

Roasted Beet Hummus with Taro Crisps

SEGMENTATION

Gluten free
Dairy free
Grain free
Vegan
Lower sugar

ALLERGENS

Sesame

INGREDIENTS serves 10

200g Beetroot
1 Lemon
400g Chickpeas
10g Himalayan sea salt
5g Ground black pepper
20g Garlic cloves
60g Tahini
100ml Olive oil extra virgin

1000g Taro root

SNACK /
STARTER



Mise en place

Pair with...

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

Mediterranean Olives

SEGMENTATION

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

ALLERGENS

INGREDIENTS

Olives
Kalamata olives
Lemon juice and zested
Orange juice and zested
Red chilli pepper
Thyme
Garlic
Rosemary

SNACKS



Mise en place

Pair with...

Notes

Sourdough Bread & Organic Butter

SEGMENTATION

Gluten free
Vegetarian
Lower sugar
Low FODMAP

ALLERGENS

Dairy

INGREDIENTS

Rana's bread
Organic butter

SNACKS



Notes

Mise en place

Pair with...

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



Notes

Mise en place

Pair with...

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



Notes

Mise en place

Pair with...

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

STARTER
+ MAIN



Mise en place

Pair with...

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

Mango, Avocado, Cashew Salad with Prawns

SEGMENTATION

Gluten free

Dairy free

Grain free

Paleo

ALLERGENS

Shellfish

Tree nuts (cashew)

Sesame

INGREDIENTS serves 1

80g Prawns

80g Mango

80g Avocado

30g Pea shoot

5g Coriander

20g Cashew nuts

10g Red chilli pepper

20ml Mango and Prawn Salad

Chilli Dressing - lime juice, olive oil, sesame oil, coco sugar, garlic, chilli red



Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

Coconut Waldorf Salad

SEGMENTATION

Gluten free
Dairy free
Grain free
Vegan
Paleo

ALLERGENS

Tree nuts (walnuts)
Celery
Mustard

INGREDIENTS serves 1

75g Grapes
60g Walnuts
50g Celery
60g Apple
40g Chicory root
40g Red cabbage
40g Gem lettuce
55g Waldorf coconut dressing
- coconut yoghurt, celery, lemon juice, granny smith apple, salt himalayan, red chicory, ground black pepper, red cabbage, dijon mustard

STARTER



Notes

Mise en place

Pair with...

THE
WILLOW



HEALTH RESTAURANT & BAR

Baby Squid with Smoky Romesco

SEGMENTATION

Gluten free
Dairy free
Grain free
Paleo
Lower sugar
Low carb
Protein rich

ALLERGENS

Sulphites
Shellfish
Tree nuts (almonds)

INGREDIENTS serves 1

250g Squid
50g Romesco Almonds, plum tomato, smoked paprika, salt, red wine vinegar, olive oil, garlic, onion
2g Chilli pepper
10g Garlic
5g Parsley
20ml Olive oil
2g Coriander

STARTER



Mise en place

Pair with...

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

Salted Cod & Shiitake Fritters

SEGMENTATION

Gluten free
Lower sugar
Protein rich

ALLERGENS

Fish
Eggs
Dairy

INGREDIENTS serves 5

400g Cod
150g Shiitake mushroom
400g Nicola potato
60ml Olive oil
80g GF flour
3 whole Eggs
50g Garlic
30g Parsley
250g Salted cod piquillo sauce -
piquillo peppers, sahlts, extra virgin
olive oil, salt, black pepper, creme
fraiche, garlic, chipotle powder

STARTER



Mise en place

Pair with...

THE
WILLOW



HEALTH RESTAURANT & BAR

Notes

Vietnamese Spring Rolls

SEGMENTATION

Gluten free

Vegan

Lower sugar

ALLERGENS

Tree nuts (almonds)

INGREDIENTS serves 2

10g Coriander

10g Spearmint

40g Spring onion

40g Red peppers

40g Carrot

40g Rice wrap

40g Enoki mushroom

5g Amaranth leaves

Coconut amino

20ml Almond and amino coco

dressing - coconut vinegar, coconut nectar, coconut sugar, salt, garlic, onion

STARTER



Mise en place

Pair with...

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

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

50g Coriander
300g Avocado mayo
2400g Prawns (no shell)
200g Lemon grass and chilli paste
lemon grass, ginger, limes,
chilli powder, garlic, coconut oil
300g Spring onion
Lime juice

STARTER



Mise en place

Pair with...

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

Chicken Pakora with Yoghurt sauce

SEGMENTATION

Gluten free
Grain free
Lower sugar
Low carb
Protein rich

ALLERGENS

Dairy

INGREDIENTS serves 10

1000g Chicken breast
10g Sea salt
5g Chilli flakes
5g Turmeric
5g Garlic powder
5g Ginger powder
3g Garam Masala
3g Coriander seeds
3g Black pepper
100g Gram flour
40g Hemp seeds
4g Shiso leaves
250g Green yoghurt sauce
- greek yoghurt, lemon juice, mint,
coriander, salt, white pepper, garlic

STARTER



Mise en place

Pair with...

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

Fillet Steak

served with sweet potato chips and rainbow salad

(shown with roasted Nicola potatoes and Italian salad option)

SEGMENTATION

Gluten free

Dairy free

Grain free

Protein rich

Paleo

ALLERGENS

Sulphites

INGREDIENTS

300g Fillet beef

20g Sea salt

210g Sweet potatoes

120g Rainbow salad (see separate sheet for ingredients)

MAIN



Mise en place

Pair with...

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

Ribeye

served with sweet potato chips and rainbow salad

(shown with roasted Nicola potatoes and Italian salad option)

SEGMENTATION

Gluten free

Dairy free

Grain free

Protein rich

Paleo

ALLERGENS

Sulphites

INGREDIENTS

300g Ribeye beef

20g Sea salt

210g Sweet potatoes

120g Rainbow salad (see separate sheet for ingredients)

MAIN



Mise en place

Pair with...

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

Lamb Rump

served with sweet potato chips and rainbow salad

(shown with roasted Nicola potatoes and Italian salad option)

SEGMENTATION

Gluten free

Dairy free

Grain free

Protein rich

Paleo

ALLERGENS

Sulphites

INGREDIENTS

300g Lamb rump

20g Sea salt

210g Sweet potatoes

120g Rainbow salad (see separate sheet for ingredients)

MAIN



Mise en place

Pair with...

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

Lamb Chops

served with sweet potato chips and rainbow salad

(shown with roasted Nicola potatoes and Italian salad option)

SEGMENTATION

Gluten free

Dairy free

Grain free

Protein rich

Paleo

ALLERGENS

Sulphites

INGREDIENTS

300g Lamb chops

20g Sea salt

210g Sweet potatoes

120g Rainbow salad (see separate sheet for ingredients)

MAIN



Mise en place

Pair with...

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

Iberian Pork

served with sweet potato chips and rainbow salad

(shown with roasted Nicola potatoes and Italian salad option)

SEGMENTATION

Gluten free

Dairy free

Grain free

Protein rich

Paleo

Low carb

ALLERGENS

Sulphites

INGREDIENTS

300g Iberian Pork

20g Sea salt

210g Sweet potatoes

120g Rainbow salad (see separate sheet for ingredients)

MAIN



Mise en place

Pair with...

Notes

Razor Clams and Monkfish

SEGMENTATION

Gluten free
Dairy free
Protein Rich
Lower sugar
Low carb

ALLERGENS

Fish
Shellfish
Sulphites

INGREDIENTS

1800g Monkfish
300g Onion
200g Carrots
150g Shallots
20g Garlic
100ml White wine
750ml Fish stock
(fish bones, water)
400g Tomatoes
300g Shrimps

200g Cockles
50ml Brandy
15g GF flour
100ml Olive oil
15g Sea salt
2g Bay leaf
20g Parsley
5g Black pepper

MAINS



Mise en place

Pair with...

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

Black Brill Fish

SEGMENTATION

Gluten free
Dairy free
Lower sugar
Protein rich

ALLERGENS

Fish
Sulphites
Shellfish
Mustard
Eggs

INGREDIENTS serves 1

180g Brill

100g Sweet potato

30g Pea shoots

Black Brill batter - GF flour, squid ink, beer, baking powder, salt, cider vinegar

Tartare sauce - mayo, gherkins, capers, parsley, shallots, lemon juice

Lemon juice

MAIN



Mise en place

Pair with...

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

Pink Cod

SEGMENTATION

Gluten free
Dairy free
Grain free
Protein rich
Lower sugar
Low carb

ALLERGENS

Fish
Sulphites
Mustard

INGREDIENTS serves 1

180g Cod loin
100g Pak choy
Nasturtium

20g Peas
30g Broccoli

50ml **Chlorella sauce** - Onion, Garlic, White wine, Bay leaves, Parsley, Chlorella, Salt, White pepper, Fish stock (fish bones, water), Corn starch

50ml **Marinade** - Water, Beetroot, Garlic, Ginger powder, Cajun, salt

MAIN



Mise en place

Pair with...

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

Grilled Octopus with Purple Truffle Potato Puree and Chimichurri

SEGMENTATION

Gluten free

Grain free

Protein rich

ALLERGENS

Shellfish

Sulphites

Dairy

INGREDIENTS serves 1

150g Octopus

4g Micro coriander

5g Spring onion

Chimichurri - Red wine vinegar

Extra virgin olive oil, Garlic (roasted)

Salt, Ground cumin, Coriander,

Smoked paprika, Parsley flat,

Oregano

150g Mashed purple potato - pur-

ple potato, garlic, salt, black pepper,

butter, milk



MAIN

Mise en place

Pair with...

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

Vegan burger

SEGMENTATION

Gluten free
Dairy free
Vegetarian /
Vegan

ALLERGENS

Sulphites

INGREDIENTS

PATTY

Onion
Quinoa
Black beans
Flax seed
Smoked paprika
Garlic powder
Oregano
Cumin
Salt
Gram flour

ROASTED VEG

Candy beetroot
Golden beet
Butternut squash
Carrot

COLESLAW

Carrot
Red cabbage
White cabbage
Garlic mayo
(eggless mayo,
garlic)
Parsley

'BUN' + FILLING

- water, gram flour,
rapeseed oil, yeast,
tapioca starch, pota-
to starch, rice flour,
brown rice flour, gf
oats, psyllium husk,
stabiliser xanthan
gum, raising agent
(mono calcium phos-
phate, sodium bicar-
bonate, corn starch),
sea salt, unrefined
sugar.

Portobello

Vegan mozzarella

Tomato

Avocado

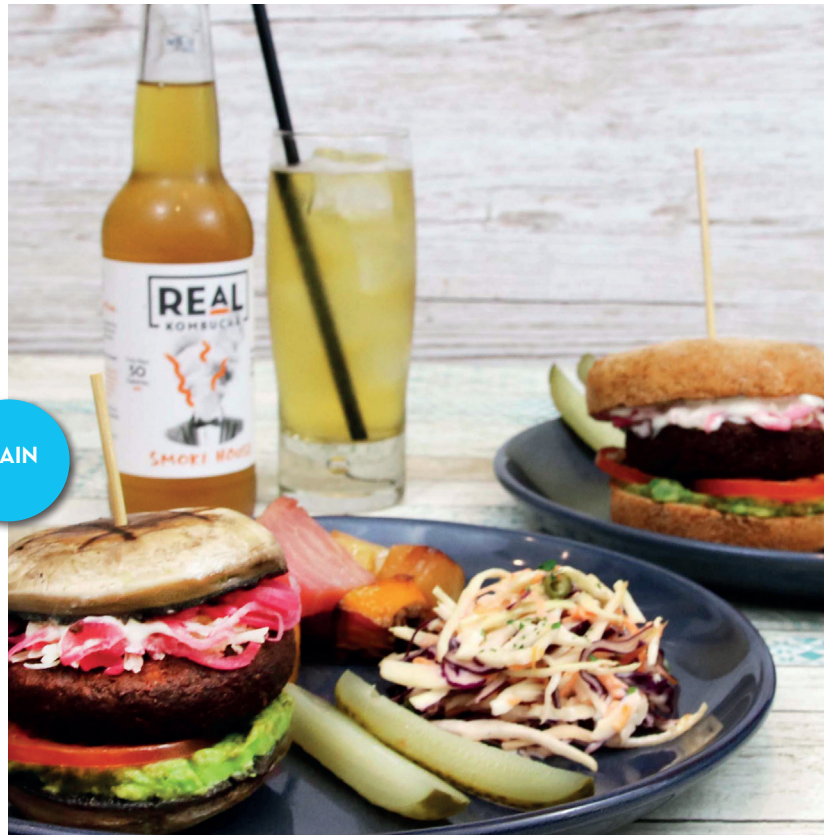
Pickled onion

Eggless mayo -

avocado oil, water,
apple cider vinegar,
lemon juice, pea pro-
tein, himilayan salt,
pepper, konjac root

Garlic

MAIN



Mise en place

Pair with...

THE
WILLOW



HEALTH RESTAURANT & BAR

Notes

Seaweed Tagliatelle stir fry

SEGMENTATION

Gluten free

Dairy free

Grain free

Vegan

Paleo

Protein rich

Lower sugar

ALLERGENS

Sesame

Sulphites

(May contain traces of shellfish
in the seaweed)

INGREDIENTS serves 1

100g Seaweed tagliatelle

20g Red pepper

30g Broccoli

20g Red onion

20g Yellow carrot

20g Mangetout

20g Shiitake

5g Sesame

20g Spring onion

20ml Szechuan sauce

Amino coco, maple syrup,
garlic, chilli flakes, cider vinegar,
chinese spice, garlic powder,
ginger powder



MAIN

Notes

Mise en place

Pair with...

THE
WILLOW



HEALTH RESTAURANT & BAR

Korean Spicy Quinoa Bibimbap

SEGMENTATION

Gluten free
Dairy free
Grain free
Vegan
Lower sugar

ALLERGENS

Sulphites
Sesame

INGREDIENTS serves 4

200g Quinoa
200g Kenya beans
200g Shiitake mushrooms
200g Bok choi
200g Carrots
200g Red onion
Whole Lime juiced
50g Spring onion
10g Sesame seeds
100g Bamboo shoots
4ml Sauce... Korean chilli, garlic, amino coco, cider vinegar, maple syrup, sesame oil, olive oil

MAIN



Mise en place

Pair with...

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

Willow Greens

SEGMENTATION

Gluten free
Grain free
Vegetarian
Lower sugar

ALLERGENS

Dairy

INGREDIENTS serves 1

100g Sugarloaf cabbage
50g Spinach
50g Kale
2g Salt
20g Garlic butter...

Butter, Garlic, Parsley

SIDE



Mise en place

Pair with...

Notes

Roasted Curried Cauliflower with vegan cheese

SEGMENTATION

Gluten free

Dairy free

Vegan

Lower sugar

ALLERGENS

INGREDIENTS serves 1

200g Cauliflower

6ml Olive oil

5g Curry powder

1g Salt

40g Vegan cheese - water, starch, modified starch, coconut oil, sea salt, rice protein, flavourings, olive extract, colour: b-carotene, vit b12

SIDE



Mise en place

Pair with...

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

Roasted Nicola Potatoes

SEGMENTATION

Gluten free

Dairy free

Grain free

Vegan

Lower sugar

Paleo

ALLERGENS

INGREDIENTS

Nicola potato

Seasoning... garlic powder,
onion powder, smoked paprika,
rosemary salt

SIDE



Mise en place

Pair with...

Notes

Sweet potato chips

SEGMENTATION

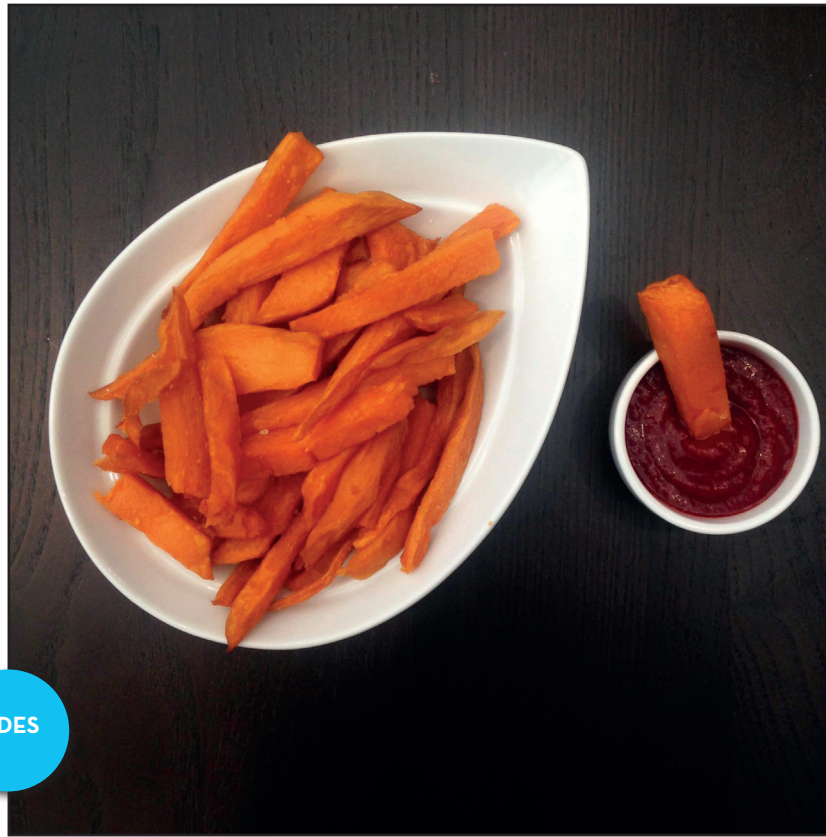
Gluten free
Dairy free
Grain free
Vegetarian + Vegan
Paleo

ALLERGENS

INGREDIENTS

Sweet potato
Coconut oil
Salt

SIDES



Notes

Mise en place

Pair with...

Spicy Dahl

SEGMENTATION

Gluten free

Dairy free

Vegan

Protein rich

ALLERGENS

Mustard

Celery

INGREDIENTS serves 4

1000g Red lentils

120g Ginger

300g Onion

100g Garlic

20g Mustard seeds

30g Turmeric

10g Cumin

20g Coriander

10g Chilli flakes

30g Garam Masala - water, starch, modified starch, coconut oil, sea salt, rice protein, flavourings, olive extract, colour: B-carotene, vitamin b12.

700ml Veg stock

150g Tomato puree

5g Salt

SIDE



Mise en place

Pair with...

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

Willow coleslaw

SEGMENTATION

Gluten free

Dairy free

Grain free

Low carb

Vegan

Lower sugar

Paleo

ALLERGENS

Egg

INGREDIENTS serves 1

20g Yellow carrot

20g Orange carrot

30g Red cabbage

30g White cabbage

50g Avocado

40g Avocado mayo - avocado oil,

egg yolk, apple cider vinegar,

himalayan salt

Whole Lemon

1g Salt

SIDE



Mise en place

Pair with...

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

Steamed veg

SEGMENTATION

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

ALLERGENS

INGREDIENTS serves 1

50g Orange carrot
50g Yellow carrot
50g Broccoli
50g Green beans
10g Olive oil
1g sea salt

DESSERT



Notes

Mise en place

Pair with...

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...

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

Mango Sorbert and Passion Fruit

SEGMENTATION

Gluten free

Dairy free

Grain free

Vegan

ALLERGENS

INGREDIENTS serves 1

150g Coyo coconut yoghurt

- organic coconut milk, organic
tapioca starch, live vegan cultures

80g Mango

40g Passion fruit

10g Mango puree

Edible flower

DESSERT



Notes

Mise en place

Pair with...

THE
WILLOW



HEALTH RESTAURANT & BAR

Pineapple Carpaccio

SEGMENTATION

Gluten free
Dairy free
Grain free
Vegan
Paleo
Low FODMAP

ALLERGENS

INGREDIENTS serves 1

60g Pineapple
2g Ginger
80g Banana
4g Thai basil

DESSERT



Notes

Mise en place

Pair with...

Almond & Chocolate Dome

SEGMENTATION

Gluten free
Grain free
Vegetarian
Low carb

ALLERGENS

Sulphites
Soya
Dairy
Eggs
Tree nuts (almonds)

INGREDIENTS serves 8

200g Dark Callebaut Chocolate
125g Butter
60g Coconut sugar
80g Dried apricot
4 whole Eggs
200g ground Almonds
20g Creme Fraiche
50g Raspberries

DESSERT



Mise en place

Pair with...

Notes

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

DESSERT



Mise en place

Pair with...

Notes

Cheeseboard

SEGMENTATION

Gluten free
Grain free
Vegetarian
Low carb
Lower sugar
Protein rich

ALLERGENS

Dairy

INGREDIENTS

Stilton
Somerset Brie
Goats cheese
Manchego
Quince

DESSERT



Notes

Mise en place

Pair with...

Rib of beef roast

SEGMENTATION

Gluten free
Low FODMAP
Protein rich

ALLERGENS

Egg, dairy, sulphites, celery

INGREDIENTS

Beef (rib eye)
Carrots
Broccoli
Green beans
Sweet potato
Courgette

GRAVY:

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

YORKSHIRE PUDDING:

GF flour, Tapioca flour, Eggs, A2 milk



SUNDAY

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, celery

INGREDIENTS

Poussin
Carrots
Broccoli
Green beans
Sweet potato
Courgette

GRAVY:

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

YORKSHIRE PUDDING:

GF flour, Tapioca flour, Eggs, A2 milk

SUNDAY



Mise en place

Pair with...

Notes

Organic lamb rump roast

SEGMENTATION

Gluten free
Protein rich
Low carb

ALLERGENS

Eggs, dairy, celery, sulphites

INGREDIENTS

Lamb rump
Carrots
Broccoli
Green beans
Sweet potato
Courgette

GRAVY:

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

YORKSHIRE PUDDING:

GF flour, Tapioca flour, Eggs, A2 milk



SUNDAY

Notes

Mise en place

Pair with...

THE
WILLOW



HEALTH RESTAURANT & BAR

Nut Roast

SEGMENTATION

Gluten free
Vegetarian

ALLERGENS

Almonds
Cashews
Hazelnuts
Walnuts
Sesame
Mustard
Egg
Dairy
Celery

INGREDIENTS

Olive oil
Leek
Almond
Cashew
Hazelnut
Walnut
Wild rice
Tahini
Mustard
Black pepper
Salt
Coriander
Carrots
Broccoli
Green beans

Sweet potato
Courgette

**Mushroom gra-
vy...** veg bouil-
lon, mushrooms,
tomato puree

**YORKSHIRE
PUDDING:**

GF flour, Tapioca
flour, Eggs, A2
milk

SUNDAY

Mise en place

Pair with...

THE
WILLOW



HEALTH RESTAURANT & BAR

Notes

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)

SUNDAY



Mise en place

Pair with...

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

KIDS

Pan-fried Brill

SEGMENTATION

Gluten free

Dairy free

Grain free

Paleo

Protein rich

Low carb

ALLERGENS

Fish, sulphites

INGREDIENTS serves 1

120g Brill

10ml Olive oil extra

15g White Cabbage

15g Red Cabbage

15g Yellow Carrot

15g Orange Carrot

15g Yellow Peppers

40g Green Beans

30g Cherry Tomatoes

Dressing shallots, maple syrup,
red wine vinegar

KIDS



Mise en place

Pair with...

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

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



KIDS

Mise en place

Pair with...

Notes

KIDS Pizza

SEGMENTATION

Gluten free
Dairy free
Lower sugar
Vegan

ALLERGENS

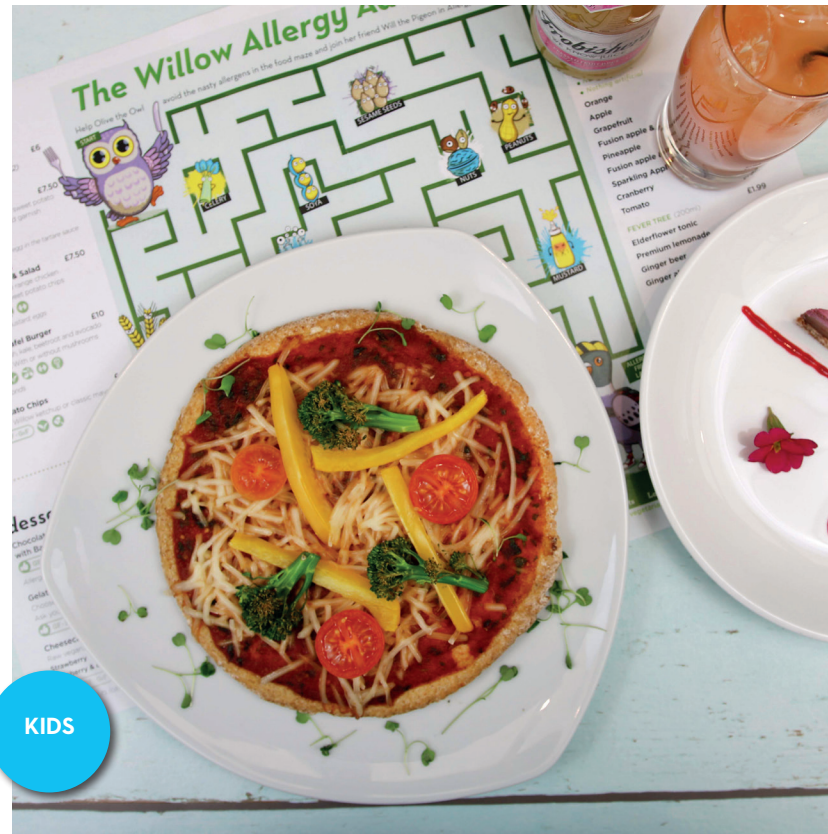
Sulphites, almonds

INGREDIENTS serves 1

Almond flour
Psyllium husk
Arrowroot starch
Flaxseed meal
GF baking powder
Oregano
Garlic powder
Salt
Cider vinegar
Olive oil

50g Vegan mozzarella - water,
coconut oil, modified starch, starch,
sea salt, mozzarella flavour, olive
extracxt, colour: b-carotene, vit b12

Tomato sauce
Cherry tomato
Chopped tomato
Garlic
Coco sugar
Basil



KIDS

Mise en place

Pair with...

THE
WILLOW

HEALTH RESTAURANT & BAR

Notes

DRINKS

Wine

Natural wines are becoming more sought after as a lifestyle choice for the health-conscious.

Our expert team spent 6 months researching and tasting (and tasting some more...) before finally selecting the very best sulfite-free sparkling, reds and whites we could find. We're confident you won't find a finer selection of all-natural wines in one place anywhere else in the UK.

The healthiest wines to drink really are sulfite-free, meaning no artificial sulfites or any other chemicals have been added. They are pure fermented grapes with virtually nothing taken away or added. Natural wines are actively good for you and can deliver serious health benefits – when consumed in moderation!

Sulfite-free wines are packed with some of nature's most potent antioxidants – resveratrol, quercetin and epicatechin. Botanical antioxidants such as these work together in concert and affect all the free radical producing systems that have the capacity to cause cell membrane, tissue and DNA damage if not rapidly quenched. By contrast, vitamin C only works on a single free radical system and its effect is very concentration dependent. So if circulating levels of vitamin C are too low, excessive oxidation (the process that causes rusting of metal and premature ageing of tissues!) occurs, while too high a concentration converts it to what's known as a pro-oxidant. A pro-oxidant is unable to successfully quench free radicals and further enhances damage caused by excess oxidation. These antioxidants block the effects of free radicals that can be extremely harmful, contributing to cancer, stroke, heart disease, dementia and an array of serious illnesses.

With organic wine the issue isn't so much with the wine, it's the certification. 'EU organic certification' isn't worth the paper it's written on. The EU changed its law on organic wine labelling in 2012. For a wine to be labelled 'organic wine' and carry the EU organic wine logo, the grapes must be farmed according to organic practices, and the wine must also be made according to organic methods. But procedures are far too relaxed with 43 different additives permitted, including large amounts of potentially harmful sulfites. There are over 80 additives permitted in non-organic wines. Why on earth would an organic



wine need potassium bitartrate, copper sulphate or silicon dioxide? Then up to 100mg/l of artificial sulphites added (and that's just for red; whites are permitted 150mg/l and sweet wines a whopping 370mg/l). But if the producer wants to ignore these limits they can add as many artificials as they like!

So a glass or two of sulphite-free wine each evening can really be a healthy lifestyle choice. And the difference on how you'll feel the next morning will be a pleasant surprise. Natural wines do cost a bit more than mainstream because they're literally handmade. But the long-term health benefits and lack of hangover far out way the extra cost!

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

DRINKS

Beers

We're pretty excited about our range of award-winning gluten-free (GF) beers, and very proud of the fact we are the first bar and restaurant in the UK to offer a 100% GF bar. We've trawled the length and breadth of the UK to hand-select the very best tasting GF beers that everyone can drink - with several carrying the certification by Coeliac UK as approved GF products. You can imagine how bowled over we were when Monty's Brewery agreed another first, by kegging their gorgeous award-winning GF beers especially for *The Willow* for the first time! With Monty's Brewery, Brewdog, Nene Valley Brewery and Hepworth Brewery, you'll be spoilt for choice. We've even created *The Willow* 'beer flights' so you can taste them all in smaller one-third pints - until you figure out your favourite!



Notes

DRINKS

Spirits & cocktails



Notes

DRINKS

Protein-packed smoothies and super-charged juices

Our power smoothies have a 100% natural vegetable protein base that's completely allergen-free, and with a 98% digestibility profile it's light on the stomach and easy for everybody to digest. *Nuzest Clean, Lean Protein* is high in protein, yet low in carbs and fat, supports healthy weight management and helps your body recover faster so you can get back to doing the things you love. It's sourced from French-grown golden peas, isolated in a patented, all-natural, cold water-based process, with no additives or fillers. It also has an amino acid profile comparable to whey, super-charged with all 9 essential amino acids. With a pH of 7.8, CLP is one of very few alkaline protein supplements available. If you want a real kick-start to your day why not try one of our super-charged juices or sports smoothies, with a full daily serve of *Good Green Stuff* – delivering a blend of 77 essential nutrients in their optimised, most body-ready forms. A complete nutritional support formula, with one serving containing 21 different plant foods, 2.5g of plant extracts, 6 billion friendly bacteria, 2 forms of coQ10, soluble fibre and enzymes. It also has 27 of the best forms of vitamins and minerals.

JUICES

The Super-Charger *A light, refreshing greens and carrot juice super-charged with the 77 ingredients in Good Green Stuff. Notes of summer meadows*

Lean & Green *Apple, cucumber, celery, spinach and ginger fortified with the Good Green Stuff super-nutrient concentrate*



SMOOTHIES

Glorious Chocolate Berry Mixed berries + non-dairy milk + raw honey + Rich Chocolate *Clean Lean Protein* + raw cacao powder + cinnamon

Cherry Ripe Cherries + Coconut water + vanilla powder + dessicated coconut flakes + raw cacao + Rich Chocolate *Clean Lean Protein* + banana

Green Machine Kale + chard + green apple + banana, sliced + coconut milk + Vanilla *Clean Lean Protein*

Super Green Fuel Pineapple + cucumber + lime + ginger + *Good Green Stuff* + spinach + coconut water

Minty Berry Fusion Raspberry + fresh mint + pineapple + Vanilla *Clean Lean Protein* + coconut water

Tropical Nutrient Punch Almond Milk + pineapple + blueberries + banana + dessicated coconut flakes + *Good Green Stuff*

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

DRINKS

Teas

Tea People is an award winning social enterprise. Co-founders Neeraj and Vishaka set it up while raising funds for a school in the tea growing region of Darjeeling in India as a means to support educational needs of tea workers' children in Darjeeling and beyond. Besides their social vision, *Tea People* is a company passionate about spreading the richness of natural, high quality whole-leaf tea. With over 50 different varieties, their teas range from the finest premium single estate tea to their own unique blends, flavours and herbal infusions, many of which have won gold stars at the Great Taste Awards. Their primary focus is loose-leaf tea, as Neeraj and Vishaka believe you get a lot more of the flavour and goodness of tea in this form. They also offer a selection of their more popular teas in biodegradable pyramid teabags. We're thrilled that *Tea People* has created an exclusive breakfast tea blend for us too!

- Willow Blend Breakfast Tea
- Earl Grey
- Lemon Verbena
- Desi Masala Chai
- Jasmine Green
- Coconut Rose Green
- Choco Mint Rooibos
- Very Berry
- Blood Orange
- Jasmine and Lilly Posy
- Moroccan Mint
- Fresh mint tea



THE
WILLOW

HEALTH RESTAURANT & BAR

Notes

DRINKS

Coffee (100% arabica)

It's Brighton's best-kept secret. If you're a local you can spot the odd competitor barista picking up a morning coffee – it's that good! So you can imagine how happy we are to present a house blend from our friends from Coffee @33, roasted exclusively from green beans shipped direct from growers in Brazil (40%), Colombia (40%) and Tanzania (20%) in their very own micro-roastery. The result is a smooth, rich flavour without the acidic taste common in mass produced blends. For coffee connoisseurs, we also have retail bags of naturally-processed 'heirloom variety' Ethiopia Rocko Mountain Reserve beans – with surprisingly sweet notes of ripe strawberry, honeysuckle, florals and ripe melon, combined with cocoa, tea and citrus. There are only 1,000 heirloom varieties growing in the wild forests of Ethiopia and these varieties are responsible for some of the most coveted cup profiles in the world.

For a full-bodied single origin roast, we're delighted to offer Brazil Fazenda Ouro Verde beans – a pulped natural acai variety. Notes are well balanced with plum-like, berries and dark chocolate, with a subtle hint of sweet orange. This single origin roast is a wonderful base to any espresso blend.

By the way, we never serve our coffee scalding hot, as this burns the grains. Our master roaster Taras would not be too happy if we did!

If you're a flat white, cappuccino or latte lover, then go dairy-free with our range of delicious and creamy nut milks (almond or coconut).

As partners with Coffee @33 we are proud to support donations to non-profit organisations and support sustainable coffee farming practices in Ethiopia and Brazil. In short, every bag you buy directly funds worthy causes. In 2016 beneficiary 'Girls Gotta Run Foundation' empowers girls in Ethiopia, through running and education, to avoid early marriage and pregnancy.

In Brazil, 20% of the land at Fazenda Ouro Verde is given over to a nature reserve where indigenous



plants provide a habitat for wildlife. Coupled with the social standards that have been established for the people who work on the land, the direct trade partnership has led to Rainforest Alliance certification.

Notes

THE
WILLOW



HEALTH RESTAURANT & BAR

DRINKS

RO water

Every customer at *The Willow* can enjoy a carafe of pure filtered still or sparkling water that's gone through a **REVERSE OSMOSIS (RO) WATER PURIFICATION PROCESS**.

We've applied technology that uses a semipermeable membrane to remove ions, molecules, and larger particles from drinking water. City water is circulated multiple times and RO isn't used in municipal filtration sites. A good RO system can remove contaminants such as fluoride, arsenic, nitrates, sodium, copper, lead and hormones such as oestrogen. Excess oestrogen builds up in water supplies as a result of women using the contraceptive pill and HRT medication, which creates significant health impacts for both sexes – and negatively impacts the environment. RO water is slightly acidic because the water is demineralised in the process, but we add minerals back in to create a perfect balance. Now that's what we call 'freshly squeezed' water!



THE
WILLOW



HEALTH RESTAURANT & BAR

Notes