

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 cannot guarantee that items are 100% free from allergens**

NIBBLES - 3 for £18.00

Carrot and Cumin Onion
Bhaji, Mango Chutney Gel

— 6.50 —
Ve

Crispy Halloumi,
Sriracha Mayonnaise

— 6.50 —
V - Gluten, Milk, Egg

Bitterballen,
Dijon Mustard Mayonnaise

— 7 —
Gluten, Milk, Egg, Mustard

Marinated Black
& Green Olives

— 6 —
Ve

Warm Sourdough,
Sage and Crispy Onion Butter

— 7 —
V - Gluten, Milk

TO START

Smoked Beetroot Tartare, Beetroot and
Saffron Puree, Caraway Tapioca Cracker,
Walnut Crumb

— 12 —

Smoked beetroot tartare served with a smooth beetroot and saffron purée, crisp caraway tapioca cracker and walnut crumb. An earthy, vibrant dish combining gentle smokiness with warm spice and nutty flavours.

Ve - Walnut, Sulphites, Mustard

Pressed Coronation Chicken Thigh,
Mango Chutney, Bombay Granola,
Roast Almond Purée

— 13 —

Pressed coronation chicken thigh served with sweet mango chutney, crunchy Bombay granola and a smooth roasted almond purée. A fragrant dish combining gently spiced chicken with sweet, nutty and aromatic flavours.

Almond

Autumn Soup of the Day

— 9.50 —

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

V-Please ask about Allerge

Prawn and Lemongrass Filo,
Yuzu Gel, Charred Sweetcorn, Kaffir Lime
and Mange Tout

— 14 —

Crisp prawn and lemongrass filo served with zesty yuzu gel, charred sweetcorn, fragrant kaffir lime and mange tout. A fresh, vibrant dish combining citrus and aromatic flavours with delicate sweetness and crunch.

Gluten, Egg, Crustacean

Slow Cooked Beef Brisket,
Toasted Rye, Dijon Mustard
Mayonnaise, Sauerkraut

— 14.50 —

Tender slow-cooked beef brisket served with toasted rye, Dijon mustard mayonnaise and tangy sauerkraut. A rich, savoury dish combining melt-in-the-mouth beef with sharp mustard and fermented flavours.

Gluten, Milk, Sulphites, Mustard

Crispy Wild Mushroom Lasagne, Black
Garlic Pesto, Pickled Shimeji Mushroom,
Tarragon Emulsion

— 13 —

Crispy wild mushroom lasagne served with rich black garlic pesto, pickled shimeji mushrooms and a fragrant tarragon emulsion. An earthy, savoury dish balanced with gentle acidity and aromatic herbs.

V - Gluten, Milk, Egg, Sulphites

TO FOLLOW

Slow Cooked Pork Neck, Pickled Mustard
Seeds, Pancetta and Smoked Bacon Jam

— 28 —

Slow-cooked pork neck served with sharp pickled mustard seeds and a rich pancetta and smoked bacon jam. A deeply savoury dish balancing tender pork with smoky, sweet and tangy flavours.

Sulphites, Celery, Mustard

Pan Fried Cod, Mussel, Nduja and Leek
Chowder, Confit Pink Fir Potatoes

— 30 —

Pan-fried cod served with a rich mussel, ’nduja and leek chowder alongside confit Pink Fir potatoes. A warming dish combining delicate fish with creamy, smoky and gently spiced flavours.

Fish, Milk, Sulphites, Crustacean, Mollusc

Butternut Squash Kiev, Sage and Garlic
Butter, Crispy Potato Skin, Shoestring Fries,
Squash Purée

— 25 —

Crisp butternut squash Kiev filled with sage and garlic butter, served with crispy potato skin, shoestring fries and smooth squash purée. A comforting autumnal dish combining sweet squash with fragrant herbs and rich garlic butter.

Ve

Seared Venison Loin, Braised Red Cabbage,
Venison Mince and Onion Pasty,
Parsnip Purée

— 32 —

Seared venison loin served with braised red cabbage, a rich venison mince and onion pasty and smooth parsnip purée. A hearty autumnal dish combining tender venison with earthy, sweet and savoury flavours.

Gluten, Milk, Egg, Sulphites, Celery

Braised Lamb Shoulder, Keema Lamb Biryani,
Carrot and Cumin Bhaji

— 30 —

Slow-braised lamb shoulder served with fragrant keema lamb biryani and a crisp carrot and cumin bhaji. A warming, aromatic dish bringing together tender lamb with rich spices and contrasting textures.

Celery, Sulphites

Roast Sweet Potato and Rosary Goats Cheese
Pie, Pumpkin and Sage Velouté,
Toasted Pine Nut Mash

— 26 —

A golden sweet potato and Rosary goat’s cheese pie served with a smooth pumpkin and sage velouté and creamy toasted pine nut mash. A warming autumnal dish combining sweet, savoury and nutty flavours.

V - Gluten Egg, Milk, Soya

ARBOR CLASSICS

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

— 19 —

Fish, Gluten, Milk, Mustard

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
Black Garlic Butter

— 32 —

Gluten, Milk, Soya

6oz Beef Burger with Dorset
Blue Vinny and Maple Bacon,
Served with Koffman Chips

— 19 —

Gluten, Milk, Sulphites, Mustard

Broccoli and Dorset
Blue Vinny Orecchiette,
Toasted Pine Nuts

— 19 —

V - Gluten, Milk, Egg

ON THE SIDE

Koffman
Chips

— 6.50 —
Ve

Broccoli and Blue Vinny
Mac 'n' Cheese

— 8 —

V - Gluten, Milk

Cider Braised
Red Cabbage

— 7 —

Ve - Sulphites

Chive Buttered
New Potatoes

— 6.50 —

V - Milk

Buttered Autumn
Brassicas

— 6.50 —

V - Milk

We practise 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 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. ~ 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

