



CHANGING THE WAY THE BOROUGH
OF KINGSTON THINKS ABOUT HEALTH

REAL FOOD... REALLY WELL MADE

The Willow - an award-winning new 'real food' restaurant & bar - is a unique and deliciously nutritious culinary experience in Kingston-upon-Thames.

'Food as medicine,' the concept that wholesome food provides the foundation for good health, dates back to Hippocrates. This classical perspective on holistic medicine has seen a recent revival amongst nutritionists in the Western world. *The Willow* is the first restaurant in the UK to translate this long-established view of nutrition into modern cuisine, and it tastes delicious!

The Willow offers an environment where you can relax and tantalise your taste buds. Their entirely gluten-free menu, along with being accredited by Coeliac UK, recently picked up a prestigious gold award reflecting their recognition and support of the increasing awareness of dietary requirements. They also offer dairy-free, grain-free, low-carb, protein-rich, lower-sugar, vegan, Paleo and FODMAP-friendly options. Their menu is complemented by award-winning, gluten free beers on draught (another first for a UK restaurant), organic and biodynamic low-sulphite wines, and infused spirits.

You can enjoy a morning coffee sourced directly from farmers; take the kids for a spot of lunch (their interactive children's menu is superb); or enjoy a refreshing glass of natural wine with friends over dinner.

The Willow is co-located with the holistic health-care clinic *Irrefutable Health*, where functional 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



Deliciously nutritious meals from breakfast, lunch and dinner

A place that caters for all individual dietary requirements - whether you're gluten free or on a paleo diet - you and your fellow diners can all eat together

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."

Head Chef Sergio Perez is no stranger to cooking up a culinary storm. He understands the difficulties of dining out and struggling to find dishes that won't cause harm. He says, "Blending my love of great food and striving for a healthier lifestyle has allowed me to follow my real passion: perfecting nutritious dishes that create great memories and real food that uses nature's medicine cabinet with sustainable produce."

The Willow promises to introduce you to a modern take on a classical way of thinking about healthy eating.

THE
WILLOW
REAL FOOD RESTAURANT & BAR



“**Deliciously healthy food that uses nature's medicine cabinet**”



Aubergine wedges



Venison fillet with roasted salsify root



Vegan falafel burger



Figs & walnuts mascarpone ice cream

The Willow Real Food Restaurant & Bar

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