, Truffle Butter

— 7 —

V - Gluten, Milk

STARTERS

Spring Soup of the Day

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

V-Ask about Allergens

Tempura of Tenderstem Broccoli and Fennel, Thai Green Curry Sauce, Toasted Coconut Shavings

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

Chicken Scrumpet, Wild Garlic Mayonnaise, Bitter Leaf Salad

Slow cooked on the bone, chicken is then flaked and mixed with wholegrain mustard and herbs. It is coated and cooked till crisp, and a punchy vibrant mayo made from seasonal wild garlic leaves.

Gluten, Mustard, Egg, Sulphites

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

Fresh fillet of white fish fried in a crisp, golden batter made with local Dorset ale, served with hand-cut Koffman chips.

Fish, Gluten, Milk

Market Fish of the Day

The best, freshest fish from local fisheries. Just check the board for today's special.

Please ask about allergens

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

A 6oz beef patty, grilled and layered with smoked Dorset cheddar and pulled pork, served with hand-cut Koffman chips.

Gluten, Milk, Mustard, Celery, Sulphites, Soya

Spiced Cauliflower Pakora, Tikka Spiced Quinoa, Curried Cauliflower and Coconut Puree

Cauliflower is marinated in Indian spices and cooked in a batter until crisp, served with a fragrant and fruity quinoa, pickled red onion petals adds zing and a smooth puree coats the dish to perfection.

Ve - Sesame

New Season Spring Pappardelle with Wild Garlic Oil

Silky ribbons of fresh pappardelle tossed in fragrant wild garlic oil, celebrating the first flavours of the season. Finished with a touch of lemon zest and cracked black pepper, this vibrant dish is light yet comforting.

V - Gluten, Milk, Egg

Pork Tenderloin, Crispy Sesame Prawn Toast, Char Siu Pork Belly, Bok Choi

Our twist on a surf and turf, tender pork fillet is served with pork belly cooked in hoi sin, soy and rice wine vinegar. A prawn toast adds texture to the dish whilst bok choy adds a freshness.

Gluten, Milk, Egg, Soya, Sesame, Sulphites, Crustacean

SIDES

Koffman Chips

— 6 —

Ve

Truffled Asparagus, Wild Garlic

— 8 —

Ve

Simple Seasonal Greens

— 5 —

V - Milk

Chive Butter New Potatoes

— 5 —

V - Milk

DESSERT

Rhubarb and Custard Iced Parfait, Meringue, Rhubarb Gel, Pistachio Granola

Sweet and Sour Rhubarb is folded through cream and condensed milk and frozen, served with a salted granola made with oats and pistachio.

V - Milk, Eggs, Pistachio

Dark Chocolate and Avocado Mousse, Macerated Cherries, Chocolate Cake

A plant based dessert made without nuts, dairy or gluten. Boozy Cherries add fruitiness to the rich indulgent mousse made with avocado and coconut cream.

Ve - Soya

Tonka Bean and Yogurt Basque Cheesecake, Blueberry Compote, Toasted Almond

Basque Cheesecake is identified by its 'burnt' top this is complimented by the hint of tonka bean and yogurt, whilst the blueberries add sweetness.

V - Milk, Egg, Almond

Selection of Dorset and Somerset Cheeses

Supplement charge of £5 applies.

A wide range of award-winning local cheeses, with biscuits and tangy chutney.

V - Gluten, Celery, Milk, Nuts

We practice fair tipping which means our team receives 100% of your gratuity (after the taxman's cut). A 12.5% discretionary gratuity will be added to your bill.

Before you order your meal, please ask our team if you have any questions about the menu, **allergies** or dietary requirements.

We welcome any feedback, so please tell us what you think.

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 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

