

## Bar & Restaurant

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to  
£30



**Open:** Mon-Sat 9am-11pm;  
Sun 9am-10.30pm  
**Food Served:**  
Mon-Sun noon-9pm

## The Willow

► **Location** 16 The Triangle, Norbiton, Nr. Kingston-upon-Thames, KT1 3RT  
**t:** 0844 502 9409 **w:** [www.yourwillow.co.uk](http://www.yourwillow.co.uk) **e:** [info@yourwillow.co.uk](mailto:info@yourwillow.co.uk)

If you're looking for food that is as healthy as it is delicious, look no further than The Willow. This unique restaurant and bar, within easy reach of Kingston and Norbiton stations, shares its location with a holistic health centre. The Willow's message is that food is medicine; however, dishes on the varied menu never compromise on flavour.

Enter The Willow via a courtyard garden and you'll find that the dining room is a spacious, relaxing oasis of calm, with eye-catching features that afford a touch of glamour. The atmosphere is convivial, the service charming and efficient, and the menu is truly unique. A pervasive respect for food is reflected in the careful choice of ethical suppliers, and as much consideration is given to cooking methods as to ingredients by the innovative head chef.

The Willow's 'health on a plate' philosophy means that all recipes have been created with nutritional preferences and intolerances in mind. The menu signposts categories such as dairy-free and grain-free, allowing customers to enjoy the food without worry, regardless of dietary requirements. Everything on the menu is gluten-free. The interesting range of starters includes rabbit and date pâté with pear chutney, and a Malaysian rendang curry. The tender beef was spiced with fiery ginger and chilli, and tempered by coconut, imparting wonderful depth of flavour. With main dishes to suit all palates, we were spoilt for choice. I enjoyed lemon and garlic poussin, with luscious wild mushrooms, baby spinach and colourful heritage carrots. My companion chose fabulous Buckinghamshire lamb rump, with pumpkin purée and pak choi. Vegetarian and vegan dishes are also available, along with tasty fish dishes such as macadamia-crusted halibut with cauliflower and samphire.

Healthy eating at The Willow doesn't mean missing out on sweet treats. We tried a flourless dark chocolate cake and thoroughly enjoyed it. To accompany your meal, there's an impressive range of gluten-free beer, organic wine and cider, and even a selection of cocktails.

The Willow is a sophisticated venue for adults, but is also family-friendly, offering Sunday lunches, a healthy children's menu and Kid's Kitchen workshops. This must-visit restaurant is equally suitable for celebrations, meetings or a quiet meal and offers a growing schedule of special events.

