HE WILLOW M

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Steamed Tender Stems with Truffle Oil & Sesame Seeds £4.95









Homemade Taro Root Crisps & Baba Ganoush £5.95







Kalamata Organic Olives with Crostini £3.95





Natural or Spicy Activated Nuts £3.95











Roasted Padron Peppers £5.95







Homemade Pickled Beets with Caraway £4.95









STARTERS

Crunchy Rainbow Salad with a Light Vinaigrette £6.5/12.5



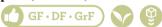




Add your choice of topping:

Activated Nuts (50g) £1.50 Allergens: Nuts (almond, walnut, cashew) Prawns (80g) £3 Allergens: Crustacean Grilled chicken (75g) £2

Green Superpower Salad (kale, spinach, avocado, beans, cucumber, apple, peas, rocket, mint & lime dressing) £6.5/12





Tipsy Mussels in Shallots & White Wine Sauce £8.50



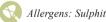




Sweet Potato Bravas £5.95







Grilled Galician Octopus with Smoky Lime Chimichurri over Soft Puy Lentils & Avocado £12.95







GF • DF • GrF) (H) Allergens: Shellfish, sulphites

Beetroot & Quinoa Peruvian Solterito £8.95







Tender Beef Meatballs in a Sardinian Style **Basil Tomato Sauce £8.50**





Peruvian Hot Stone Shrimp Ceviche £9.95

Allergens: Shellfish, fish





SIDES

Sweet Potato Chips £4





Heritage Tomato Salad with Chives and Olive Oil £5



Willow Greens £4







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Organic Kalamata Extra Virgin Olive Oil & Bread £3.50











SNACKS MAINS MAINS AVAILABLE

From the land

Roasted Organic Lamb Rump with Cashews & Aubergine £18.95

Tender cuts of lamb grilled to perfection with subtle flavours from the nuts, vegetables and chillies. Chef says our Paleolithic ancestors would have even enjoyed this one...





🚮 GF•DF•GrF) 🚷 👰 (H) Low FODMAP option available.

Allergens: Tree nuts (cashew), sesame. Chateaubriand, market availability and market rate.

Marinated Wild Boar with Grilled Pineapple & Red Chard Salad £19.95

Savoury skewers of grilled Wild Boar complimented by the natural sweetness of pineapple.









30 Day Dry-Aged Grass-Fed Ribeye Steak with Oyster Mushrooms & Sweet Potato Chips £23.95

A steak lover's steak. Chef recommends medium to medium rare to release the flavours in the beautifully marbled fats, with a side of flat mushroom goodness.





Duck Confit, Mangetout & Citrus Salad £19.50 Slow cooked to subtle perfection, marinated in Chef's secret recipe of herbs and spices served with mangetouts and a delicate pea shoot salad.



From the sea









Allergens: Fish, mustard, celery, sulphites

Grilled Brill Fish with Samphire Rainbow Salad £18.95









Allergens: Fish. Low FODMAP option available.

Red Snapper Cooked in Banana Leaves served with Wild Rice £19.95

Nestled on Chef's homemade tandoori spice blend and served in a banana leaf cradle, a delicious balance of texture, subtle and strong flavours.









GF · DF) (H) (Allergens: Fish

From the orchard

Fresh Seaweed Tagliatelle Provencale with Shiitake Mushrooms £17

Imagine a breath of a fresh salty sea-breeze, that's what this fresh seaweed pasta is like. It pairs beautifully with the light dressing and mushrooms.









GF • DF • GrF) 🦙 😲 🍘 Allergens: Shellfish (may contain traces), walnuts.

Crispy Vegan Falafel Burger £14.95

Homemade falafel topped with almond butter, served between a Portobello mushroom "bun" with a rainbow of veg.









Samosa Stuffed Sweet Bell Pepper £14.95

Allergens: Nuts (almond), mustard

A rich aroma of spiced chickpeas and butternut squash stuffing perfectly compliments the natural sugars

of the sweet pepper, surrounded by a bed of kale and pomegranate seeds. $GF \cdot DF \cdot GrF$

DESSERTS

Intense natural cheesecake £5.95 Lemon & blueberry Orange & chocolate Tiramisu Strawberry Raspberry & chocolate





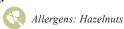




Kiwi, Coconut & Lime with Vegan Chocolate Ice Cream £6.50







Flourless Chocolate Cake with Banana Ice Cream £6.50

Homemade warm and gooey flourless chocolate cake







V) (Allergens: Almonds, eggs, dairy

Triple Berry & Yogurt Crumble £5.95 V Allergens: Dairy GF

Natural Fruit Ice Cream Selection £5.50 Ask the floor staff for the daily options.



























