

REAL FOOD... REALLY WELL MADE



We send the team along to The Willow – an award-winning 'real food' restaurant & bar in Kingston-Upon-Thames to see if it actually lives up to its reputation for being "deliciously nutritious"...



The Willow offers an environment where you can relax and tantalise your taste buds with great food without the nagging guilt of having guzzled down a blowout meal. We were treated to a chef's table and a sneak preview experience of some of The Willow's new spring menu, the food was not only delicious, and carefully handcrafted, it was clear how much thought and attention went into creating it from a nutritional standpoint. The cuttlefish, mango and chilli starter in particular was bursting with flavour and their Falafel burger has been featured in national magazines, for good reason, it really does taste as good as it looks! We were initially surprised to find a grass-fed 30 day dry aged steak on the menu, but it was incredibly tender and easily on par with the finest steakhouses in London. To wash it down we sampled from a unique selection of award-winning, gluten free beers on draught. The bar also sported an impressive range of organic wines and infused spirits. We especially enjoyed their homemade chocolate cake which was really rich and gooey, it was served with a beautifully with a creamy coconut gelato. Truly a perfect balance of gorgeous flavour without having to worry about the waistline.

Interestingly you could get through an entire meal without realising that The Willow is completely gluten-free and accredited by Coeliac UK. They also offer dairy-free, grain-free, low-carb, protein-rich, lower-sugar, vegan, Paleo and

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FODMAP-friendly options without compromising on taste. This was really interesting for us as we have numerous friends and family with dietary needs who would find it so easy to eat out here.

Their Arabica coffee was superb and was a lovely finish for our afternoon. Their kids menu is genuinely impressive as they serve kids proper food that you'd actually want to feed them!

This place is really forward thinking and inclusive especially for groups with dietary requirements, we absolutely loved it and will be back to try each new seasonal menu.

The Willow is co-located with the holistic healthcare clinic Irrefutable Health, where Lifestyle Medicine, chiropractic, nutritional therapy, acupuncture, massage and podiatry are in daily practice. The concept is the brainchild of Gale Zappacosta, DC. She says, "Empowering people to optimise their health has always been central to my work as a chiropractor and nutritionist. Our approach to tackle long-term health conditions is to provide personalised, holistic and cutting-edge care. The idea of marrying a multi-disciplinary clinic with a 'food as medicine' restaurant has been a dream of mine for a long time." ■

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