Ve = Vegan ~ V = Vegetarian

ARBOR

RESTAURANT

www.arbor-restaurant.co.uk

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 – £30 | 3 courses – £35

NIBBLES - 3 for £18.00

Carrot and Cumin Onion Bhaji, Mango Chutney Gel

— 6.50 —

Ve

Crispy Halloumi, Srirach 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

STARTERS

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

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

Autumn Soup of the Day

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.

Ve - Walnut, Sulphites

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

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

MAINS

Sunday Roast of the Day

Roast potatoes, seasonal vegetables, Yorkshire pudding, and rich gravy.

Please ask about allergens

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

Broccoli and Dorset Blue Vinny Orecchiette, Toasted Pine Nuts

Orecchiette pasta tossed with tender broccoli and creamy Dorset Blue Vinny, finished with toasted pine nuts. A comforting dish combining rich, tangy cheese with fresh broccoli and a delicate nutty crunch.

V - Gluten, Egg, Milk

Tim Johnsons 28 Day Aged 6oz Sirloin Steak, Miso Mushrooms, IPA Onion Rings, Koffman Chips and Black Garlic Butter

Supplement charge of £8 applies.

Cooked to your liking, Served with Koffman chips, crisp IPA onion rings and Black Garlic Butter

Gluten, Milk, Soya

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

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

Ve

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

A 6oz beef burger topped with Dorset Blue Vinny and maple-glazed bacon, served with crisp Koffman chips. A hearty classic combining rich beef with creamy blue cheese and sweet, smoky bacon.

Gluten, Milk, Sulphites, Mustard

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

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

SIDES

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

DESSERT

Sticky Ginger Cake, Miso Butterscotch, Stem Ginger Ice Cream

A warm sticky ginger cake served with rich miso butterscotch and smooth stem ginger ice cream. A comforting autumnal dessert balancing warming spice with sweet and savoury flavours.

V - Gluten Milk, Egg, Soya

Granny Smith Crumble Tart, Vanilla Ice Cream

A crisp Granny Smith apple tart topped with a buttery crumble and served with smooth vanilla ice cream. A comforting classic combining sharp apple, sweet crumble and creamy vanilla flavours.

V - Gluten, Milk, Egg

Chai Spiced Poached Pear, Chocolate Ice Cream, Toasted Almonds

A gently poached pear infused with warming chai spices, served with rich chocolate ice cream and toasted almonds. A fragrant dessert balancing delicate spice, dark chocolate and nutty flavours.

Ve - Soya, Almond

Selection of Dorset and Somerset Cheeses

Supplement charge of £8 applies.

Generous helpings & a wide range of award-winning local cheeses. All served up with biscuits & a beautifully 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 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