

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

Macaroni and Dorset Smoked Cheddar Bites, Chipotle Mayo

— 7 —

V - Gluten, Milk, Egg, Sulphites

Courgette Fritti, Lemon Mayonnaise

— 6 —

Ve

Chicken Caesar Croquettes, Caesar Dressing

— 8 —

Gluten, Milk, Egg, Mustard, Sulphites

Marinated Black & Green Olives

— 5 —

Ve

Wildfarmed Sourdough Bloomer, Sundried Tomato Butter

— 7 —

V - Gluten, Milk

STARTERS

Summer Soup of the Day

A combination of the finest seasonal produce creates a vibrant summer soup, showcasing the best ingredients available from our growers and suppliers. Always served with a chunk of warm bread from our pastry section.

V-Ask about Allergens

BBQ Charred Oyster Mushrooms, Avocado Mousse, Tahini and Lime Slaw, Blue Corn

BBQ-charred oyster mushrooms served with smooth avocado mousse, tahini and lime slaw, and crisp blue corn tortilla. Smoky, vibrant flavours balanced with fresh citrus and creamy avocado.

Ve - Sesame, Sulphites

Sticky Pressed Lamb Belly Skewer, Watermelon, Cranborne Feta, Garden Mint

Slow-cooked lamb belly is pressed, glazed and grilled until sticky and caramelised. Served with sweet watermelon, tangy Cranborne feta and fresh garden mint for a light, summery balance of flavours.

Milk, 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, Mustard

Market Fish of the Day

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

Please ask about allergens

Duo of Sliders, Lamb and Mint with Yogurt Dressing, Beef with Coastal Cheddar and Pickle, Cucumber

A duo of handcrafted sliders featuring lamb and mint with cooling yoghurt dressing, alongside beef topped with Coastal Cheddar and pickle. Served with fresh cucumber for a light and refreshing contrast.

Gluten, Milk, Sulphites, Mustard

Chicken Kiev with Chive and Confit Garlic Butter, Lemon and Herb Mash, Chicken and Preserved Lemon Sauce

A classic chicken Kiev filled with chive and confit garlic butter, cooked until golden and crisp. Served with lemon and herb mash and finished with a rich chicken and lemon sauce.

Gluten, Egg, Milk, Celery, Sulphites

Courgette, Basil and Lemon Rigatoni

Rigatoni pasta tossed with courgette, fresh basil and lemon, creating a light and vibrant dish that celebrates the fresh flavours of summer.

V - Gluten, Milk, Egg

Confit Onion, Lentil Masala, Spiced Tomato Sauce, Chick Pea Poppadom

Slow-cooked confit onion is filled with fragrant lentil masala and served with a gently spiced tomato sauce. Finished with a crisp chickpea poppadom for texture and a touch of crunch.

Ve - Celery, Mustard

SIDES

Koffman Chips

— 6 —

Ve

Truffled Garden Peas, Lettuce and Bacon

— 8 —

Ve

Heritage Tomato and Basil Salad

— 5 —

Ve - Sulphites

Minted New Potatoes

— 5 —

V - Milk

Green Goddess Salad

— 6 —

V - Milk

DESSERT

Baked Custard Cream Cheesecake, Stewed New Forest Strawberries, Strawberry Ripple Ice Cream

A rich baked custard cream cheesecake served with stewed New Forest strawberries and strawberry ripple ice cream. A nostalgic dessert celebrating the best of the season's fruit.

Gluten, Milk, Egg

Peach Iced Parfait, Caramelised Peach Puree, Brown Sugar Sponge

A smooth peach iced parfait served with caramelised peach purée and soft brown sugar sponge. A light summer dessert showcasing the sweet, delicate flavour of ripe peaches.

V - Gluten, Milk, Egg

Coconut Rice pudding, Pineapple and Rum Salsa, Coconut and Lime Sorbet

Creamy coconut rice pudding served with a pineapple and rum salsa and refreshing coconut and lime sorbet. A tropical-inspired dessert balancing sweetness, citrus and exotic fruit flavours.

Ve - Sulphites

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

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

