

SPRING '19

SNACKS

Roasted Beet Hummus with Taro Crisps £6.8

 GF • DF • GrF   Allergens: Sesame

Lightly Salted Padron Peppers with Sesame £5.5

 GF • DF • GrF       Allergens: Sesame

Mediterranean Marinated Olives £3.50

 GF • DF • GrF     

Homemade Natural or Spicy Activated Nuts £3.95

 GF • DF • GrF     Allergens: Walnuts, almonds, cashew

STARTERS

Willow Rainbow Salad with Super Seeds £8

 GF • DF • GrF   Allergens: Sulphites

Activated Nuts (50g) £1.50 Allergens: Tree Nuts (almond, walnut, cashew)

Prawns (80g) £3 Allergens: Crustacean

Grilled chicken (75g) £2

**Mango, Avocado, Roasted Cashew
& Pea Shoot Salad with Prawns** £9.5

 GF • DF • GrF  Allergens: Shellfish, tree nuts (cashew), sesame

Coconut Waldorf Salad £9

 GF • DF • GrF   Allergens: Tree nuts (walnuts), celery, mustard

Roasted Beet Hummus with Taro Chips £6.8

 GF • DF • GrF   Allergens: Sesame

Pan-fried Baby Squid with Smoky Romesco & Togarashi £9.5

 GF • DF • GrF     Allergens: Shellfish, sulphites, tree nuts (almonds)

Salted Cod & Shiitake Fritters with Piquillo Pepper Sauce £7.5

 GF   Allergens: Fish, eggs, dairy

Lightly Salted Padron Peppers with Sesame £5.5

 GF • DF • GrF       Allergens: Sesame

Vietnamese Vegetable Spring Rolls £7.5

 GF   Allergens: Tree nuts (almonds)

Lemongrass & Chilli Prawns with Avocado & Lime Mayo £9.5

 GF • DF • GrF     Allergens: Shellfish, eggs

Chicken Pakora with Coriander & Lemon Yoghurt Sauce £8

 GF • GrF    Allergens: Dairy

SIDES

Sourdough Bread & Organic Butter £3.5

 GF  V   Allergens: Dairy

Willow Greens with Garlic Butter £4

 GF • GrF  V  Allergens: Dairy

Roasted Curried Cauliflower with Vegan Cheese £4

 GF • DF  

Rainbow Salad £4

 GF • DF • GrF   Allergens: Sulphites

Roasted Nicola Potatoes with Garlic & Herbs £3

 GF • DF • GrF   

Sweet Potato Chips £4

 GF • DF • GrF  

Spicy Dhal £4

 GF • DF   Allergens: Mustard, celery

MAINS

KID'S MENU
AVAILABLE

From the land...

Our grass fed meats are sourced from the UK and served with Sweet Potato Chips and Rainbow Salad.*

(Option: Swap sweet potato chips for roasted Nicola potatoes)

Aberdeen Angus Beef Fillet Steak (Aberdeenshire, Scotland) 8oz £28

 GF • DF • GrF   Allergens: Sulphites

30 Days Dry Aged Angus Ribeye (Aberdeenshire, Scotland) 10oz £24

 GF • DF • GrF   Allergens: Sulphites

Lamb Rump (Tunbridge Wells, Kent) 10oz £21

 GF • DF • GrF   Allergens: Sulphites

Lamb Chops (Tunbridge Wells, Kent) 10oz £19.5

 GF • DF • GrF   Allergens: Sulphites

Grilled Iberian Pork Presa Tenderloin (Segovia, Spain) 10oz £18.5

 GF • DF • GrF   




From the sea...

All of our fish are MSC certified and sustainably sourced

Razor Clams & Prawns with Monkfish Steak £22.5.

 GF • DF    Allergens: Fish, shellfish, sulphites

Ale Battered Black Brill Fish with Pea Shoot Salad £17.5

 GF • DF   Allergens: Fish, sulphites, shellfish, mustard, eggs

Pink Cod with Chlorella Sauce £18

 GF • DF • GrF    Allergens: Fish, sulphites, mustard

**Grilled Octopus served with Purple Truffle Potato Purée
& Smoky Chimichurri** £18.5



 GF • GrF  Allergens: Shellfish, sulphites, dairy

From the orchard...

Homemade Smoky Vegan Burger with Roasted Veg & Willow Coleslaw £15

 GF • DF  Allergens: Sulphites

Spicy Szechuan Seaweed Tagliatelle Stir Fry £14

 GF • DF • GrF     Allergens: Sesame, sulphites. May contain traces of shellfish in the seaweed

Korean Spicy Quinoa Bibimbap £14

 GF • DF • GrF   Allergens: Sulphites, sesame

DESSERTS

B-Raw Natural Cheesecake £5.50

 GF • DF • GrF    Allergens: Cashew, almond, walnut and pistachio nuts

Lemon & Blueberry | Raspberry & Chocolate | Tiramisu | Orange & Turmeric




Mango Sorbet & Passion Fruit with CoYo Coconut Yoghurt £5.5

 GF • DF • GrF 

Pineapple Carpaccio with Banana Ice Cream & Thai Basil £5.5

 GF • DF • GrF   

Almond & Chocolate Dome with Raspberry Ice Cream £6.5

 GF • GrF  V  Allergens: Sulphites, soya, dairy, eggs, tree nuts (almonds)

Cheeseboard Selection with Quince & Sourdough Toast £8

 GF • GrF  V    Allergens: Dairy

Natural Fruit Ice Cream Selection £4.50

 GF  



Free from



Vegetarian/Vegan



Low carb



Protein rich



Paleo



Lower sugar



Healthy fats



Low FODMAP



gluten-free

grain-free

dairy-free



vegetarian

vegan

AUTUMN / WINTER '18

SNACKS

Rich Aubergine Tapenade £4.95

     *Allergens: Sulphites*

Mexican Falafel Bites with Avocado & Jalapeno Sauce £5.95

Marinated Olives Mediterranean Style £3.50

Homemade Natural or Spicy Activated Nuts £3.95

Allergens: Walnuts, almonds, cashew

Lightly Salted Padron Peppers £5.50

Sourdough Bread & Kalamata Organic Extra Virgin Olive Oil £3.50

STARTERS

Willow Rainbow Salad

with Super Seeds £6.50/12

     *Allergens: Sulphites*

Baked Candy Beetroot Salad with

Cashel Blue Cheese, Pecans,

Honey & Mustard Dressing £9.50

Allergens: Tree nuts (pecan), dairy, sulphites, mustard

Lion's Mane Mushroom, Artichoke

& Sundried Tomato Sauté £8.95

Chef's Special Octopus Carpaccio Garnished with

Sweet & Savoury Black Garlic Cloves & Glaze £12.50

      *Allergens: Shellfish, egg*

Slow Cooked Tender Ox-Cheek

with Moroccan Spiced Pumpkin Purée £11.50

     *Allergens: Sulphites*

Tomato & Quinoa Tartare with Mango Vinaigrette £8.50

Thai Tiger Prawn Skewers with Avocado & Lime Mayo £9.50

       *Allergens: Eggs, Shellfish*

Marinated Salmon Tiradito with Jicama Salad £12

       *Allergens: Fish, celery*

SIDES

Sautéed Lemon Spinach £4

Sweet Potato Chips £4

Add Hunter & Gather Avocado Mayo for £1 Allergens: Egg

Heritage Tomatoes with Italian Dressing £5

      *Allergens: Sulphites*

Willow Greens £4

      *Allergens: Sesame*

Roasted Curried Cauliflower £4

     *Allergens: Mustard*

Avocado Oil Mayo £1.50

 *Allergens: Egg*

MAINS

KID'S MENU
AVAILABLE

From the land...

Lamb Tomahawk Cutlets with Shredded Kohlrabi & Fresh Fennel Salad £18.95

Allergens: Sulphites

Grilled Iberian *Presa* Tenderloin with a Celeriac

Chestnut Purée & Fresh Fig Jus £19.95

Presa is a coveted cut of Iberian Pork which has shot to Harrods fame in the UK for its subtle game flavours.

Allergens: tree nuts (almonds, chestnuts), celery

30 day Dry Aged Ribeye with Greens & Homemade

Sweet & Spicy Pickled Cabbage £23.95

Allergens: Sulphites

From the sea...

Grilled Line Caught Swordfish with Tomato,

Olives & Capers Lebanese Salad £19.50

      *Allergens: Fish, sulphites*

Crispy Pan Fried Brill with Mangetout, Shrimp

& Shiitake Lightly Sautéed in Garlic Oil £17.95

      *Allergens: Fish, shellfish*

Creamy Buckwheat Tagliatelle with Salmon & Broccoli £17.50

   *Allergens: Fish, dairy*

From the orchard...

Shiitake Mushroom & Seaweed Tagliatelle Provençale £17

Imagine a breath of a fresh salty sea-breeze, that's what this fresh seaweed pasta is like. It pairs beautifully with the light dressing and mushrooms.

       *Low FODMAP option available.*

Allergens: Shellfish (may contain traces), walnuts.

Vegan Falafel Burger with Candy Beetroot & Roasted Veg £14.95

As featured in national magazines, crispy homemade falafel topped with Almond Butter, served between a Portobello mushroom “bun” with a supporting rainbow of vegetables.

      *Allergens: Tree nuts (almond)*

Spiced Kale & Black Eye Pea Stew

Topped with Fresh Spring Onions & Chilli £11.50

    *Allergens: Celery*

DESSERTS

Ripe & Nine Luxury Cheesecake £6.95

Lemon & Turmeric | Pecan & Salted Caramel | Chocolate & Orange

   *Allergens: Cashew and Pecan tree nuts*

B-Raw Natural Cheesecake £5.95

Orange & Turmeric | Raspberry & Chocolate | Tiramisu

      *Allergens: Cashew, almond, walnut and pistachio nuts*

Coconut & Tonka Bean Crème Brûlée £5.95

      *Allergens: Egg*

Chocolate & Apricot Flourless Cake with Homemade Banana Ice Cream £7

Allergens: Soya, Dairy, Sulphites, Egg, Tree nuts (almond)

Natural Fruit Ice Cream Selection £5.50

Ask the floor staff for the daily options.

SPRING/SUMMER '18

SNACKS

Steamed Tender Stems with Truffle Oil & Sesame Seeds £4.95

 GF • DF • GrF      Allergens: Sesame

Homemade Taro Root Crisps & Baba Ganoush £5.95

 GF • DF • GrF    Allergens: Sesame

Kalamata Organic Olives with Crostini £3.95

 GF • DF    

Natural or Spicy Activated Nuts £3.95

 GF • DF • GrF     Allergens: Walnuts, almonds, cashew

Roasted Padron Peppers £5.95

 GF • DF • GrF    

Homemade Pickled Beets with Caraway £4.95

 GF • DF • GrF    Allergens: Sulphites

STARTERS

Crunchy Rainbow Salad with a Light Vinaigrette £6.5/12.5

 GF • DF • GrF    Allergens: Sulphites

Add your choice of topping:

Activated Nuts (50g) £1.50 Allergens: Nuts (almond, walnut, cashew)

Prawns (80g) £3 Allergens: Crustacean *Grilled chicken* (75g) £2

Green Superpower Salad (kale, spinach, avocado, beans, cucumber, apple, peas, rocket, mint & lime dressing) £6.5/12

 GF • DF • GrF  

Tipsy Mussels in Shallots & White Wine Sauce £8.50

 GF • DF • GrF   Allergens: Shellfish, sulphites

Sweet Potato Bravas £5.95

 GF • DF • GrF   Allergens: Sulphites

Grilled Galician Octopus with Smoky Lime Chimichurri over Soft Puy Lentils & Avocado £12.95

 GF • DF • GrF   Allergens: Shellfish, sulphites

Beetroot & Quinoa Peruvian Solterito £8.95

 GF • DF • GrF  Allergens: Sulphites

Tender Beef Meatballs in a Sardinian Style Basil Tomato Sauce £8.50

 GF • DF 

Allergens: Eggs

Peruvian Hot Stone Shrimp Ceviche £9.95

 GF • DF • GrF   

Allergens: Shellfish, fish

SIDES

Sweet Potato Chips £4

 GF • DF • GrF  

Heritage Tomato Salad with Chives and Olive Oil £5

 GF • DF • GrF     Allergens: Sulphites

Willow Greens £4

 GF • DF • GrF    Allergens: Sesame

Organic Kalamata Extra Virgin Olive Oil & Bread £3.50

 GF • DF   

Grilled Asparagus with Sunflower Seeds £6

 GF • DF • GrF    

MAINS

From the land

Roasted Organic Lamb Rump with Cashews & Aubergine £18.95

Tender cuts of lamb grilled to perfection with subtle flavours from the nuts, vegetables and chillies. Chef says our Paleolithic ancestors would have even enjoyed this one...

 GF • DF • GrF    Low FODMAP option available.

Allergens: Tree nuts (cashew), sesame. Chateaubriand, market availability and market rate.

Marinated Wild Boar with Grilled Pineapple & Red Chard Salad £19.95

Savoury skewers of grilled Wild Boar complimented by the natural sweetness of pineapple.

 GF • DF • GrF     

30 Day Dry-Aged Grass-Fed Ribeye Steak with

Oyster Mushrooms & Sweet Potato Chips £23.95

A steak lover's steak. Chef recommends medium to medium rare to release the flavours in the beautifully marbled fats, with a side of flat mushroom goodness.

 GF • DF • GrF    

Duck Confit, Mangetout & Citrus Salad £19.50

Slow cooked to subtle perfection, marinated in Chef's secret recipe of herbs and spices served with mangetouts and a delicate pea shoot salad.

 GF • DF  

From the sea

Spiced Salmon with Cucumber, Pickled Onion & Dill Salad £16.50

 GF • DF • GrF      Allergens: Fish, mustard, celery, sulphites

Grilled Brill Fish with Samphire Rainbow Salad £18.95

 GF • DF • GrF     Allergens: Fish. Low FODMAP option available.

Red Snapper Cooked in Banana Leaves served with Wild Rice £19.95

Nestled on Chef's homemade tandoori spice blend and served in a banana leaf cradle, a delicious balance of texture, subtle and strong flavours.

 GF • DF     Allergens: Fish

From the orchard

Fresh Seaweed Tagliatelle Provencale with Shiitake Mushrooms £17

Imagine a breath of a fresh salty sea-breeze, that's what this fresh seaweed pasta is like. It pairs beautifully with the light dressing and mushrooms.

 GF • DF • GrF     Allergens: Shellfish (may contain traces), walnuts.

Crispy Vegan Falafel Burger £14.95

Homemade falafel topped with almond butter, served between a Portobello mushroom "bun" with a rainbow of veg.

 GF • DF     Allergens: Nuts (almond), mustard

Samosa Stuffed Sweet Bell Pepper £14.95

A rich aroma of spiced chickpeas and butternut squash stuffing perfectly compliments the natural sugars of the sweet pepper, surrounded by a bed of kale and pomegranate seeds.

 GF • DF • GrF 

DESSERTS

Intense natural cheesecake £5.95

Lemon & blueberry **Orange & chocolate** **Tiramisu** **Strawberry** **Raspberry & chocolate**

 GF • DF • GrF    Allergens: Tree nuts

Kiwi, Coconut & Lime with Vegan Chocolate Ice Cream £6.50

 GF • DF • GrF   Allergens: Hazelnuts

Flourless Chocolate Cake with Banana Ice Cream £6.50

Homemade warm and gooey flourless chocolate cake with a dash of soft banana ice cream.

 GF • GrF  V  Allergens: Almonds, eggs, dairy

Triple Berry & Yogurt Crumble £5.95

 GF  V Allergens: Dairy

Natural Fruit Ice Cream Selection £5.50

Ask the floor staff for the daily options.

 GF  

WINTER '17

SNACKS

Crispy aubergine wedges with rosemary infused maple £4.95



Homemade activated nuts: Natural or Sweet & Spicy £3.95



Cajun Cassava chips with Pico de gallo £3.95



Shiitake & halloumi bites £5.95



Italian style bruschetta with Thai basil £3.95



Lightly salted roasted padron peppers £5.95



STARTERS

Crunchy rainbow salad with a light vinaigrette £6.5/12.5



Add your choice of topping: Activated Nuts (£1.50) Prawns (£3) Grilled chicken (£2)

Tomato carpaccio with goat cheese, served with olive tapenade and pumpkin seeds £7.50



Fragrant lamb Rogan Josh with taro crisps £8.95



Marinated Cuttlefish stir fry with mango & chilli sauce £8.95



Scallops with curried cauliflower, carrot crisps & pomegranate £14



Grilled king prawns with chilli and lime £3.5/each



Slow cooked artichoke hearts, sundried tomato, wild rocket topped with parmesan £8.50



Rabbit pate with apple & cinnamon chutney £8.50



SIDES

Sweet potato chips £4



Willow greens (Kale & baby spinach) £4



Grilled asparagus with romesco sauce £6.5



Allergens: Sulphites, almonds

Kale & avocado caesar salad £5



Bread & fresh herb butter £2.5



Stir fry spinach & chickpeas with paprika £5



MAINS

FROM THE LAND

Venison fillet with roasted salsify root and wild mushrooms over a light vanilla chestnut puree £24.50

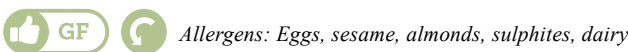


30-day dry-aged grass-fed ribeye with heritage carrots and kale £23.95



Homemade cheeseburger on a keto bun with chipolte mayo & apple chips £17

Remove the cheese to make it dairy free.



Roasted Pheasant with fresh figs, beetroot & spiced pear puree £19.5



Warning: May contain shot.

FROM THE SEA

Grilled Devonshire Brill fillet with steamed vegetables £17

Low FODMAP option available.



Monkfish & grilled endives with cranberry & walnut dressing £21

Low FODMAP option available.



Baked sea bream with Escalivada £15



FROM THE ORCHARD

Crispy vegan falafel burger £14.95

As featured in national publications, our homemade falafel in a portobello mushroom bun is tempting enough to lure away dedicated carnivores to vegan shores for multiple visits.



Auntie Marianne's hearty Turkish lentil stew £8.50



Sweet potato gnocchi with almonds & porcini mushroom sauce £14.95



DESSERTS

Intense natural cheesecake £5.95

Lemon & blueberry Orange & chocolate Tiramisu Raspberry Raspberry & chocolate



Flourless chocolate cake with banana ice cream £6.50

Homemade warm and gooey flourless chocolate cake with a dash of soft banana ice cream. (Lose the ice cream to make it 'lower sugar')



Rhubarb & coconut crumble topped with organic vanilla custard £6.50



Figs & walnuts mascarpone ice cream £5.50



Natural fruit ice cream selection £5.50

Ask the floor staff for daily options.

KID'S MENU AVAILABLE

SUMMER '17

SNACKS

Taro crisps with creamy avocado guacamole £5.95



Crispy broccoli with pickled kimchi £4.5



Aromatic Italian style bruschetta £3.95



Crispy aubergine wedges with rosemary £4.95



Homemade hummus and sesame grissinis £4.5



Grilled organic Galician padron peppers £5.95



Homemade activated nuts: Natural or Sweet & Spicy £3.95



STARTERS

Crunchy rainbow salad with vinaigrette £6.5/12.5



Activated Nuts (50g) £1.50 Allergens: Nuts (almond, walnut, cashew)

Prawns (80g) £3 Allergens: Crustacean *Grilled chicken* (75g) £2

Fresh n' hearty cobb salad £6.5/12.5



Seasonal soup of the day £5.5

TO SHARE

Fragrant Malaysian beef curry £8.95



Red tuna tartare served with avo & lime cream £12.5



Grilled octopus with purple sweet potato £13.95



Smoked mackerel pate and sourdough toast £7.95.



Grilled king prawns with chilli and lime £3.5/each



SIDES

Curry spiced roast cauliflower £4



Sweet potato chips £4



Willow greens (Kale & baby spinach) £4



Grilled green asparagus with romesco sauce £6.5



Kale caesar salad £5



Sourdough toast bread & herby butter £2.5



Heritage tomato salad & Italian dressing £5



MAINS

From the land

Organic lamb cutlets £19.5

Tender Organic Lamb cutlets gently grilled to perfection and paired with sweet peppers, tomatoes and seasonal vegetables. *(Low FODMAP option available)*



Dry aged grass-fed 8oz ribeye steak £23.95

Marbled grass-fed beef with watercress, fennel & coriander, served with sweet potato.



Tandoori free range poussin £15

Powerful flavours of ginger & coriander with fresh tenderstem greens & Jerusalem Artichoke.



From the sea

Crimson wild sea trout £18.95

Seasonal availability only, a glorious pink rich source of Omega 3 fatty acids, wholegrain mustard marinade, and served with pomegranate.



Golden sea bream with fresh rosemary and macadamia pesto £18.95

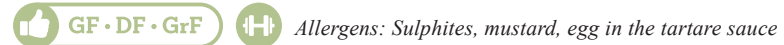
A heavenly combination of rich garlic and rosemary aroma complementing the delicate flavours from the *Aurata* golden sea bream. *(Low FODMAP option available)*



Smoked haddock fish & chips £15.95

Battered haddock with sweet potato chips, pea purée & salad garnish.

Served with a choice of homemade tartare sauce or ketchup



From the orchard

Crispy vegan falafel burger £14.95

As featured in national press, our homemade falafel in a portobello mushroom bun is tempting enough to lure away dedicated carnivores.



Mixed seasonal vegetables grill with romesco sauce £10.95

A beautiful array of seasonal vegetables gently grilled with a rich red pepper romesco.



Rich vegan ratatouille £13.95

A sumptuous medley of rich tomato and vegetable flavours topped with vegan “cheese”.



DESSERTS

Intense natural cheesecake £5.95

Lemon & blueberry Orange & chocolate Pineapple & Matcha tea

Raspberry Raspberry & chocolate Strawberry



Decadent chocolate cake with coconut ice cream £6.95



Soft seasonal gelato-style ice cream £5.5



Baked lemon yoghurt £5.5



Passion fruit white chocolate ganache £6.95



Cheeseboard £8.95 (£12.5 to share)



SPRING '17

STARTERS

Malaysian beef curry £9

Chunks of Rendang beef served with hand-cut taro crisps

GF • DF • GrF

Seasonal soup of the day £5.50

Served with toasted organic sourdough bread. Ask the floor staff for today's options

GF

Rabbit & date pâté with pear chutney £8.50

Slow braised rabbit, date and pork pâté potted with aromatic herbs and topped with clarified butter

GF Allergens: Sulphites, dairy

Smoked mackerel salad £8.50

Candy beetroot, egg, caper and watercress salad. **Option:** Low FODMAP version available

GF • DF • GrF

Allergens: Sulphite (capers), fish, egg

Willow rainbow salad with super seeds £6.50/£12

'Colour yourself healthy' with our crunchy rainbow salad packed full of the goodness from Nature's colour palette

GF • DF • GrF

Kale & avocado salad £6.50/£12

A simple salad that combines nutrient-dense greens with the creamy texture of avocado for a healthy dose of good fats

GF • DF • GrF

Add your choice of topping:

Activated Nuts (50g) £1.50

Allergens: Nuts (almond, walnut, cashew)

Prawns (80g) £3

Allergens: Crustacean

Grilled chicken (75g) £2

MAINS

Lemon and garlic free range poussin £15

Served with a fricassée of wild mushrooms on a bed of baby spinach and purple, orange and yellow heritage carrots **Option:** Without mushrooms to make it Low FODMAP

GF • DF • GrF

Grass fed 8oz Ribeye steak £23

Served with zucchini fries, portobello mushroom and walnut and tarragon romanesco sauce. Our head chef recommends the steak is served 'medium rare'

GF • DF • GrF

Allergens: Nut (walnuts)

Macadamia-encrusted halibut £19

Gently cooked meaty white fish fillet on a bed of seasoned crumbled cauliflower with steamed British samphire. **Option:** Swap the crumbled cauli for heritage carrots to make it Low FODMAP

GF • DF

Allergens: Fish, nut (macadamia)

Buckinghamshire organic lamb rump £18.50

Roasted lamb rump served with pumpkin purée, sesame bok choy and salsa verdi

GF • DF • GrF

Allergens: Sesame, sulphites

Homemade sweet potato gnocchi £13.50

A pillowy gnocchi, pan seared in coconut oil with kale and a sage and hazelnut pesto

GF

Allergens: Egg, nut (hazelnut), dairy

SIDES

Curry spiced roasted cauliflower £4

GF • DF • GrF

Allergens: Mustard

The Willow spicy dhal £4

(slow-cooked and lectin-free)

GF • DF • GrF

Allergens: Mustard

Tri-coloured herby heritage carrots £4

GF • GrF

The Willow greens (Kale & baby spinach) £4

GF • DF • GrF

Allergens: Sesame

Sweet potato chips £4

GF • DF • GrF

Cheesy chips and gravy £6

Our take on Poutine – sweet potato chips and gravy with a dollop of Galitori greek feta-style cheese

GF • GrF

Allergens: Dairy

DESSERTS

Cheesecake by B-Raw Cakes £5.50

Raw vegan, dairy and egg free and organic

Dark chocolate | **Lemon & blueberry** | **Orange & chocolate** | **Raspberry** | **Raspberry & chocolate** | **Strawberry**

GF • DF • GrF

Allergens: Nuts (cashew, almond, brazil & pistachio)

Flourless dark chocolate cake £6

With fresh raspberries. Dense and delicious. An ultimate chocolate 'hit', minus the usual calories

GF • GrF

Allergens: Egg, nut (almond), dairy

Willow homemade ice cream sundae £5

A seasonal selection of flavours. Ask the floor staff for today's options

GF Allergens: Ask the floor staff for info

Coconut and tonka bean brûlée £6.50

Served with raspberries

GF • DF • GrF

Allergens: Egg

Vegan falafel burger £15

Mixed bean, chickpea and courgette falafel served with squash, Tuscan kale and avocado coleslaw

GF • DF

Allergens: Nuts (almond), mustard

Fusion salmon 'n' salsa £16.50

A taste of the sea. Omega-3-rich salmon on a bed of seaweed 'tagliatelle', with heritage tomato salsa, parsley and chives

GF • DF • GrF

Allergens: Sesame, fish, may contain traces of shellfish

Cobb salad £12

Grilled chicken, soft poached egg, San Manzano tomatoes, nocellara olives, spring onion, Colston basset blue cheese, gem lettuce with a maple, lime and mustard dressing

GF • GrF Allergens: Egg, dairy, mustard

Willow rainbow salad with super seeds £6.50/£12

'Colour yourself healthy' with our crunchy rainbow salad packed full of the goodness from Nature's colour palette

GF • DF • GrF

Kale & avocado salad £6.50/£12

A simple salad that combines nutrient-dense greens with the creamy texture of avocado for a healthy dose of good fats

GF • DF • GrF

Add your choice of topping:

Activated Nuts (50g) £1.50

Allergens: Nuts (almond, walnut, cashew)

Prawns (80g) £3

Allergens: Crustacean

Grilled chicken (75g) £2

SUNDAY ROAST 12 - 4 P M

All served with roasted sweet potato & courgettes, broccoli and green beans, with signature gravy and Yorkshire pudding. Cut the Yorkshire pudding to make your roast entirely allergen free and Paleo. Served with a choice of homemade horseradish or mustard

Aged Aberdeenshire rib of beef £17.50

GF

Allergens: egg, dairy

Aylesbury free range poussin £14.50

GF

Allergens: egg, dairy

Buckinghamshire organic lamb rump £18.50

GF

Allergens: egg, dairy

SEE MAIN MENU FOR FURTHER OPTIONS

CHILDREN'S ROAST PORTION £8

GF gluten-free

GrF grain-free

DF dairy-free

vegetarian

vegetarian and vegan

WINTER '16

STARTERS

Seasonal soup of the day £5.50
Served with toasted sourdough bread



Rabbit & date pâté with pear chutney £8.50
Slow braised rabbit, date and pork pâté potted with aromatic herbs and topped with clarified butter

Allergens: Sulphites, dairy

Smoked mackerel salad £8.50
Beetroot, caper and watercress salad. **Option:** Make it Low FODMAP with no onion

Allergens: Sulphite (capers), fish, egg

Cobb salad £6.50
Grilled chicken, soft boiled egg, tomatoes, olives, spring onion, Crozier blue cheese, gem lettuce with a maple, lime and mustard dressing

Allergens: Eggs, dairy, mustard

Willow rainbow salad with super seeds £6.50
'Colour yourself healthy' with our crunchy rainbow salad packed full of the goodness from Nature's colour palette

Add your choice of topping:
Activated Nuts (50g) £1.50
Allergens: Nuts (almond, walnut, cashew)

Kale & avocado salad £6.50
A simple salad that combines nutrient-dense greens with the creamy texture of avocado for a healthy dose of good fats

Prawns (80g) £3
Allergens: Crustacean

Grilled chicken (75g) £2

MAINS

Lemon and garlic free range poussin £16
Served with a fricassée of wild mushrooms on a bed of baby spinach and purple, orange and yellow heirloom carrots **Option:** Without mushrooms to make it Low FODMAP

Grass fed 6oz fillet steak £27
Served with zucchini fries, portobello mushroom and bordelaise sause. Our head chef recommends the steak is served 'medium rare'

Macadamia-encrusted halibut £19
Gently cooked meaty white fish fillet on a bed of seasoned crumbed cauliflower with sautéed British samphire. **Option:** Swap the crumbed cauli for heritage carrots to make it Low FODMAP

Allergens: Fish, nut (macadamia)

Buckinghamshire lamb shank £19
Organic and braised in *Donkey Xiote* red wine, celeriac, Berkswell ewe's cheese mash and buttered Tuscan kale

Allergens: Dairy, celery

Homemade sweet potato gnocchi £15
A pillowy gnocchi, pan seared in coconut oil with kale and a sage and hazelnut pesto

Allergens: Egg, nut (hazelnut), dairy

Vegan falafel burger £15
Mixed bean, chickpea and courgette falafel served with squash, Tuscan kale and avocado coleslaw **Option:** Served without mushrooms for Low FODMAP

Allergens: Nuts (almond), mustard

Tuna steak £18.50
Seared grade-A Sashimi tuna loin on a bed of seaweed tagliatelle, San Manzano tomatoes and peppers topped with taro crisps **Option:** Low FODMAP without taro crisps

Allergens: Fish, may contain traces of shellfish

Cobb salad £12
Grilled chicken, soft boiled egg, tomatoes, olives, spring onion, Crozier blue cheese, gem lettuce with a maple, lime and mustard dressing

Allergens: Eggs, dairy, mustard

Willow rainbow salad with super seeds £12
'Colour yourself healthy' with our crunchy rainbow salad packed full of the goodness from Nature's colour palette.

Add your choice of topping:
Activated Nuts (50g) £1.50
Allergens: Nuts (almond, walnut, cashew)

Kale & avocado salad £12
A simple salad that combines nutrient-dense greens with the creamy texture of avocado for a healthy dose of good fats

Prawns (80g) £3
Allergens: Crustacean

Grilled chicken (75g) £2

SIDES

Roasted cauliflower £4

Allergens: Mustard

The Willow spicy dhal (slow-cooked and lectin-free) £4

Allergens: Mustard

Tri-coloured herby heritage carrots £4

The Willow greens (Kale & baby spinach) £4

Allergens: Sesame

Sweet potato chips

Cheesy chips and gravy £6
Our take on Poutine – sweet potato chips and gravy with a dollop of Galitori greek feta-style cheese

Allergens: Dairy

DESSERTS

Flourless dark chocolate cake £6
With fresh raspberries. Dense and delicious. An ultimate chocolate 'hit', minus the usual calories

Allergens: egg, nut (almond), dairy

Ice cream £6
A seasonal selection of flavours. Ask the floor staff for today's options

Blood orange & coconut tart £6
Homemade orange & coconut custard in a teff flour shortcrust pastry

Allergens: Eggs, dairy

Coconut and tonka bean brûlée £7.50
Served with redcurrants

Allergens: Egg

A selection of seasonal cheeses £8.50
Ask the floor staff for today's options

SUNDAY ROAST 12 - 4 P M

All served with roasted sweet potato & courgettes, broccoli and green beans, with signature gravy and Yorkshire pudding. Cut the Yorkshire pudding to make your roast entirely allergen free and Paleo

Aged Aberdeenshire rib of beef £18.50

Allergens: egg, dairy

Aylesbury free range chicken £16.50

Allergens: egg, dairy

Buckinghamshire organic lamb shank £19.50

Allergens: egg, dairy

Cumin roasted Romanesco cauliflower steak £12.50

Allergens: egg, dairy

Free-from

Vegetarian/Vegan

Low carb

Protein rich

Paleo

Lower sugar

Healthy fats

Low FODMAP

gluten-free

grain-free

dairy-free

vegetarian

vegetarian and vegan

CHILDREN'S ROAST PORTION

£8