

STARTERS

Malaysian beef curry £9
Chunks of Rendang beef served with hand-cut taro crisps



Seasonal soup of the day £5.50
Served with toasted organic sourdough bread. Ask the floor staff for today's options



Rabbit & date pâté with pear chutney £8.50
Slow braised rabbit, date and pork pâté potted with aromatic herbs and topped with clarified butter



Smoked mackerel salad £8.50
Candy beetroot, egg, caper and watercress salad. **Option:** Low FODMAP version available



Allergens: Sulphite (capers), fish, egg

Willow rainbow salad with super seeds £6.50/£12

'Colour yourself healthy' with our crunchy rainbow salad packed full of the goodness from Nature's colour palette



Kale & avocado salad £6.50/£12

A simple salad that combines nutrient-dense greens with the creamy texture of avocado for a healthy dose of good fats



Add your choice of topping:

Activated Nuts (50g) £1.50

Allergens: Nuts (almond, walnut, cashew)

Prawns (80g) £3

Allergens: Crustacean

Grilled chicken (75g) £2

MAINS

Lemon and garlic free range poussin £15
Served with a fricassée of wild mushrooms on a bed of baby spinach and purple, orange and yellow heritage carrots **Option:** Without mushrooms to make it Low FODMAP



Grass fed 8oz Ribeye steak £23
Served with zucchini fries, portobello mushroom and walnut and tarragon romanesco sauce. Our head chef recommends the steak is served 'medium rare'



Allergens: Nut (walnuts)

Macadamia-encrusted halibut £19
Gently cooked meaty white fish fillet on a bed of seasoned crumbled cauliflower with steamed British samphire. **Option:** Swap the crumbled cauliflower for heritage carrots to make it Low FODMAP



Allergens: Fish, nut (macadamia)

Buckinghamshire organic lamb rump £18.50

Roasted lamb rump served with pumpkin purée, sesame bok choy and salsa verdi



Allergens: Sesame, sulphites

Homemade sweet potato gnocchi £13.50

A pillowy gnocchi, pan seared in coconut oil with kale and a sage and hazelnut pesto



Allergens: Egg, nut (hazelnut), dairy

Vegan falafel burger £15
Mixed bean, chickpea and courgette falafel served with squash, Tuscan kale and avocado coleslaw



Allergens: Nuts (almond), mustard

Fusion salmon 'n' salsa £16.50

A taste of the sea. Omega-3-rich salmon on a bed of seaweed 'tagliatelle', with heritage tomato salsa, parsley and chives



Allergens: Sesame, fish, may contain traces of shellfish

Cobb salad £12

Grilled chicken, soft poached egg, San Manzano tomatoes, nocellara olives, spring onion, Colston basset blue cheese, gem lettuce with a maple, lime and mustard dressing



Allergens: Egg, dairy, mustard

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SIDES

Curry spiced roasted cauliflower £4



Allergens: Mustard

The Willow spicy dhal (slow-cooked and lectin-free) £4



Allergens: Mustard

Tri-coloured herby heritage carrots £4



The Willow greens (Kale & baby spinach) £4



Allergens: Sesame

Sweet potato chips £4



Cheesy chips and gravy £6

Our take on Poutine – sweet potato chips and gravy with a dollop of Galitori greek feta-style cheese



Allergens: Dairy

DESSERTS

Cheesecake by B-Raw Cakes £5.50

Raw vegan, dairy and egg free and organic

Dark chocolate | **Lemon & blueberry**

| **Orange & chocolate** | **Raspberry**

| **Raspberry & chocolate** | **Strawberry**



Allergens: Nuts (cashew, almond, brazil & pistachio)

Flourless dark chocolate cake £6

With fresh raspberries. Dense and delicious. An ultimate chocolate 'hit', minus the usual calories



Allergens: Egg, nut (almond), dairy

Willow homemade ice cream sundae £5

A seasonal selection of flavours.

Ask the floor staff for today's options



Allergens: Ask the floor staff for info

Coconut and tonka bean brûlée £6.50

Served with raspberries



Allergens: Egg

SUNDAY ROAST 12-4 PM

All served with roasted sweet potato & courgettes, broccoli and green beans, with signature gravy and Yorkshire pudding. Cut the Yorkshire pudding to make your roast entirely allergen free and Paleo. Served with a choice of homemade horseradish or mustard

Aged Aberdeenshire rib of beef £17.50



Allergens: egg, dairy

Aylesbury free range poussin £14.50



Allergens: egg, dairy

Buckinghamshire organic lamb rump £18.50



Allergens: egg, dairy

SEE MAIN MENU
FOR FURTHER OPTIONS

CHILDREN'S
ROAST PORTION
£8



Free-from



Vegetarian/Vegan



Low carb



Protein rich



Paleo



Lower sugar



Healthy fats



Low FODMAP