

THE WILLOW MENU

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KID'S MENU
AVAILABLE

SNACKS

Steamed Tender Stems with Truffle Oil & Sesame Seeds £4.95

Allergens: Sesame

Homemade Taro Root Crisps & Baba Ganoush £5.95

Allergens: Sesame

Kalamata Organic Olives with Crostini £3.95

Natural or Spicy Activated Nuts £3.95

Allergens: Walnuts, almonds, cashew

Roasted Padron Peppers £5.95

Homemade Pickled Beets with Caraway £4.95

Allergens: Sulphites

STARTERS

Crunchy Rainbow Salad with a Light Vinaigrette £6.5/12.5

Allergens: Sulphites

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

Allergens: Shellfish, sulphites

Sweet Potato Bravas £5.95

Allergens: Sulphites

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

Allergens: Shellfish, sulphites

Beetroot & Quinoa Peruvian Solterito £8.95

Allergens: Sulphites

Tender Beef Meatballs in a Sardinian Style

Basil Tomato Sauce £8.50

Allergens: Eggs

Peruvian Hot Stone Shrimp Ceviche £9.95

Allergens: Shellfish, fish

SIDES

Sweet Potato Chips £4

Heritage Tomato Salad with Chives and Olive Oil £5

Allergens: Sulphites

Willow Greens £4

Allergens: Sesame

Organic Kalamata Extra Virgin Olive Oil & Bread £3.50

Grilled Asparagus with Sunflower Seeds £6

MAINS

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...

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

Spiced Salmon with Cucumber, Pickled Onion & Dill Salad £17.50

Allergens: Fish, mustard, celery, sulphites

Grilled Brill Fish with Saphire 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.

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.

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.

Allergens: Nuts (almond), mustard

Samosa Stuffed Sweet Bell Pepper £14.95

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.

DESSERTS

Intense natural cheesecake £5.95

Lemon & blueberry Orange & chocolate Tiramisu Strawberry Raspberry & chocolate

Allergens: Tree nuts

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

Allergens: Hazelnuts

Flourless Chocolate Cake with Banana Ice Cream £6.50

Homemade warm and gooey flourless chocolate cake with a dash of soft banana ice cream.

Allergens: Almonds, eggs, dairy

Triple Berry & Yogurt Crumble £5.95

Allergens: Dairy

Natural Fruit Ice Cream Selection £5.50

Ask the floor staff for the daily options.



Free-from

Vegetarian/Vegan

Low carb

Protein rich

Paleo

Lower sugar

Healthy fats

Low FODMAP

gluten-free

grain-free

dairy-free

vegetarian

vegan