Aubergine Tapenade with Piquillo & Taro Crisps

SEGMENTATION
Gluten free
Dairy Free
Grain Free
Vegan
Paleo

ALLERGENS
Sulphites

INGREDIENTS
2000g Aubergines
12g Garlic
90g Capers
100g Kalamata olives
40g Tomato paste
50ml Olive oil
15ml Red Wine vinegar
30ml Lemon juice
3g Salt
3g Black pepper
100g Piquillo peppers
50g Taro

SNACKS

Mise en place

Pair with...

THE WILLOW
HEALTH RESTAURANT & BAR

Notes

Mexican Falafel Bites with Avo & Jalapeno Sauce

SEGMENTATION

Gluten free
Dairy Free
Grain Free
Vegan
Lower Sugar

ALLERGENS

INGREDIENTS serves 10

400g Chickpea
150g Shallots
150g Cauliflower
150g Brocolli
30g Jalapeno pepper
12g Garlic
20g Coriander fresh
6g Cumin seeds
5g Paprika
60g Coconut flour
10g Sea Salt
5g Black pepper
Avocado and jalapeno sauce

SNACKS

Mise en place

Pair with...

THE WILLOW
HEALTH RESTAURANT & BAR

Notes

Mediterranean Olives

SEGMENTATION

Gluten free
Dairy Free
Grain Free
Vegan
Paleo
Lower Sugar
Low Carb

ALLERGENS

INGREDIENTS serves 10

400g Olives
400g Kalamata olives
Half Lemon juice and zested
Quarter Orange juice and zested
6g Red chilli pepper
4g Thyme
2g Garlic
4g Rosemary

SNACKS

Mise en place

Pair with...

THE WILLOW
HEALTH RESTAURANT & BAR

Notes

Acitvated nut blend

SEGMENTATION

Gluten free
Dairy free
Grain free
Vegetarian + Vegan
Protein rich
Low carb
Healthy fats
Paleo

ALLERGENS

Nuts (almond, walnut, cashew)

INGREDIENTS

Activated nuts (almonds, walnut, cashew)

SNACKS

Mise en place

Pair with...

Notes

THE WILLOW

HEALTH RESTAURANT & BAR

Padron Peppers

SEGMENTATION
Gluten free
Dairy free
Grain free
Vegan
Paleo
Lower sugar
Low FODMAP

ALLERGENS

INGREDIENTS
Padron peppers
Salt
Coconut oil

SNACKS

Mise en place

Pair with...

THE WILLOW
HEALTH RESTAURANT & BAR

Notes

Rainbow salad with Super Seeds

SEGMENTATION

Gluten free
Dairy free
Grain free
Vegetarian
Vegan
Paleo

ALLERGENS

Sulphites

INGREDIENTS serves 1

40g White cabbage
40g Red cabbage
40g Orange carrot
50g Yellow peppers
40g Green beans
40g Cherry tomatoes
60g Avocado
20g Gem lettuce
Dressing *(Shallots, honey, red wine vinegar)*

Flax, hemp and poppy seed

Mise en place

Pair with...

Notes

THE
WILLOW
HEALTH RESTAURANT & BAR

Herby-baked Beetroot with Cashel Blue, Pecan, Honey & Mustard Dressing

STARTER

SEGMENTATION

Gluten free
Grain Free
Vegetarian
Lower Sugar
Low Carb

ALLERGENS

Pecan nuts
Dairy
Sulphites
Mustard

INGREDIENTS serves 1

94g Beetroot
4g Orange peel
1g Thyme
20g Pecan nuts
20g Watercress
40g Cashel Blue cheese
5g Capers
20g Honey mustard garlic dressing

THE WILLOW
HEALTH RESTAURANT & BAR

Notes

Artichoke, Broad beans & Chestnut Mushrooms

SEGMENTATION

Gluten free
Dairy Free
Grain Free
Vegan
Lower Sugar

ALLERGENS

INGREDIENTS serves 8

4 whole Artichoke hearts
500g Chestnut mushrooms
200g Sundried tomato
400g Broadbeans
200g Spring onion
48g Garlic
5g Paprika
100ml Olive oil
1 whole Lemon juice and zest

STARTER

Mise en place

Pair with...

THE WILLOW
HEALTH RESTAURANT & BAR

Notes

Octopus Carpaccio with Snoked Paprika

SEGMENTATION
Gluten free
Dairy Free
Grain Free
Paleo
Lower Sugar
Low Carb
Protein Rich

ALLERGENS
Shellfish
Egg

INGREDIENTS
80g Octopus
1g Smoked paprika
2g Micro cress rocket
15g Black garlic mayo
(egg yolks, lemon juice,
olive oil, black garlic)

STARTER

Mise en place

Pair with...

THE WILLOW
HEALTH RESTAURANT & BAR

Notes

Ox-Cheek with Pumpkin Puree

SEGMENTATION

Gluten free
Dairy Free
Grain Free
Low Carb
Protein Rich

ALLERGENS

Sulphites

INGREDIENTS serves 5

1000g Beef cheeks
400g Onion
300g Leek
300g Carrot
10g Salt
5g Pepper
2000ml Red cooking wine
50ml Olive oil
800g Pumpkin
5g Ras-el hanout

STARTER

Mise en place

Pair with...

THE WILLOW

HEALTH RESTAURANT & BAR

Notes

Tomato & Quinoa Tartare

SEGMENTATION

Gluten free
Dairy Free
Grain Free
Vegan

ALLERGENS

INGREDIENTS serves 1

100g Tomato concasse
200g Avocado
60g Quinoa
25g Courgette
2g Yellow pepper
2g Micro cress rocket
Nasturtium flowers
15ml Mango dressing
(mango, maple syrup, lemon juice, olive oil extra, garlic clove, cumin, salt and pepper)

STARTER

Mise en place

Pair with...

THE WILLOW
HEALTH RESTAURANT & BAR

Notes

Thai shrimp skewers with avocado & lime mayo

SEGMENTATION
Gluten free
Dairy free
Grain free
Paleo
Lower sugar
Low carb
Protein rich
Healthy fats

ALLERGENS
Eggs
Shellfish

INGREDIENTS serves 1
10g Coriander
200g Avocado mayo
2800g Prawns
20g Lemongrass
20g Ginger
Whole Lime juice
5g Chilli flakes
20g Garlic

STARTER

Mise en place

Pair with...

THE WILLOW
HEALTH RESTAURANT & BAR

Notes

Salmon Tiradito with Jimama Salad

SEGMENTATION
Gluten free
Dairy Free
Grain Free
Paleo
Lower Sugar
Low Carb
Protein Rich
Healthy Fats

ALLERGENS
Fish
Celery

INGREDIENTS serves 1
80g Salmon
1 Whole juiced Lime
20g Jicama
15g Red onion
20g Coriander
10g Red pepper
10g Cucumber
1 portion of Leche de tigre
(White onions, celery, garlic cloves ginger, iced water, 10g of coriander, chilli no seeds, lime juice)

Mise en place

Pair with...

THE WILLOW
HEALTH RESTAURANT & BAR

Notes

Lamb Tomahawk Cutlets

SEGMENTATION

Gluten free
Dairy Free
Grain Free
Paleo
Lower Sugar
Low Carb

ALLERGENS

Sulphites

INGREDIENTS serves 1

200g Lamb chops
20g Kohlrabi
20g Fennel
20g Carrot
20g Red onion
20g White cabbage
5g Coriander
Dressing
(olive oil, cider vinegar, coconut sugar, salt)

MAIN

Mise en place

Pair with...

THE WILLOW
HEALTH RESTAURANT & BAR

Notes

Iberian Pork with Red berries sauce

SEGMENTATION

Gluten free
Dairy Free
Lower Sugar
Low Carb
Protein Rich

ALLERGENS

Almonds
Chestnuts
Celery

INGREDIENTS serves 1

170g Iberian pork
30g Fig
50ml Beef stock
2 Raspberries
8g Blueberries
15g Strawberries
50g Celeriac chestnut pure
(Celeriac, chestnut, almond milk, salt)

MAIN

Mise en place

Pair with...

Notes

THE WILLOW
HEALTH RESTAURANT & BAR

Ribeye with Watercress and pickled cabbage

SEGMENTATION
Gluten free
Dairy Free
Grain Free
Paleo
Lower Sugar
Low Carb
Protein Rich
Low FODMAP

ALLERGENS
Sulphites

INGREDIENTS
230g Rib Eye
30g Watercress
70g Cabbage

Mise en place

Pair with...

THE WILLOW
HEALTH RESTAURANT & BAR

Notes

Swordfish with Tomato, Olives and Capers Salad

SEGMENTATION
Gluten free
Dairy Free
Grain Free
Paleo
Lower Sugar
Low Carb
Protein Rich

ALLERGENS
Fish
Sulphites

INGREDIENTS serves 1
180g Swordfish
15ml Olive oil
2g Garlic
2g Parsley
60g Cherry tomato
60g Black olives
20g Capers
20g Rocket
60g Aubergine

MAIN

Mise en place

Pair with...

THE WILLOW
HEALTH RESTAURANT & BAR

Notes

Brill with Shrimps & Shiitake

SEGMENTATION
Gluten free
Dairy Free
Lower Sugar
Low Carb
Healthy Fats
Protein Rich

ALLERGENS
Fish
Shellfish

INGREDIENTS serves 1
180g Brill
3g GF Flour
100g Shiitake mushroom
90g Shrimp
40g Mangetout
10ml olive oil
Whole Lemon juiced

MAIN

Mise en place

Pair with...

Notes

THE WILLOW
HEALTH RESTAURANT & BAR

Haddock Fish & Chips

SEGMENTATION

Gluten free
Dairy Free
Protein Rich

ALLERGENS

Sulphites
Mustard
Fish
Egg (in the tartare sauce)

INGREDIENTS serves 1

150g Haddock
150g Sweet potato chips
50g Pea puree *(peas, water, coconut oil)*
1g Salt
Tartare sauce *- mayo, gherkins, capers, parsley, shallots, lemon juice*
100g Beer batter *- GF flour, GF baking powder, turmeric, beer, salt*
Salad garnish (rocket, cherry tomatoes, cucumber, red peppers oil, salt)

MAIN

Mise en place

Pair with...

THE WILLOW

HEALTH RESTAURANT & BAR

Notes

Buckwheat Tagliatelle with Salmon & Broccoli

SEGMENTATION
Gluten free
Grain Free
Protein Rich

ALLERGENS
Fish
Dairy

INGREDIENTS serves 1
160g Salmon
100g Buckwheat pasta
60g Creme fraiche
50g Shallot
6g Garlic
60g Broccoli
60g Sundried tomato
2g fresh basil

MAIN

Mise en place

Pair with...

THE WILLOW
HEALTH RESTAURANT & BAR

Notes

Seaweed Tagliatelle

SEGMENTATION

Gluten free
Dairy free
Grain free
Vegan
Paleo
Lower sugar
Low carb

ALLERGENS

Shellfish
Tree nuts (walnuts)

INGREDIENTS serves 1

150g Seaweed
70g Shiitake mushrooms
80g Cherry tomato
5g Basil
10ml Olive oil
9g Garlic
30g Walnuts
2g Salt
2g Black pepper
30g Black olives

MAIN

Mise en place

Pair with...

THE WILLOW

HEALTH RESTAURANT & BAR

Notes

Kale & Black Eye Peaks Spiced Stew

SEGMENTATION
Gluten free
Dairy Free
Vegan
Protein Rich

ALLERGENS
Celery

INGREDIENTS serves 5
6ml Olive oil
240g White onions
40g Garlic
100g Celery
100g Red pepper
4g Oregano leaves
4g Thyme leaves
10g Chipotle powder
4g Smoked paprika
50g Vegetable broth
15g Wakame flakes,
400g Black-eyed peas
300g Kale
15ml Lemon juice
5g Parsley

MAIN

Mise en place

Pair with...

THE WILLOW
HEALTH RESTAURANT & BAR

Notes

Vegan falafel burger

SEGMENTATION

Gluten free
Dairy free
Vegetarian / Vegan
Healthy fats
Protein rich
Low sugar

ALLERGENS

Nuts (almond)

INGREDIENTS

Chickpeas
Cannelini beans
Green courgette grated
Salt
Parsley
Coriander
Cajun
Gram flour
Garlic
All spice
Almond butter paste

Roasted squash wedge (salt and thyme), tuscan kale, almond nut butter, candy beetroot, portobello mushroom, tomato

Slaw... Red cabbage, white cabbage, carrot, avocado, lemon juice, oil and salt

MAIN

Mise en place

Pair with...

THE WILLOW

HEALTH RESTAURANT & BAR

Notes

Willow Greens

SEGMENTATION
Gluten free
Dairy free
Grain free
Vegan
Low FODMAP
Healthy fats

ALLERGENS
Sesame

INGREDIENTS
Kale
Baby spinach
Coconut oil
Sesame seeds
Spring onions
Sesame oil

SIDE

Mise en place

Pair with...

Notes

THE WILLOW
HEALTH RESTAURANT & BAR

Spiced Lemon Spinach

SEGMENTATION
Gluten free
Dairy free
Grain free
Vegan
Paleo
Lower sugar

ALLERGENS
x

INGREDIENTS
Baby spinach
Garlic
Lemon juice and zest
Salt
Pepper
Olive oil

SIDE

Mise en place

Pair with...

THE WILLOW
HEALTH RESTAURANT & BAR

Notes

Heritage Tomato salad

SEGMENTATION

Gluten free
Dairy free
Grain free
vegan
Paleo
Lower sugar
Healthy fats

ALLERGENS

Sulphites

INGREDIENTS

Heritage tomato
Italian dressing:
Garlic
Oregano
Parsley
Basil
Salt
Black pepper
White wine vinegar
Extra virgin olive oil

Mise en place

Pair with...

THE WILLOW
HEALTH RESTAURANT & BAR

Notes

Sweet potato chips

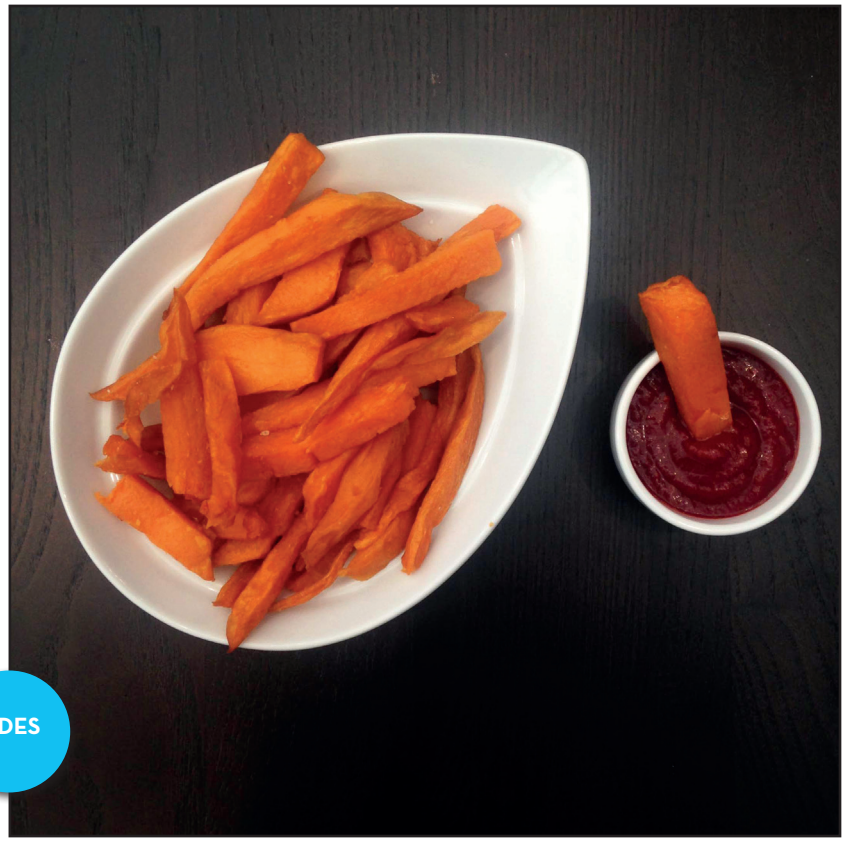
SEGMENTATION

Gluten free
Dairy free
Grain free
Vegetarian + Vegan
Paleo

ALLERGENS

INGREDIENTS

Sweet potato
Coconut oil
Salt



SIDES

Mise en place

Pair with...

Notes

THE WILLOW

HEALTH RESTAURANT & BAR

Roasted curried cauliflower

SEGMENTATION

Gluten free
Dairy free
Vegan
Healthy fats
Protein rich

ALLERGENS

Mustard

INGREDIENTS

Cauliflower
Coconut oil
Curry powder
Salt

SIDE

Mise en place

Pair with...

Notes

THE WILLOW

HEALTH RESTAURANT & BAR

B-Raw Cheesecakes

SEGMENTATION

Gluten free
Dairy free
Grain free
Vegetarian + Vegan
Healthy fats
Paleo

ALLERGENS

Nuts (cashew, almond, brazil, pistachio, walnuts)

INGREDIENTS

Walnuts
Almonds
Cashew nuts
Dates
Maple syrup
Coffee
Filtered water
Vanilla
Cacao powder
Coconut oil
Cacao butter

DESSERT

Mise en place

Pair with...

THE WILLOW

HEALTH RESTAURANT & BAR

Notes

Ripe & Nine Cheesecakes

SEGMENTATION

Gluten free
Dairy Free
Vegan

ALLERGENS

Tree nuts (Cashew, Pecan)

INGREDIENTS

CHOCOLATE ORANGE
Cashews, Desiccated Coconut, Dates, Flaxseed, Cacao Powder, Orange Zest, Orange Juice, Sea Salt Flakes, Coconut Oil, Brown Rice Syrup

LEMON TURMERIC
Cashews, Desiccated Coconut, Dates, Flaxseed, Buckwheat, Cacao Powder, Lemon Zest, Lemon Juice, Filtered Water, Sea Salt Flakes, Coconut Oil, Brown Rice Syrup, Turmeric Powder, Coconut Cream

PECAN SALTED CARAMEL
Cashews, Pecans, Desiccated Coconut, Buckwheat, Flaxseed, Dates, Filtered Water, Salt Flakes, Coconut Oil, Brown Rice Syrup, Natural Caramel Essence.

Mise en place

Pair with...

THE WILLOW
HEALTH RESTAURANT & BAR

Notes

Apricot & chocolate cake with banana ice cream

SEGMENTATION
Gluten free
Grain free
Vegetarian
Low carbs

ALLERGENS
Soya
Dairy
Sulphites
Eggs
Almonds

INGREDIENTS serves 8
50g Banana
200g Dark Chocolate
125g Organic butter
60g Coconut sugar
80g Apricots
4 whole Egg
200g Almonds
20g Creme Fraiche
6 Raspberries

DESSERT

Mise en place

Pair with...

THE WILLOW
HEALTH RESTAURANT & BAR

Notes

Coconut & Tonka Bean Brulee

SEGMENTATION
Gluten free
Dairy Free
Grain Free
Vegetarian
Paleo
Low FODMAP

ALLERGENS
Egg

INGREDIENTS serves 4
5 Egg yolks
40g Coconut sugar
400ml Coconut milk
4 Tonka beans
5g Raspbberies

Mise en place

Pair with...

Notes

THE WILLOW
HEALTH RESTAURANT & BAR

Natural fruit ice cream selection

SEGMENTATION

Gluten free
Vegan

ALLERGENS

Speak to Head Chef for daily options

INGREDIENTS

Speak to Head Chef for daily options

Mise en place

Pair with...

THE WILLOW

HEALTH RESTAURANT & BAR

Notes

Rib of beef roast

SUNDAY

SEGMENTATION
Gluten free
Low FODMAP
Protein rich

ALLERGENS
Egg, dairy, sulphites

INGREDIENTS
Beef (rib eye)
Carrots
Broccolli
Green beans
Sweet potato
Courgette

GRAVY:
Beef stock (veal bones, red wine, onions, leeks, carrots, rosemary, thyme, water)

YORKSHIRE PUDDING:
GF flour
Tapioca flour
Eggs
A2 milk

Mise en place

Pair with...

Notes

THE WILLOW
HEALTH RESTAURANT & BAR

Free range poussin roast

SEGMENTATION
Gluten free
Low FODMAP
Protein rich

ALLERGENS
Eggs, dairy, sulphites

INGREDIENTS
Poussin
Carrots
Broccolli
Green beans
Sweet potato
Courgette

GRAVY:
Beef stock (veal bones, red wine, onions, leeks, carrots, rosemary, thyme, water)

YORKSHIRE PUDDING:
GF flour
Tapioca flour
Eggs
A2 milk

Mise en place

Pair with...

THE WILLOW
HEALTH RESTAURANT & BAR

Notes

Organic lamb rump roast

SEGMENTATION
Gluten free
Protein rich
Low carb

ALLERGENS
Eggs, dairy, celery, sulphites

INGREDIENTS
Lamb rump
Carrots
Broccolli
Green beans
Sweet potato
Courgette

GRAVY:
Beef stock (veal bones, red wine, onions, leeks, carrots, rosemary, thyme, water)

YORKSHIRE PUDDING:
GF flour
Tapioca flour
Eggs
A2 milk

SUNDAY

Mise en place

Pair with...

THE WILLOW
HEALTH RESTAURANT & BAR

Notes

KIDS
Falafel Burger

SEGMENTATION
Gluten free
Dairy free
Vegetarian / Vegan
Healthy fats
Protein rich
Low sugar

ALLERGENS
Nuts (almond), mustard

INGREDIENTS
Chickpeas
Cannelini beans
Green courgette grated
Salt
Parsley
Coriander
Cajun
Gram flour
Garlic
All spice

Roasted squash wedge (salt and thyme), tuscan kale, almond nut butter, candy beetroot, portobello mushroom, tomato

Slaw... Red cabbage, white cabbage, carrot, avocado, lemon juice, oil and salt

Mise en place

Pair with...

THE
WILLOW
HEALTH RESTAURANT & BAR

Notes

KIDS
Chicken fingers

SEGMENTATION
Gluten free
Dairy free
Protein rich

ALLERGENS
Sulphites
Eggs

INGREDIENTS serves 1
120g Organic chicken breast
60g Bread sourdough
30g Carrot
20g Red cabbage
20g White cabbage
20g Avocado
20g Avocado mayo
1g Salt
100g Sweet potato
30g Ketchup

Mise en place

Pair with...

Notes

THE
WILLOW
HEALTH RESTAURANT & BAR

KIDS
Fish & chips

SEGMENTATION
Gluten free
Dairy free
Grain free
Protein rich

ALLERGENS
Sulphites
Mustard
Egg (in the tartare sauce)

INGREDIENTS serves 1
100g Haddock
150g Sweet potato chips
50g Pea puree
Coconut oil
1g Salt
Salad garnish
- Rocket
- Cherry tomatoes
- Cucumber ribbons
- Red peppers
- Olivce oil
- Salt

Beer batter
Tartare sauce

Mise en place

Pair with...

THE
WILLOW
HEALTH RESTAURANT & BAR

Notes