

THE
WILLOW



REAL FOOD RESTAURANT & BAR

Real Food Really Well Made...

FEB 19

EXPERIENCE NATURALLY ENRICHED LIVING

Welcome to *The Willow* – a place as unique as you. We're not just a regular bar and restaurant.

Our dining experience is specially crafted with ***nutritional expertise***, thought and care, with food and drink carefully selected to appeal to the ***health conscious, health challenged***, and those who want to learn more about naturally enriched living.

Our daily menus offer an ***innovative fusion*** of culinary delights, with dishes created to reflect specific dietary needs for balanced plates that are both nutritious and delicious.

Our focus on '***naturally enriched***' continues at the bar. We have a range of ***award winning*** gluten-free beers, sulphite-free organic/biodynamic wines and cocktails with a ***healthier 'twist'***.

To kick-start your day we've got power breakfast smoothies and a ***special blend*** of coffee roasted exclusively for *The Willow* from fresh green beans. Give your body an experience it will thank you for.

***Let food be thy medicine
and medicine be thy food***

HIPPOCRATES



A guide to our nutritious menus



FREE FROM (GF, DF, Gr-F)

If you're allergic, intolerant or you've decided to cut gluten, dairy or wheat / grain from your life altogether, *The Willow* has you in mind. We're totally Gluten Free (GF), mainly Dairy Free (DF) and have a great selection of Grain Free (GrF) dishes. 'Free from' may be our speciality, but our chefs are big on flavour, so we're certainly not compromising on taste. If you're on a low-carb diet, are wheat sensitive, or have a grain-free (Gr-F) lifestyle, our icons make navigating the menu very simple.



VEGETARIAN/VEGAN (V, Ve)

Many vegetarians and vegans struggle to get the right amount of protein and healthy fats in their diet. If this is you, do you struggle to find enough to tempt on the flavour and variety front? We have plenty of purely plant-based and meat-free dishes that are all hearty, healthy and nutritionally balanced. We've also gone for sensory overload with every dish, with a profusion of colour from nature's palette, bursting with powerful nutrients.



LOW CARB (LC)

Life needs a bit of vitamin 'P' (aka pleasure). We don't think a low-carb diet needs to be boring. But we recognise more and more people are realising the health-promoting, weight-loss benefits of a low-carb diet. A little of that vitamin P goes into all our low-carb dishes, so you can enjoy all those health and weight-loss benefits with all the flavour. Our (LC) options are (Grain Free - GrF) and minimise high-starch carbs. We've taken the carb content of vegetables and other components into account for every (LC) dish to ensure you get most of your energy value from healthy fats and / or protein.



HEALTHY FATS (HF)

Fat has had a bad rap for most of the last 30 years. But what about the good stuff? Far from being responsible for piling on pounds, healthy fats can actually help you slim down. Your brain needs it too, and your nerves. But not all fat is created equal. Science tells us certain 'healthy fats' in oily fish, avocado, coconut, tree nuts, marbled meats and even butter can help protect the heart, lower cholesterol and keep your brain sharp – they even help balance your hormones. But trans fats, along with excessive refined polyunsaturated fats from vegetable or seed oils (e.g. sunflower, rapeseed, canola, safflower) are often consumed in large amounts in processed, junk and restaurant foods. These fats can be damaging and push your fatty acid balance in the wrong direction. We take our fats very seriously here. Tuck into our (HF) dishes and enjoy good 'mood food' at its best, packed with 'in tact' healthy fats from storage through cooking – because we always turn down the heat to prevent damaging them.



PROTEIN RICH (PR)

It's one of the most essential food groups to build healthy bodies, yet most of us aren't getting enough quality protein. It's not just your hair and nails that suffer when you eat too little, but also your ability to produce energy and make enzymes, hormones, and other body chemicals. It's also an important building block of bones, muscles, cartilage, skin and blood. We need around 1 to 1.2 grams daily for every kilogram of body weight – but more if you're ill, under stress or have extreme athletic demands. Rest assured, our 'protein-rich' options pack a punch, with at least 20% of total energy from protein in every dish.



LOW FODMAP (LF)

FODMAPs are a group of sugars and sugar alcohols naturally present in many foods – short for Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols. Quite a mouthful, and if you're sensitive, you may struggle to digest them, the result being uncomfortable bloating, gas and pain. This can happen for some people when FODMAPs pass through the digestion process because they're fermented by friendly gut bacteria. If you're on a low FODMAP diet you can relax knowing our low FODMAP dishes have you in mind. Either choose from the items marked with the specific icon, or your server can show you which menu options can be tailored to fit your low FODMAP diet plan.



PALEO (P)

The Palaeolithic is the longest era of human history and our genetic blueprint (genome) is more or less unchanged from our hunter-gatherer ancestors era over 15,000 years ago. Recognition of this has spawned dietary and lifestyle choices with key elements common to our ancestors, coining the term 'paleo'. Metabolic flexibility supercharges our immune system, makes us leaner and stronger, and generally more resilient and healthier. This flexibility is made possible by genetic expression, directly influenced through diet and lifestyle choices. A 'paleo' diet excludes all grains, legumes (pulses e.g. kidney beans, chickpeas, haricot beans etc), dairy, as well as highly processed and high-sugar foods. At *The Willow*, our (P) dishes exclude grains, legumes and dairy, plus we've cut back the sugar, focusing instead on clean, free-range animal products with a good dose of healthy fats and vegetables.



LOWER SUGAR (LS)

Being on a low-sugar diet shouldn't mean you're missing out! Consuming too much in our daily diets is easy with 'treats' readily available on every street corner that surpass 30g of added sugars – an amount we shouldn't be going over for an entire day's consumption. Sadly, this amounts to less than half the present average intake for adults in the UK. People's unwitting consumption of hidden sugars in processed, take-away and restaurant foods is one of the biggest health challenges of modern times. Rest assured you can indulge without the bulge with our sweet treats. We've slashed sugar content to just 10g per serving in these delicious options without compromising one bit on taste. We promise you'll go home guilt-free!

Try our nutritious and delicious kid's menu!

Finally, a place to feed your children a healthy meal they'll enjoy



THE KEY TO OUR HEALTHY MENU



Free from

If you're allergic, intolerant, or just want to avoid gluten (**GF**), grains (**GrF**) or dairy (**DF**), we've got you covered. We're totally gluten-free, mainly dairy-free and have a great selection of grain-free dishes.



Vegetarian / Vegan

Vegans or vegetarians can struggle to strike a healthy balance with the amount of protein and good fats in their diet. We've taken care of that at The Willow with plenty of purely plant-based and meat-free dishes that are all hearty, healthy and nutritionally balanced.



Low FODMAP

FODMAPs are a group of sugars and sugar alcohols naturally present in many foods. If you're sensitive, you may struggle to digest them. You can relax at The Willow, knowing our low FODMAP dishes have you in mind.



Paleo

Our clean, lean paleo dishes exclude grains, legumes, dairy and high sugar. Enjoy a plate of delicious and nutritious food where free-range animal products, healthy fats and vegetables all line up together for a delicious and nutritious dining experience.



Protein rich

It's one of the most essential food groups to build healthy bodies, yet most of us aren't getting enough quality protein. Rest assured that our 'protein-rich' options pack a punch, with at least 20% of total energy from protein in every dish.



Low carb

A low carb diet can have many health and weight loss benefits. We've cut out the starchy ones and let protein, healthy fats and veggie-based complex carbs take lead energy roles instead.



Healthy fats

Oily fish, avocado, coconut and marbled meats are loaded with healthy fats that can help protect the heart, lower cholesterol and even balance hormones and emotions. Tuck in and enjoy good 'mood food' at its best.



Lower sugar

We've slashed the sugar content to just 10g per serving in these delicious options without compromising one bit on taste. Good news when the average active adult shouldn't be eating more than 30g of free sugars daily.

KEY FACTS ABOUT FOOD ALLERGY



- People suffering severe reactions need emergency expert help from a trained paramedic, usually with injectable adrenaline.
- In the UK, about ten people die every year from food-induced anaphylaxis.
- There are also about 1,500 asthma deaths, some of which might be triggered by food allergy.
- For those at greatest risk, the tiniest trace of food allergen can trigger severe symptoms and, in some cases, cause fatal or near fatal symptoms.
- Many of those who die or suffer 'near miss' reactions had no idea that they were at risk. Those who are aware of the risk can find the day-to-day unpredictability of living with food allergy risks stressful.
- Teenagers and young adults seem to be at particular risk of severe reactions.
- Many people with a food allergy also have asthma, which can make food reactions more severe if it's not controlled by regular medication.

WHICH FOODS CAN CAUSE ALLERGY?

In Europe, food allergens are monitored and assessed by clinical and scientific experts through the European Food Safety Authority (EFSA). They advise on which foods need to be labelled on pre-packed foods.

Annex II of the EU Food Information for Consumers Regulation No.1169/2011 lists 14 food allergens that must always be labelled in pre-packed and non-prepacked foods.

WHAT TO DO IF SOMEONE WERE TO SUFFER AN ANAPHYLACTIC REACTION:

1. Ask the person how severe their reaction usually is.
2. Ask if they have an auto-injector
3. Seek medical attention immediately.
4. Remove the cause if able to do so
5. Monitor them and keep them calm and make them feel safe

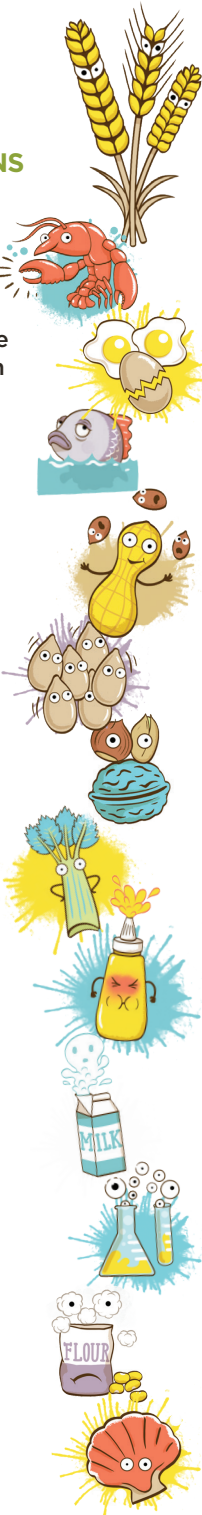
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HEALTH RESTAURANT & BAR

THE 14 FOOD ALLERGENS

- CEREALS CONTAINING GLUTEN, namely: wheat (such as spelt and Khorasan wheat), rye, barley, oats
- CRUSTACEANS for example prawns, crabs, lobster, crayfish
- EGGS
- FISH
- PEANUTS
- SESAME
- NUTS; namely almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia (or Queensland) nuts
- CELERY (including celeriac)
- MUSTARD
- MILK
- SULPHUR DIOXIDE/ SULPHITES, where added and at a level above 10mg/kg in the finished product. This can be used as a preservative in dried fruit
- LUPIN which includes lupin seeds and flour and can be found in types of bread, pastries and pasta
- MOLLUSCS like clams, mussels, whelks, oysters, snails and squid
- SOYBEANS



notes

EAT A RAINBOW

- * 6 colours - white/tan, blue, purple, yellow, red, green
- * Phytic acid

MEAT

- * Free range + Organic + Good intra muscular fat

FISH

- * MSC (Marine Stewardship Council)
- * Sustainable and from clean oceans
- * Omega 3 oils

COCONUT OIL

- * 177° 86%
- * Good fats
- * Lauric acid
- * Anti-oxidant

EXTRA VIRGIN OLIVE OIL

- * Anti-inflammatory
- * Lowers blood pressure
- * Improves lining of blood vessels
- * Vitamin E, Vitamin K (blood clotting)

COCONUT SUGAR

- * Sap cut from flower buds and dehydrated
- * Low GI so no sugar spikes and slower release of energy

EWES MILK

- * Twice as much calcium as cows milk
- * Superior to cows and goats milk
- * Amino acids that help reduce blood pressure
- * Higher fat content

COWS MILK (A2)

- * A2 milk = cows that produce no A1 protein which is difficult to digest therefore less bloatedness
- * Casein sensitivity (body reaction)
- * Puss cells forced extraction
- * Full fat v skimmed/semi-skimmed

HIMALAYAN PINK SALT

- * Pure water, 250 million years ago
- * Tiny cell particles therefore easier to absorb using less body water and energy

LECTINS

- * Plant protects babies naturally to put birds off
- * 6 hours cooking time
- * Lectins bind protein and carbs to help cells interact
- * can damage stomach lining = 'leaky gut' = no absorption

WHEAT

- * 20% intolerance (Government)
- * 100% intolerance/sensitivity/junction interference

MACRONUTRIENTS = energy

- * Protein + Carbohydrates + Healthy fats

MICRONUTRIENTS = chemical messengers

- * Vitamin
- * Minerals
- * Nucleotides
- * Phytonutrients

DAIRY

EGGS

YEAST

LEGUMES

- * Lentils, chickpea, beans

DEADLY NIGHTSHADE

- * Potato, aubergine, peppers, tomatoes
- * Saponins - natural anti-fungi that affects the body

SESAME OIL

- * Anti-oxidants/ finishing oil

SWEET POTATOES

- * Vitamin C + bone health, Thianin (B), Potassium (muscle contraction and blood pressure)

PEANUTS

- * Peanuts are NOT a tree nut
- * Deadly allergen

HEALTHY FATS

- * Easier for the body to use and extract goodness

CHOCOLATE

- * 54.5%
- * More phenolics than higher antioxidants capacity green tea or red wine
- * Anti-cancerous
- * Healthy fats and minerals

ACTIVATED NUTS

- * Water awakens enzymes to break down and neutralise enzyme.

GLUTEN & WHY WE DO NOT USE IT

- * An allergen with a high risk of cross-contamination in a commercial kitchen.
- * The wheat of today is vastly different from the wheat our ancestors grew and ate. This is likely part of the explanation as to why celiac disease and gluten intolerance have risen four-fold since the 1950s.
- * Some believe the sharp increase is merely a sign of improved diagnosis, but research suggests the rise in prevalence is real, and that dramatic changes in the diet play a distinct role.
- * The proportion of gluten protein in wheat has increased enormously as a result of hybridization. Until the 19th century, wheat was also usually mixed with other grains, beans and nuts; pure wheat flour has been milled into refined white flour only during the last 200 years.
- * The resulting high-gluten, refined grain diet most of you have eaten since infancy was simply not part of the diet of previous generations.

FOOD AS MEDICINE GUIDING PRINCIPLES

- * Eat whole foods and minimally processed foods*
- * Minimise consumption of refined carbs and keep total sugars less than 5% of total energy intake*
- * Eat a rainbow of plant foods every day*
- * Include animal protein from healthy, non-stressed, non-mass medicated, non GMO animal feed animals eg organic, free range, wild*
- * Include sufficient healthy fats and avoid trans or refined vegetable fats*
- * Include a wide range of non-irradiated, anti-inflammatory herbs and spices*
- * Use cooking methods that respect and don't damage food*
- * Recognise individual food needs*
- * Put love and care into food choices and preparation*
- * Avoid foods contaminated with pesticides and other chemicals GMOs*
- * Avoid artificial chemical sweeteners and colourings*
- * Choose natural alternatives wherever possible*
- * Avoid dishes with 'laundry list' of ingredients or lots of added chemicals eg preservatives*
- * Intolerances and sensitivities - listen to your body!*

FOOD IMPACTS HEALTH

- * Macronutrients = energy*
- * Micronutrients = vitamins & minerals, cofactors, chemical messengers*
- * Food is information that informs our metabolic processes*
- * Type eg. processed vs non-processed, organic vs non-organic*

FUNCTIONAL FOOD

- * Food that has a positive effect on health beyond basic energy requirements (Turmeric - anti-inflammatory, Garlic - supports heart health and immune function, Omega 3 - brain development, wound healing, anti-inflammatory)*
- * Food that promotes health and helps to reduce the risk of disease*
- * Food that supports a return to optimal health once ill*
- * Food that is used to convey the right messaging to the body*