

# AUTUMN & WINTER

2020



**INDIVIDUAL**  
RESTAURANTS

*the*  
**ALDERLEY**  
*bar & grill*

**BANK**  
RESTAURANT & BAR

*the* **restaurant**  
bar + grill

**OPERA**  
—GRILL—

*the*  
**MARLOW**  
*bar & grill*

*It's finally here! Tantalise your taste buds with the most exciting  
gastronomic time of the year!*

*There's nothing our chefs at The Restaurant Bar & Grill love more than  
the changing of the seasons. Here we herald the new growing season with  
an exhilarating, refreshed menu packed with the most succulent grilled  
meats, all complemented by the cream of the crop fruits and vegetables.*

*With freshness at the forefront of our minds and provenance our  
primary objective, we love nothing more than rooting out the finest,  
quality produce from independent suppliers.*

*Enjoy*

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## MEET OUR PEOPLE

At The Restaurant Bar & Grill, we are nothing without our hard-working team. Our menus and service are brought to life by the stars who work tirelessly, often out of your sight. Here's just a few of our heroes of hospitality.



# DAVIDE ARGENTINO

## *The Head Baker*

*In Italy, with around 350 different types of bread jostling for space on the table, it's no wonder that bread is as important to a meal as it is to us Brits. There is a reason why we 'break bread' and in our Grills, we take this dedication to this ritual, very seriously. So much so that we have brought the man who is credited as bringing the real Neapolitan dough, from the back streets of Naples, to the rest of the world and into the family of Individual Restaurants.*

33-year-old Davide Argentino, holds the century's old secrets of how to make authentic and traditional Neapolitan dough, learned in the birthplace of Pizza. As Davide says "I have always, being born in Naples, been fond of pizza, bread and all the typical products of my culture, my traditions and my region of Campania. It's a love that was born when I was a child. I've always wanted to learn more about baking. As a teenager, the summer holidays were the only time I had to do this. In 2001, when I was 16, I decided to start my first summer job and my brother in law, Francesco, a third-generation baker, gave me my break. I later enrolled at the University Federico II in Naples at the faculty of Tecnologie Alimentari (Food Technologies). Here I learnt about the science behind baking."

Davide was lucky enough to be mentored by master baker Vincenzo Lacomino. "Many people in Naples knew about his passion and his skills and called him the "Maradona" baker, which is the Neapolitan expression for The Top. He is no longer with us but for me he will always be my Master baker."

It was soon after this that Davide started his collaboration with Molini Pizzuti, an artisan flour producer. By doing this, Davide has imparted his skill and technique to many far-flung countries; "Now, Neapolitan bread and pizza is being made according to my recipes and techniques, from Budapest to Beijing, Singapore to Santiago, as far as Tibet, and as close to home as London.

"In 2017, at the Expo Olympia in London, I had the opportunity to meet Gino D'Acampo who, after having tasted bread and pizza made with my personalised recipes, asked me to share my knowledge of Neapolitan baking products with the team at Individual Restaurants. So, what is it that makes Davide's, the very best version of the Neapolitan dough? "With my recipes and techniques, I create fragrant, soft, light and crunchy products with a lower glycaemic index which makes it easily digestible." And this dough, the mother dough if you will, is called the Biga. "I have come up with a fool proof way that it can be used for many different bread-based products."









# WARRICK DODDS

## *The Executive Chef*

*Born and brought up in South Africa, Warrick Dodds is the Executive chef at the Individual Restaurant Master Kitchen. In short that means, anything you've tasted from any one of the menus of Piccolino, Restaurant Bar and Grill or Gino D'Acampo, has been developed, tasted and tested by Chef Dodds' palate.*

Warrick has been in residence at the Individual Restaurant Kitchen for the past 6 years, having worked his way up through some of the UK's most notable restaurants, including the Michelin starred Northcote Manor. With over 20 years in the hospitality industry, his passion for food was ignited leaving South African soil and travelling round the world.

During his travels he was inspired to experiment with different ingredients and flavours, and his experimentation was rewarded by winning the American Express Young chef of the year in 1999. Fast forward to 2011 and Warrick decided to change direction, heading down a more developmental route, which is how the former Michelin starred chef has ended up at our Individual Restaurant Kitchen. At The Individual Restaurant Kitchen, Warrick heads the team that create and produce everything required at each of the restaurants. On average they create 270 different products ranging from artisan products

including bread and ice cream, to pasta, pizza dough and even patisserie. The importance of The Kitchen is that it enables each restaurant head chef to make every element of the dishes served, from scratch, and that's testament to the culinary team there.

As well as ingredient excellence control, Warrick's job involves rigorous recipe testing, by first checking the recipe works, then ensuring once it has been up-scaled to a restaurant dish, that this process hasn't altered or compromised on the flavour and quality of the dish.

No matter which way you look at it, Warrick is consumed and surrounded by food. It's no wonder then, when questioned what his favourite dish is he replies "I can't choose just one dish. All I want is something simple, that uses the best ingredients, and cooked well". Which is just what Individual Restaurants do.

# ANTOINE QUENTIN

## *The Head Pâtissière*

*Antoine Quentin is our Individual Restaurant Kitchen's Head pastry development chef. And he is French. This may come as no surprise as he lives and breathes pastry and patisserie in a way only the French traditionally do. Born in a town called Melun, near Paris, Antoine started working in patisserie when he was 16 years old.*

Four years later he moved to England and almost immediately went to the Michelin starred Northcote Manor with the now head of The IR Kitchen, Warrick Dodds, as a demi pâtissière. The next 16 years fly by with Antoine earning his crust and working his way up, through other Michelin starred establishments such as Pool Court and winning culinary awards and distinctions at Room restaurant and Brasserie 44. He was also the head pastry chef at the Lowry hotel before finally landing at our Individual Restaurant Master Kitchen, back with Warrick Dodds.

Now Antoine spends his days making pastries, cakes and ice cream, with a team of 8 chefs. To give you a flavour of how demanding his job is, they work

on 6 different types of bread, 15 different ice cream flavours and around 25 different dessert offerings. Each restaurant menu is seasonal, so the flavours and ingredients reflect the season and seasonality of the dishes. Individual Restaurant's modus operandi is to make everything they possibly can from scratch, meaning he and his team have to rise to the challenge 7 days a week, to ensure the bread and pastry products are freshly prepared and baked every day.

Luckily for the team at the Individual Restaurant Kitchen, after eating and tasting pastry all of his adult life, Antoine's tastes tend to veer towards the more savoury side. However, even he has a soft spot for the tiramisú, judging it to be 'fantastic'.







# MARCELLO GHIRETTI

## *The Head Pasta Maker*

*Marcello is a proud Italian, hailing from Parma, home of the ubiquitous parma ham, and joined our Individual Restaurant Master Kitchen from its inception, around 6 years ago. Like all the other heads of divisions, Marcello has trodden a long and well awarded path to the Individual Restaurant Kitchen.*

For starters he was lucky to work with Master Guiltiero Marchesi, a famous Italian chef, who was the first Italian to be awarded 3 Michelin stars. From the master, Marcello learnt about fine dining and it started a lifelong passion for produce and pasta. In time Marcello became head chef for the 4 star luxury hotel in Parma, the Lamborghini Hotel (yes, the Lamborghini hotel, the son of the Italian supercar family sold part of the company to start a luxury lifestyle and gadget firm. As one does.)

Like most chefs at the top of their game, Marcello decided to move into development. At our Individual Restaurant Kitchen, he is the head of pasta (and also our first aider!). Individual Restaurants is proud of the fact that all of its filled

pasta is hand made by Marcello and his team in our Kitchen, from scratch. And with 4 different lines of pasta on the current menu across all brands, that's a lot of egg, water and flour being used up each week. As each dish is sold on the menus across the entire country, Marcello has to make sure the team have the right equipment and stored ingredients at all times, so it's a day filled with checking, tasting, re-checking, tasting and checking again.

For Marcello, he's come a long way from being a kid in Italy wanting to work with food. "I used to have to pick 100's and 100's of kilograms of white crab meat from tiny little cracked shells. Now I make hand made pasta, and everyone loves hand made pasta. What a great job to have."



# NORMAN JOHN BOWIE

## *The Head Butcher*

*Norman has been with our Individual Restaurant butcher's shop for 6 years as our Master Butcher, sharing in our passion for beef and our quest to find the best steak cuts from around the world.*

With over 40 years in the butchery industry, Norman has progressed his way through multiple roles within various catering butchery firms. In 1993, Norman became manager of a retail butcher's shop on Lawnshall market, overseeing product quality and sales.

In 2000 Norman progressed his career from butchery to sales and account management for Randall Parker food group, overseeing butchery accounts of pub groups and restaurant chains. Using his experience and meat knowledge, he was able to help with

the development of products best suited to their customers. In 2006 Norman joined Birtwistles Catering Butchers, where he was appointed as steak cutting manager and oversaw all of their operations for fresh meat portioning servicing major restaurant chains and large food service groups.

Since 2012 Norman has worked with our team of butchers here at Individual restaurants where we go to great lengths to bring you truly amazing beef, aged in house for up to 35 days in our state-of-the-art aging room.

MEET OUR PEOPLE









## HERO PRODUCERS

Introducing this seasons hero producers and why we've partnered with them to deliver quality ingredients every time.









# THE BLUE SEA FOOD COMPANY

Hand Picked White Crab | *Paignton, Devon*

At Individual Restaurants, we're crazy about crustaceans, and we've found the perfect British seafood partner who shares our love. Devon Crab is some of the finest in the world and we are proud to partner with The Blue Sea Food Company to bring this West Country delicacy to your table.

Based on the Torbay coastline, in the seaside town of Paignton, every day, whatever the weather, once their fishing boats have landed their sustainable catch, they cook them for only as long as necessary depending on the season and then expertly pick out the meat using a combination of innovative technology and, of course, nimble fingers to produce quality crab meat at competitive prices. Blue Sea Crab is healthy, sustainable and above all delicious. Low in fat, high in protein and rich in vitamins and Omega 3, Devon Crab also has many of the essential

elements the body needs. A healthy intake of omega 3 is a well known way of reducing the risk of heart disease, and Crab is also rich in Copper, Zinc, Selenium, Vitamin B2 and is a very good source of Protein and Magnesium.

Our chefs at Individual Restaurants believe Devon crab are some of the sweetest you can buy. Cooked when they are at their optimum condition, full of meat and bursting with flavour, they are a feast for the eyes as well as the taste buds. We use the "fillet steak" of the crab - the claw meat, the brown meat which is creamy and flavourful, and the purse meat, otherwise known as the honeycomb of the meat. So rest assured whatever dish you order with crab, be safe in the knowledge it's sustainable, it's ethical and above all, it's delicious.





# WINSTON CHURCHILL

Venison Fillet | *Balagowan, Dunoon, Argyll & Bute,  
South West Scottish Highlands*

This lean meat is eaten as steak, sausages, tenderloin, roasted, and minced. At Restaurant Bar & Grill we use the tenderloin. It has a flavour reminiscent of beef, but is richer and can have a gamey note. Venison also tends to have a finer texture and is leaner than comparable cuts of beef. Interestingly the name derives from the Latin *venari* (to hunt or pursue).

Venison is a relatively new addition to our menus at Restaurant Bar & Grill and our producer of this exquisite meat, is the Scottish family run Winston Churchill Venison, based in the idyllic South West Highlands. They actually started off providing a deer stalking service for sportsmen, but quickly realised the potential of the product, and in 1990, Winston himself taught himself butchery in order to sell to friends and family and slowly the business grew. "Initially we sold our surplus carcasses to the dealers, but now we use all our own and buy in from neighbouring stalkers when the need arises. All of our venison is harvested from the wild. We are a very small, family run business that takes great pride in

all that we do." As the business grew they realised that they were outgrowing the small premises. The larder - purpose built during the year 2000 - was designed with the help of the local Environmental Health Department so that they covered all health and safety aspects, thus creating a very up to date, and user friendly, butchery.

"Once we commissioned the new larder our sales grew even faster which meant that we needed to expand our team and seek butchery training. Alastair joined us during 2003 with very little butchery experience, but we put him on a butchery course run by the Scottish Meat Traders Federation, to whom we subscribe. He very quickly gained butchery skills, became fully qualified and now runs the larder for us. He has two assistants, Preston and Danii, both of whom are in their teens and are on the same training course that Alastair took."

It's the people, the training, and the care of the animals that ensures we get the very best cuts of Venison to serve on our menus.











# COOK AT HOME

We've cherry picked these recipes, so you can recreate some of your favourite restaurant dishes, at home.

Beef Bourguignon

-

Isle of Man Scallops

-

Spicy Shrimp Risotto



OUR SOMMELIER RECOMMENDS:

*To serve, our sommelier recommends the Aglianico Alpha Box & Dice 'Xola'. Aromas of beetroot lead to a palate of forest floor & frozen berries with sumptuous velvety tannins.*

COOKS TIPS:

*Serve with mashed potatoes, you can use hot horseradish cream in your mash, although fresh packs more punch.*

# BEEF BOURGUIGNON

Button mushrooms, onions & smoked bacon

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SERVES: *Four*

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Our melt-in-the-mouth bourguignon is testament to our chefs' patience and skill. Our Cheshire butchers first source ox cheek from the very best British cattle – Limousin, Hereford and Aberdeen Angus – and our chefs slow-cook the classic cut in red wine and stock. The dish is finished in our bespoke ovens – fired by sustainable wood from the English countryside – imparting a rich smokey flavour and caramelising the beef, mushrooms, onions and pancetta to perfection.

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## INGREDIENTS:

1 tbsp rapeseed oil	300g button mushrooms	2 bay leaves
1 tbsp unsalted butter	4 beef ox cheeks approx. 1.4kg	6 thyme sprigs
150g pancetta cubes	3 cloves of garlic	500ml beef stock
200g baby onions, peeled and left whole	3 tbsp plain flour	Small bunch of parsley, finely chopped
	400ml red wine	

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## METHOD:

*Preheat your oven to 140°C fan/gas mark 1.*

- <sup>01.</sup> Heat the rapeseed oil and the butter in a large casserole pot and fry the pancetta for 3-4 minutes until golden then scoop out using a slotted spoon onto a large plate.
- <sup>02.</sup> Season the ox cheeks then brown in batches, being careful not to overcrowd the pan, for 1-2 minutes on each side, then transfer to the plate.
- <sup>03.</sup> Add the onions and cook for 5 minutes then add the mushrooms and cook for 2 minutes.
- <sup>04.</sup> Add the pancetta and ox cheeks back to the pot then add the garlic and cook for 1 minute. Sprinkle over the flour, stirring well and cook for 1 minute before adding the red wine, bay leaves, thyme, beef stock and plenty of seasoning, scraping the bottom of the pan with a wooden spoon. Put the lid on then cook in the oven for 3 ½ hours, removing the lid for the final 30 minutes. The meat should be soft and falling apart.
- <sup>05.</sup> Scatter over the parsley before serving.





OUR SOMMELIER RECOMMENDS:

*To serve, our sommelier recommends the Gruner Veltliner. Delicate aromas of honey, apricot & white spice, the palate has more stone fruit flavours & a soft, appealing texture.*

COOKS TIPS:

*Fresh scallops are best bought in the shell, ask your local fishmonger to prepare the scallops for you.*



# ISLE OF MAN SCALLOPS

Tenderstem broccoli, chorizo & romesco sauce

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SERVES: *Four*

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Diners have good reason to cherish the classic combination of sweet scallops and smoky, spicy chorizo. Ours adds a charred red pepper sauce and tender broccoli to the picture to make the perfect starter that'll impress any guest. In the restaurant we use wild native king scallops sourced from the clean, clear waters that surround the Isle of Man. Our trusted suppliers, C.B. Horne, are located right in the harbour, so freshness is always guaranteed. Our chorizo comes from the Asturias region of northern Spain where it's cured and smoked over oak fires to create a fantastically intense flavour.

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## INGREDIENTS :

20 king scallops, approx 600g  
60g chorizo, sliced into coins  
½ cm thick  
200g tenderstem broccoli  
2 tbsp olive oil  
½ lemon, juiced  
Small bunch parsley,  
finely chopped  
Small handful purslane (optional)  
Sea salt & black pepper

**Romesco Sauce:**  
2 red peppers  
1 red chilli  
4 tbsp extra virgin olive oil  
2 tbsp tomato purée  
1 tsp smoked paprika

**Garlic Butter:**  
50g salted butter, softened  
1 tbsp extra virgin olive oil  
1 clove garlic, peeled and crushed

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## METHOD :

- <sup>01.</sup> To make the romesco sauce, heat the grill to high and cook the peppers and red chilli tossed in 1 tbsp olive oil on a baking tray until they are blistered and blackened all over, around 10 minutes. Transfer them to a bowl and cover with cling film. Once cool enough to handle, peel off the blistered skins, discarding the stalks and seeds, then add to a food processor with all the other ingredients and some seasoning. Blitz everything together until smooth then transfer to a bowl tightly covered with cling film to keep warm.
- <sup>02.</sup> For the garlic butter, beat the butter, olive oil and garlic together until fully combined.
- <sup>03.</sup> Heat the 2 tbsp of olive oil in a large non-stick frying pan and once it's hot season the scallops with salt and pepper then cook for 1 minute on each side (a little longer if your scallops are very large) until nicely caramelised. Turn the heat down and add the chorizo slices to the pan.
- <sup>04.</sup> Once some of the smoky oil has been released from the chorizo, add the garlic butter and broccoli, stirring to coat everything in the buttery chorizo juices. After 1 minute add the lemon juice and parsley then remove from the heat.
- <sup>05.</sup> To serve, spoon three neat tablespoons of romesco onto each plate, place a scallop in between each then top with the broccoli and chorizo, spooning over the juices from the pan. If using, garnish with a few purslane leaves then finish with a sprinkle of sea salt flakes.

# SPICY SHRIMP RISOTTO

Crispy kale

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SERVES: *Four*

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A classic Bar & Grill dish, this spicy risotto is the one pot wonder that looks and tastes so much more than its component parts. Both buttery and deep-flavoured, the risotto is made with white wine and a rich stock of shrimps and lobster, warmed with turmeric and paprika and stirred through with North Atlantic prawns. Finish with flourish of crispy kale and shichimi pepper (a Japanese seven-spice mix blending sesame seed, peppercorns, orange peel and umami-rich seaweed) and enjoy.

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## INGREDIENTS:

### Risotto

300g Risotto rice  
1 Litre shrimp/lobster stock  
(or vegetable stock)  
20ml Olive oil  
1 Small glass of white wine  
1 Garlic clove  
1 Onion, finely diced  
60g Unsalted butter  
1 Red chilli, finely diced  
Juice of half a lemon

1 Bunch of coriander  
(Leaves Picked & Chopped)  
400g North Atlantic wild prawns  
4 Spring onions  
Salt & pepper to taste

### Spicy Onion Mix

1g Cayenne pepper  
25ml Olive oil  
6g Paprika  
3g Turmeric

1 Garlic clove, chopped  
1 Onion, chopped

### To Finish

4 Kale leaves, stalk removed,  
Deep fried & seasoned with salt  
10ml Chilli oil  
A generous pinch of  
shichimi pepper

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## METHOD:

- <sup>01.</sup> To prepare the spicy onion mix, place a saucepan over a medium heat, add the oil, onions and garlic and cook for 5 minutes until softened, then add the ground spices, lower the heat and continue to cook for a further 10 minutes. Transfer to a blender and puree, adding a little water if necessary.
- <sup>02.</sup> To prepare the risotto, place a large deep frying pan over a medium heat, add the oil, onions and garlic and cook for 10 minutes until softened, then add the risotto rice and continue cooking for a further 2 minutes, stirring constantly.
- <sup>03.</sup> Add the white wine and reduce by half, add the spicy onion puree and stir through, continue stirring adding the hot stock a little at a time until all has been absorbed by the rice, season with salt and pepper.
- <sup>04.</sup> Add the prawns, spring onions, chilli, coriander, lemon juice, stir to combine. Remove from the heat and add the cold, diced butter, stirring constantly, this will enrich the flavour of the risotto.
- <sup>05.</sup> Spoon the risotto into 4 warmed serving bowls, finish with the chilli oil, crispy kale and shichimi pepper.



OUR SOMMELIER RECOMMENDS:

*To serve, our sommelier recommends something similar to a Riesling Novas Gran Riserva. The intense aromas of this dish will match perfectly with the flavours of the wine. Complex on the nose with fresh lime notes and gentle honeysuckle flora.*

COOKS TIPS:

*Make sure your butter is straight from the fridge. It's coldness will ensure it melts slowly and will emulsify creating a creamy finish. If the butter melts too quickly then your risotto will be oily.*







## SEASONAL INGREDIENTS

With the change of the seasons, comes the change in our ingredients and our dishes. At The Restaurant Bar & Grill, we are passionate about using only the finest locally grown produce when in season.

The development team go to great lengths to ensure that we work with producers who are just as passionate as we are about quality ingredients. The head development chef hand picks those suppliers and our head buyer works with them to ensure we are getting the first-rate vegetables, herbs, salads and fruit to make sure each bite from each dish, is full of real flavour.

Here are just some of the seasonal ingredients that we are working with this season to create these autumn and winter menus for you.





*We are committed to using the finest produce, and as seasons allow we are proud to be associated with some of the artisan producers listed below.*

HERITAGE BEETROOT

*John Ashcroft, Worthingtons Farm, Lancashire, North West England*

CELERY

*Alan Webster, Lancashire*

MARIS PIPER POTATOES

*Andrew Louka, Kent*

CAULIFLOWER

*Sarah Friend, Kent*

WATERCRESS

*Roddy Cox, Fosse Farm, Warwickshire*

KALE

*Chris Molyneux, The Molyneux Kale Company, Lancashire, North West England*

LEEKS

*James Seddon, Lancashire*

SWEDE

*Stewarts of Tayside, Scotland*

APPLES

*Brogdale Farm, Faversham, Kent, South East England*

PEARS

*Brogdale Farm, Faversham, Kent, South East England*











**FISH**

**LEMON & DOVER SOLE**

*Landed daily, Cornwall,  
South West England*

**PLAICE**

*Landed daily, Cornwall,  
South West England*

**COD**

*Landed daily,  
North Atlantic Ocean*

**SHELLFISH**

**SCALLOPS**

*CB Horne Family,  
Port St Mary, Isle of Man*

**OYSTERS**

*Colchester,  
South East England*

**RED PRAWNS**

*Landed daily, Huelva,  
Southern Spain*

**CRAB**

*Devon, South West England*



**FREE  
DELIVERY**  
WITHIN 5 MILES

**10% OFF**  
COLLECTION





# bar + grill 2 go



*Our brand new online ordering system means you can order your favourite drinks and dishes from every restaurant in our collection. That's right, fancy a bottle of our Malbec to go with your order? We will get it ready for you to collect.*

*To celebrate the launch there's 10% off every order when you collect, plus you can also earn and redeem Club Individual points too.*

barandgrill2go.com

## LUNCH & EARLY EVENING

1 COURSE 13.75 | 2 COURSE 20.25  
3 COURSE 24.25

Monday to Friday | 12 noon ~ 7pm Saturday | 12 noon ~ 7pm  
Roasts available on Sundays - See separate menu

### STARTERS

Soup au pistou *Vegetables, basil, croutons, pea*

Fried chilli squid *Thai herbs, noodle sa*

Tamarind glazed heritage beetroot *Baby spinach, soya labneh (Ve)*

Chicken skewers *Tikka spices, mint yog*

### MAINS

Asparagus risotto *Broad bean, pea, leek & pecor*

Salmon fishcakes *Wilted spinach, parsley*

Crispy chicken escalope *Breaded chicken filled with Dijon cream sauce*

Chargrilled chicken Caesar salad *Gem lettuce, C bacon, croutons*

Grilled halloumi burger *Chipotle mayonnaise, butter le pickles, tomato, brioche bun, harissa spiced pot*

Steak Diane *Flash grilled steak & mushroom (A £3.50 supplement charge will apply)*

### DESSERTS

Chocolate fondant *Vanilla ice cream (v)*

Sticky toffee pudding *Vanilla ice cream (v)*

Cherry Bakewell tart *Clotted cream (v)*

Selection of homemade ice creams *Chocolate wafer biscuit (v)*

**Please always inform your server of any allergies before placing your order as not all ingredients can be listed and we cannot guarantee the total absence of allergens in our dishes. Detailed allergen information is available on request.**

A discretionary service charge will be added to your bill.

### SPECIALS

Butternut squash risotto 12.50

*Sage butter, pecorino cheese (v)*

Heritage beetroot & goats cheese 9.75

*Roast, pickled & raw beetroot, creamed goats cheese, toasted hazelnuts (v)*

Kiln smoked salmon 10.50

*Beetroot salad, horseradish crème fraiche*

### MARKET FRESH FISH OF THE DAY

*We go to great lengths to bring you truly amazing fish, responsibly caught from sustainable sources, including some of the finest day boat fish from around the British Isles.*

*We've developed strong partnerships with small independent family run suppliers like Chapmans of Rye on the south coast of England to ensure we get the best fish direct from their boats.*

Black cod 29.25

*Miso, pickled onions*

Sole meuniere 27.50

*Lemon sole, butter, lemon, parsley*

### SANDWICHES

Available 12noon - 6pm | Served with house cut chips

Toasted ham & cheese 9.50

*Sourdough bread, fried free range duck egg, ham, Mayfield Swiss cheese, truffle*

Grilled chicken club 10.25

*Smoked bacon, gem lettuce, tomato, free range egg*

Fillet steak 16.00

*Flash grilled steak, toasted sourdough bread, mustard butter, lettuce, tomato, horseradish cream*

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A discretionary service charge will be added to your bill.



# INNOVATION THROUGH SPECIALS

Innovation *noun*

<sup>01.</sup> The action or process of innovating.

*“Innovation is crucial to the continuing success of any organization”*

- A new method, idea, product, etc.

All great dishes have been created as a result of accidents or experimentation. From chocolate chip cookies to beer, humans throughout history have often created foods and beverages far more delicious than anything they originally set out to make.

Who was the first person who worked out that if you put meat on a fire, the fat would trickle out and baste it, resulting in a juicy chargrilled steak? Who then whilst foraging found the first specimen of rosemary and thought “I wonder what would happen if I rubbed this on that meat before I put it on the fire?”

I think we can all agree that we owe our cave dwelling ancestors a debt of gratitude! These tales of the unexpected from the kitchen have created some of our most common food and drinks.

## **A mainstay on our drinks menu, a well-crafted beer.**

Invented completely by accident over 10,000 years ago by the Mesopotamians. Our ancient brothers began storing grains for bread, their storage spaces occasionally became damp, which caused the grains

to ferment. This fermentation process resulted in the earliest beer. We should all raise a glass to that first Mesopotamian who was brave enough to sample the strange liquid.

## **A life without flavour, isn't a life worth living.**

Our greatest flavour enhancer ‘salt’ was first used to bathe in to heal ailments according to Greek history, but there is evidence that it was discovered and used by the Chinese, way back in 2700BC, but again, as a pharmaceutical. So, who first was brave enough to sprinkle it on their food? If you are to believe the internet, then we have the Persians (modern day Iranians) to thank as they started using it round-about the same time, they discovered fire (500BC). Religious ceremony played a part in this, and salting meat became the norm. Whoever you believe, can you imagine life without a pinch of salt?

Now, enough about the past. Let's gaze to the future, and take a look at just a couple of up and coming dishes our development team have been creating, with innovation at the heart of their method, all to expand and improve our already fantastic recipe bank....



BUTTERNUT SQUASH RISOTTO

*Sage butter, pecorino cheese (v)*

Our classic risotto has a warming seasonal twist, with sun-sweetened butternut squash roasted and served with buttered sage leaf. The creamy rice is smooth and pleasing, slowly stirred with white wine and garlic and enriched with a good grating of pecorino cheese before leaving the kitchen.



HERITAGE BEETROOT & GOATS CHEESE

*Roast, pickled & raw beetroot, creamed goats cheese, toasted hazelnuts (v)*

The key thing about this dish is the combination of textures, that's what makes it work, so we had to play around with the raw ingredients to get the balance just right. And then the flavours. We started out using a smoked beetroot puree, but then decided that the sweetness of roasted beetroot would complement the strong-tasting goats cheese as well as providing a pretty colour contrast too.





BLACK COD

*Miso, pickled onions*

Instead of the commonly known Atlantic cod, we use Pacific cod – AKA sablefish – as it's soft buttery texture marries perfectly with our sweet miso marinade. Each meaty steak is cooked over our charcoal pit, glazed with mirin and sake, and served wrapped in dry hoba leaf. The final touch is a shiso leaf topped with our pickled red onion. Not your standard pickle, our red onions are steeped in sushi vinegar, kombu, star anise and brown sugar.





KILN SMOKED SALMON

*Beetroot salad, horseradish crème fraîche*

Hot-smoked with skill and care to preserve the succulence of the fish whilst gently cooking the flesh, our kiln-smoked salmon is the hero ingredient in this delicately balanced salad. Roasted heritage beetroot offer a sweet and earthy counterpoint to the mustardy kick of horseradish; aged balsamic vinegar sweetens the peppery watercress.



## THE ART OF APERITIVO

*Of all the customs we've experienced on our travels around the Mediterranean, drinking carefully designed drinks alongside small nibbles during the golden hours of Aperitivo is our favourite.*

*So eager are we to adopt this social act as one of our own, mainstays of our menu have been reimagined as bitesize 'cicchetti' & accompany pre-dinner drinks from 4pm.*

*Please select one of the below to accompany your aperitif.*

Giant Apulian Cerignola olives (Ve)

Tempura king prawn  
*Nori, chilli jam*

Beef satay  
*Peanut sauce*

Halloumi cheese burger  
*Chipotle mayonnaise (v)*

**Please always inform your server of any allergies before placing your order as not all ingredients can be listed and we cannot guarantee the total absence of allergens in our dishes. Detailed allergen information is available on request.**

## JOIN US FOR APERITIVO

Here in our Grills, we celebrate the world's finest food traditions and the convivial hours of 'aperitivo' are a cultural expression of Italy we never get tired of raising our glasses to.

Born in Northern Italy, the custom sees locals and tourists pack out piazzas and chic rooftop bars to converse over a few drinks and delicious nibbles in the sunset hours that mark the end of the working day and the evening meal.

Dinner in Italy, whether at home or in a restaurant is always a grand occasion – with diners sitting down as late as 9pm (or even later) leaving plenty of time to ignite the appetite through carefully designed drinks and piquant snacks.

Our take on this fine tradition sees some favourites from our menu reimaged into bitesized 'cicchetti', with crisp, smokey or spicy mouthfuls providing the perfect accompaniment as you chink glasses with friends and family.



At The Restaurant Bar & Grill, we love to celebrate international traditions, taking inspiration from the culture and cuisines around the world. This season we are taking influence from our Italian cousins and delving into their culinary traditions to enjoy here in the UK.

One of the best is 'Aperitivo', a glorious couple of hours, generally between 7pm and 9pm, when Italians relax after work over a glass of wine or Campari and some bite sized snacks. Since its traditional to eat lunch around 1pm or 2pm, and dinner around 9pm, it's also a good way to fire up the metabolism in order to work up an appetite for dinner.

An aperitivo (or apéritif) is the pre-meal drink specifically meant to whet your appetite. The concept of the modern apéritif is thought to have been invented by the distiller Antonio Benedetto Carpano, who also created one of the first types of vermouth in Turin, Northern Italy, in 1786. He claimed that his combination of fortified white wine with various herbs and spices stimulated the appetite and ergo, was more suitable for ladies to drink than red wine. Vermouth became popular very quickly, but it's unclear when people began referring to these sorts of drinks as 'aperitivi'. What we do know is that the term comes from the Latin word for "opener", suggesting that it was to "open a meal".

There is a trend right now in the UK that is favouring low ABV drinks, however traditionally the aperitivo cocktail in Italy has always been light on alcohol and bitter on taste, meaning they complement salty snacks, perfectly. Whichever bar you are in, appetizers are normally provided as long as you are drinking, although the types on offer vary from cheeses and cured meats, to pizzettes and even small plates of pasta.

Italian food customs are very regional and that applies to what is on offer for aperitivo, too. Italians will say that Milan is, hands-down, the best place for aperitivo in Italy; the bars are buzzing and the selection of both food and drinks for aperitivo is excellent. The further south you go, the harder it is to find a "proper" aperitivo, but the trend is catching on. Rome, Florence, even Naples all now have thriving aperitivo scenes.

The Milanese have their own version of the aperitivo creation story, only theirs replaces Turin's Antonio Benedetto Carpano with Gaspare Campari, the inventor of another popular apéritif, the eponymous Campari. As mentioned before, while wine is commonly drunk in Italy, aperitivo hour is the perfect time to try a classic Italian cocktail, like the bitter Campari or the slightly less bitter Aperol. Both are fantastic mixed with soda, or in a slightly sweeter Spritz (sparkling wine, soda, and Campari or Aperol).

If bitter drinks are right up your street, Italy has a whole class of them called Amari, with the most bitter being Cynar, which is flavoured with artichokes. If you prefer your drink on the sweeter side, try the classic Martini Rosso or Martini Bianco. Both of these are types of vermouth, which have lower alcohol concentrations at around 15%, as opposed to the famous martini cocktail which includes vermouth but is mostly composed of straight gin or vodka, making it a much more potent affair, typically around 40-80% proof!

If you're after something with more of a punch that is still very Italian, then may we introduce you to the Negroni, Italy's most famous classic cocktail which is now over a century old. Sometimes described as a sort of dark martini with gin, Campari, and red vermouth, it's flavours are devilishly complex and layered with bitter, medicinal notes and zesty hits of grapefruit peel and juniper. If you want something with more bite then try a Negroni Sbagliato, (broken Negroni) which replaces the gin with prosecco.

Although the tradition of Aperitivo is rooted firmly in Italian culture, here at The Restaurant Bar & Grill, we have adapted it to reflect our international menu and flavours. We have cherry picked some of our favourite nibbles from around the world, to enjoy complimentary with your chosen aperitif. Select from the Middle Eastern halloumi burger, South East Asia's tempura king prawns or Malaysian beef satay, or slightly closer to home and tradition, giant Italian Apulian green olives. Whatever you decide upon, we hope you enjoy them, so do please take a seat at any of the bars for a drink while the team happily serve you the delicious (complimentary) amuse bouche to go with it. The Art of Aperitivo, from 4pm.



OUR RECOMMENDED APERITIFS:

**Pentire Non-alcoholic Spirit**  
*Fever-Tree tonic & rosemary*

**Rose Clover Club**  
*Hendrick's gin & Lanique rose liqueur  
with Cocchi Rosa, raspberries,  
hibiscus, lemon juice & whites*

**Graham's Blend #5 White Port**  
*Fever-Tree cucumber tonic*

**Resting Spritz Face**  
*Aperol with Dolin Chamberyzette  
strawberry aperitif, Cocchi Rosa,  
pomegranate cordial, Prosecco Primo  
& Fever-Tree soda*

**Everleaf Non-alcoholic Aperitif**  
*Fever-Tree tonic*

**Lychee & Green Tea Bellini**  
*Prosecco Primo with puréed white  
peaches & Fiovana lychee  
& green tea cordial*



ROSE CLOVER  
CLUB



APEROL  
SPRITZ



GIANT APULIAN  
CERIGNOLA  
OLIVES (Ve)



TEMPURA  
KING PRAWN  
*Nori, chilli jam*



HALLOUMI  
CHEESE BURGER  
*Chipotle mayonnaise (v)*



RESTING  
SPRITZ FACE



PROSECCO  
PRIMO

SOUTHSIDE



NEGRONI



BEEF SATAY  
*Peanut sauce*



SHARING

<b>San Francisco sourdough</b> <i>Freshly baked bread, Jersey butter (v)</i>	4.75
<b>Giant Apulian Cerignola olives (Ve)</b>	4.75
<b>Baba ganoush &amp; hummus</b> <i>Arab bread, pomegranate, chickpeas (Ve)</i>	7.25
<b>Colchester rock oysters</b> <i>Half dozen freshly shucked oysters, bloody mary, tabasco, lemon</i>	16.50
<b>Asian platter</b> <i>Crispy duck pancakes, tempura king prawns, lotus root crisps, chicken tikka skewers, fried squid, baby back ribs</i>	28.25

COLD COUNTER

<b>Tamarind glazed heritage beetroot</b> <i>Baby spinach, salted pistachios, soya labneh (Ve)</i>	9.25
<b>Smoked salmon</b> <i>Sourdough toast, Jersey butter, lemon</i>	10.50
<b>Tuna tataki</b> <i>Grapefruit ginger soy</i>	10.50
<b>Fillet steak tartare</b> <i>Sourdough toast, horseradish, free range egg yolk</i>	11.25
<b>Prawn cocktail</b> <i>Wild Mediterranean &amp; Atlantic prawns, avocado, Marie Rose, lemon</i>	10.75
<b>Seared beef fillet carpaccio</b> <i>Wasabi remoulade</i>	11.95

HOT STARTERS

<b>Soup au pistou</b> <i>Vegetables, basil, croutons, pecorino (v)</i>	6.95
<b>Chargrilled asparagus</b> <i>Poached free range egg, truffle butter (v)</i>	8.95
<b>Tempura king prawns</b> <i>Chilli jam, lime</i>	10.75
<b>Isle of Man scallops</b> <i>Chorizo, broccoli, romesco sauce</i>	12.95
<b>Chicken skewers</b> <i>Tikka spices, mint yoghurt</i>	9.50
<b>Baby back ribs</b> <i>Soy, mirin, lime</i>	10.50
<b>Crispy duck salad</b> <i>Watercress, white radish, sesame, soy</i>	9.75
<b>Fried chilli squid</b> <i>Thai herbs, noodle salad</i>	9.50

SALADS

<b>Baked Somerset goats cheese</b> <i>Sourdough toast, roast heritage beetroot, chicory, watercress, toasted hazelnuts (v)</i>	15.50
<b>Chargrilled chicken Caesar</b> <i>Gem lettuce, Caesar dressing, bacon, croutons</i>	13.75
<b>Devonshire crab &amp; avocado</b> <i>Gem lettuce, mayonnaise, lemon</i>	18.50
<b>Superfood</b> <i>Hazelnut tabbouleh, broccoli, avocado, sugar snap peas, roast sweet potato, baby gem lettuce, cherry tomatoes, tahini dressing (Ve)</i>	13.50
<b>Add chargrilled Loch Duart salmon, halloumi (v) or chicken</b>	16.00

CHARCOAL GRILL

FINE STEAKS

**British Isles | Aberdeen Angus & Hereford**  
*Native grass fed. Leaner than grain fed with a fuller, beefier flavour, high in essential omega 3 & 6*

<b>Onklet</b>   225g	20.95
<i>The butcher's steak, served medium rare</i>	
<b>Fillet</b>   225g	29.75
<b>Fillet</b>   170g	26.00
<i>Hash brown, peppercorn sauce</i>	

**Argentina | Las Pampas**  
*Free range Black Angus & Hereford. Reared on the open grasslands of Las Pampas. Argentinian beef has an intense sweet flavour for which it is famous*

<b>Rump</b>   250g	21.75
<b>Sirloin</b>   225g	22.50
<b>Ribeye</b>   225g	23.95

**Canada | Spring Creek Ranch**  
*Finished on a natural barley diet for 150 days. Pasture raised in Alberta, Canada. Hand selected from artisan Angus beef farmers.*

<b>Sirloin</b>   per 100g	12.50
<b>Ribeye</b>   per 100g	13.00

**Wild Scottish Venison | Argyllshire Forest**  
*The finest wild red deer venison from our friends the Churchill family. Low in fat, wild venison is lean & tender with a delicate gamey flavour*

<b>Fillet</b>   200g	29.75
<i>Butternut squash caponata, juniper berries, rosemary, red wine</i>	

BUTCHER'S CUTS

*Native British breeds dry aged up to 35 days - ideal for sharing. House cut chips, choice of sauce*

<b>Bone in prime rib</b>   800g	65.25
<i>One of the finest steak cuts, tender with a wonderful rich flavour</i>	
<b>Porterhouse</b>   800g	65.25
<i>Sirloin on one side of the bone &amp; fillet on the other. Best of both worlds</i>	

<b>Chateaubriand</b>   450g	65.25
<i>The prized cut from the fillet head, deliciously soft &amp; tender, served with roast tomato &amp; mushrooms</i>	

SAUCES & TOPPERS

*Peppercorn, béarnaise (v), Dijon cream (v), hollandaise (v), truffle butter (v) | each 1.95*  
*Half lobster 24.25*  
*Fried free range duck egg (v) 2.25*

MAINS

<b>Mayfield Swiss cheese &amp; spinach tart</b> <i>Watercress, poached free range egg, truffle butter (v)</i>	15.00
<b>Asparagus risotto</b> <i>Broad bean, pea, leek &amp; pecorino cheese (v)</i>	14.50
<b>Thai green curry</b> <i>Marinated tofu (Ve) or chicken, pak choi, broccoli, sticky rice, crispy ginger, chilli, peanuts</i>	15.75

BURGERS

*With or without the bun*

<b>Aberdeen Angus beef</b> <i>Cheddar cheese, mustard mayonnaise, butter lettuce, grilled onions, pickles, tomato, brioche bun, house cut chips</i>	15.50
<b>Vegan</b> <i>Barbecue black bean burger, butter lettuce, grilled onions, walnuts, pickles, tomato, vegan brioche bun, harissa spiced potatoes (Ve)</i>	13.95
<b>Grilled halloumi</b> <i>Chipotle mayonnaise, butter lettuce, grilled onions, pickles, tomato, brioche bun, harissa spiced potatoes (v)</i>	13.95

MEAT & POULTRY

<b>Slow roast crispy duck</b> <i>Pak choi, broccoli, honey, sesame</i>	18.75
<b>Skewered chicken souvlaki</b> <i>Grilled flatbread, tzatziki</i>	18.50
<b>Crispy chicken escalope</b> <i>Breaded chicken filled with cheese &amp; ham, Dijon cream sauce</i>	17.25
<b>Roast lamb rump</b> <i>Creamed potato, spinach, broad beans, peas, mint</i>	20.75

FISH & SHELLFISH

<b>Teriyaki salmon</b> <i>Loch Duart salmon, sticky rice, pickled onions, lime</i>	20.25
<b>Sea bass</b> <i>Tikka spices or simply grilled</i>	21.25
<b>Tuna au Poivre</b> <i>House cut chips, béarnaise sauce</i>	22.50
<b>Fish &amp; chips</b> <i>Mushy peas, lemon, tartare sauce</i>	16.75
<b>Spicy shrimp risotto</b> <i>Crispy kale</i>	14.75
<b>Whole lobster thermidor</b> <i>House cut chips</i>	50.50
<b>King prawn linguine</b> <i>Baby plum tomatoes, coriander &amp; ginger pesto, spring onion, sweet chilli</i>	16.75

SIDES

<b>Chargrilled broccoli, chilli, garlic (Ve)</b>	5.00
<b>Pak choi, ginger, spring onion (Ve)</b>	4.75
<b>Beer battered onion rings</b>	4.25
<b>Creamy spinach, pecorino cheese (v)</b>	5.00
<b>House cut chips</b>	4.25
<b>Creamed potatoes (v)</b>	4.75
<b>Crushed new potatoes (v)</b>	4.75
<b>House salad (Ve)</b>	4.75

SANDWICHES

*Chicken club | Toasted ham & cheese | Fillet steak*  
*Available 12 noon ~ 6pm | Served with house cut chips*

VEGETARIAN & VEGAN

*Offering a selection of seasonal dishes*  
*See separate menu*

LUNCH & EARLY EVENING

*Available 12 noon ~ 6pm*  
1 Course - 13.75 | 2 Course - 19.25  
3 Course - 24.25

SUNDAY ROASTS

*Available 12 noon ~ 6pm*  
*See separate menu*

ALLERGIES & INTOLERANCES

*Please always inform your server of any allergies before placing your order as not all ingredients can be listed and we cannot guarantee the total absence of allergens in our dishes. Detailed allergen information is available on request.*

Country of Origins are correct at the time of publication and subject to availability. Any changes to our menu will be advised by your server. A discretionary service charge will be added to your bill.

Join Club Individual today, our lifestyle rewards club. You will receive a minimum of 5% back on your card on everything you spend together with a Welcome Dining Gift\*. In addition take advantage of many other club member privileges. \*Full terms & conditions on our website

McE AW20

## OUR MAIN MENU

And, now onto the main event. We are excited and proud to serve an eclectic menu, inspired by world class cuisine from home and away.

From the Far East, and Japanese inspired prawns battered and fried in a light as air batter, to our take on the British favourite of burgers, with a Middle eastern twist. From Provençal soups packed with zingy seasonal vegetables and herbs, to roasted salmon fished from the cold clean waters of Scotland and served on a superfood salad bursting with sweet potatoes, hazelnut tabbouleh and plump avocado.

Of course, at the heart of our menu is the grill, and we have the best of this season's meats. Our wild Scottish Venison from the Highlands is seared and served with a butternut squash caponata and our crispy duck is slow roasted, so it melts in your mouth. All our dishes are picked to showcase their seasonal ingredients, so we hope you enjoy them.









SAN FRANCISCO  
SOURDOUGH

*Freshly baked bread, Jersey butter (v)*

Our sourdough has all the characteristics you'd expect from master baker Davide Argentino. Working with the classic San Francisco ethos of time and quality, Davide has created a signature loaf that's crisp on the outside, light and airy inside, and is packed with the flavours that develop when bakers take their time to let a ferment ripen naturally.

Our freshly-baked loaves are served with rich Jersey butter, the perfect creamy complement to a special bread.



SOUP AU PISTOU

*Vegetables, basil, croutons, pecorino (v)*

You need to try this hearty French classic. The smell of pistou evokes strong memories of the lavender covered fields of Provence. The Pistou, or pistou sauce, is a Provençal cold sauce made from fat cloves of crushed garlic, fresh fragrant basil, and olive oil. Similar to the Italian pesto, it doesn't have pine nuts or pecorino, although some recipes now call for a grating of cheese. This soup is packed with hearty healthy cannellini beans, and seasonal vegetables; celery, beef tomatoes, courgettes, carrots and kale. We serve with a generous sprinkling of (vegetarian) pecorino cheese and crunchy croutons.



OUR SOMMELIER RECOMMENDS : Chardonnay The Listening Station

*This bright and approachable style of Chardonnay is a great partner to a wide range of dishes, and works well with this delicate soup.*

OUR SOMMELIER RECOMMENDS: Pinot Noir Adelsheim 'Willamette'  
*Hints of nutmeg, cinnamon & allspice. Textured with seamlessly integrated, silky tannins.*



### SEARED BEEF FILLET CARPACCIO

*Wasabi remoulade*

A plate of fabulous flavours. Our carpaccio of beef uses herb-seared fillet of finest beef from our carefully-selected British herds. Ingredients this good require a light touch to make them sing, so we gently dress our beef in lime juice, sesame oil and a sprinkling of Maldon sea salt and black pepper. The classic celeriac remoulade is given an Eastern twist – our wasabi mayonnaise and micro purple shiso leaves give a fiery kick that cuts through every mouthful. Served with freshly baked sourdough.



OUR SOMMELIER RECOMMENDS: Chablis Domaine de la Motte

*Shows ripe fruits with added complexity from a small addition of oak-aged wine which gives richness and balance to the wine.  
A deliciously precise expression of classic chalky Chablis terroir.*



COLCHESTER ROCK OYSTERS

*Half dozen freshly shucked oysters, bloody mary, tabasco, lemon*

These oysters have a firm & creamy texture, flavoured with salted butter and a hint of mushroom essence.

BABA GANOUSH & HUMMUS

*Arab bread, pomegranate, chickpeas (Ve)*

Hailing from the ancient region of Levant, a territory that sprawls from Greece to Libya, these traditional dishes blend fragrant spices, zingy herbs and a scattering of jewel-bright pomegranate seeds. Chickpeas and aubergine are the real heroes, with earthy plant flavours that sing with a drizzle of extra virgin olive oil and a sprinkle of Maldon sea salt. Generous shards of khoubz flatbread are ideal for dipping, adding pleasing crunch to the smooth dips.



OUR SOMMELIER RECOMMENDS : Riesling Novas Gran Reserva

*Complex on the nose with fresh lime notes combining with a steely minerality & gentle honeysuckle flora. Off-dry with persistent citrus, finishing clean with a lingering flinty character.*



SMOKED SALMON

*Sourdough bread, Jersey butter, lemon*

Great ingredients speak for themselves, so our classic smoked salmon plate is as simple as it is delicious. The finest Scottish salmon is lovingly dry-cured to retain the natural firm flesh and cold-smoked over wood chips, imparting a wonderful natural smokey flavour that permeates through every slice. Our muslin-wrapped lemon cuts through the rich smoked salmon, and is all the seasoning the succulent pink fish requires. Each portion is served with our signature sourdough and creamy Jersey butter.



OUR SOMMELIER RECOMMENDS : Château St Marguerite Grande Reserve

*Fresh red fruit packed with strawberries & raspberries.*

OUR SOMMELIER RECOMMENDS : Pouilly-Fumé Domaine Bouchié-Chatellier

*Ripe, herbaceous aromas balanced by concentrated green fruit, crisp citrus acidity, richness & structure from extended skin contact.*



### TAMARIND GLAZED HERITAGE BEETROOT

*Baby spinach, salted pistachios, soya labneh (Ve)*

This salad sings with clean fresh flavours studded with surprises. A cool soy labneh is the creamy base for crisp leaves and sweet heritage beetroot that shines with a gently-spiced tamarind glaze. Crisp Braeburn apple and our crunchy sourdough crostini ramp up the texture, while salted pistachios and a little more of our tart tamarind dressing add a piquant finish. Fresh and zingy.



## SUPERFOOD

*Hazelnut tabbouleh, broccoli, avocado, sugar snap peas, roast sweet potato, baby gem lettuce, cherry tomatoes, tahini dressing (Ve)*

*Add chargrilled Loch Duart salmon, halloumi (v) or chicken*

Definition (su-per-food): *a food (such as salmon, broccoli, or blueberries) that is rich in compounds (such as antioxidants, fibre, or fatty acids) considered beneficial to a person's health*

“Superfoods” are a mixture of plant-based and also fish and dairy products that are thought to be nutritionally dense and therefore good for one's health... So, we've taken a mixture of all the above, and created not one, not two, but FOUR variations of a superfood salad, so even the pickiest of palates can eat their way through a portion of their five a day!

Choose your protein from chargrilled Loch Duart salmon, halloumi (v) or chicken, served on a delicious bed of roasted sweet potato scented with cinnamon, hazelnut tabbouleh, broccoli, avocado, sugar snap peas, baby gem lettuce, cherry tomatoes and tahini dressing. Just reading this will make you feel virtuous. Feast your eyes on the picture and imagine eating it!

## OUR SOMMELIER RECOMMENDS: Viognier Domaine de Vedilhan Serica

*The wine has been aged in French oak barrels which offers an interesting and complex aroma character. The aromas of the dish mixed with the wine are perfectly balanced on the palate.*







OUR SOMMELIER RECOMMENDS : Sauvignon Blanc Mokoblack

*The green character of this wine will be ideal with the rich cheese. The medium acidity and the medium alcohol level of the wine will be balanced by the flavour intensity and the succulence of the food.*



BAKED SOMERSET GOATS CHEESE

*Sourdough toast, roast heritage beetroot, chicory, watercress, toasted hazelnuts (v)*

It wasn't that long ago that beetroot wouldn't even make an appearance on restaurant menus, but these days it seems to be the star of the show, both as an accompaniment and in its own right. Now widely regarded as a superfood, farmers have started growing old varieties like golden, white and even candy-striped beetroot again, so there's plenty of scope for eye catching dishes. This exceptionally pretty dish utilises the heritage beetroot, which is complemented by the grilled Somerset goats cheese, all served on a bed of peppery chicory and watercress, toasted hazelnuts, and with some slices of home-made freshly toasted sourdough bread.

MAYFIELD SWISS CHEESE & SPINACH TART

*Watercress, poached free range egg, truffle butter (v)*

This is a perennial favourite on the menu, suitable for vegetarians, it's loved by our veggie and meat-eating guests in equal measure. The Sussex based artisan cheesemakers Alsop & Walker provide the nutty golden Mayfield Swiss Cheese. Best described as being similar to Emmental, this gold medal award winning cheese is aged between 5-7 months before our chefs get their hands on it. The rich cheese and spinach filling is then encased and baked in buttery short crust pastry before we drizzle rich truffle butter over it, and then serve.



OUR SOMMELIER RECOMMENDS : Sauvignon Blanc Mokoblack

*The green character of this wine will be ideal with the tart, as the medium acidity and the medium alcohol level of the wine will balance the flavour intensity and the succulence of the food.*







## THAI GREEN CURRY

*Marinated tofu (Ve) or chicken, pak choi, broccoli, sticky rice, crispy ginger, chilli, peanuts*

This is possibly the most famous of Thai dishes, and certainly the one with the most variation in ingredients. As adaptable as it is delicious, the base of our curry stays the same for our guests, be they meat eaters or with a plant-based palate. We've worked hard to create an authentic taste of Thailand and our not so secret weapon is the use of aromatic Thai ingredients in our curry paste: galangal, green chilli, lime leaves, lemongrass and shallots, infused into creamy coconut milk, red miso and a sprinkling of palm sugar, they'll transport you to South East Asia.

Our creamy sauce is home to hearty veg, sweet potato, broccoli and pak choi, plus fragrant herbs and toasted peanuts. Now all you have to do is decide if you want it with chicken, or marinated organic tofu.

### OUR SOMMELIER RECOMMENDS: Riesling Novas Gran Reserva

*There are lots of different aromas with different characteristics in this dish. The Asian base, particularly if spicy, will be perfect with the characteristics of Riesling which is high in acidity, citrus aromas and with hints of honeysuckles which round off in the mouth pleasantly after a bite of the curry.*





## YOUR POCKET GUIDE!

Our app and website give you access to a comprehensive guide to what's on across our collection of restaurants. All of your favourite diary dates are in one place, from bank holidays to sports screenings, wine tastings to makeup masterclasses - we have you covered this season.

Discover more, download our app and your handy pocket guide will be in the palm of your hand.



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bar + grill

GINO  
D'ACAMPO



BANK  
RESTAURANT & BAR

OPERA  
GRILL

OUR SOMMELIER RECOMMENDS : Domaine des Tourelles

*The high alcohol will match the juiciness and the fat of the meat but will also be balanced by the long pleasant after taste of each mouthful.*



ABERDEEN ANGUS BEEF BURGER

*Cheddar cheese, mustard mayonnaise, butter lettuce, grilled onions, pickles, tomato, brioche bun, house cut chips*

We think we have come up with an even better cheeseburger than before, by digging deep into our archives and dusting off a recipe from a decade ago. A few judicious tweaks and bingo... the perfect cheeseburger. The science bit; for flavour we use Henderson's Relish (vegan Worcestershire sauce), and tomato ketchup, onions, parsley. We've added a vintage Cheddar cheese and whipped tart English mustard into the mayonnaise to give it a bit of punch. We haven't messed around with the beef, it's still Aberdeen Angus, and our butter rich brioche is made in our Cheshire bakery every day. And there you have it. Pretty perfect yes?



## GRILLED HALLOUMI BURGER

*Chipotle mayonnaise, butter lettuce,  
grilled onions, pickles, tomato, brioche bun,  
harissa spiced potatoes (v)*

Halloumi cheese originated in Cyprus and was initially made during the Medieval Byzantine period, the 15th century to the non-history buffs, and over the next 600 years, has evolved into the “squeaky” cheese we know. No longer just the preserve of the Middle East, it’s gained popularity throughout Europe, and become a firm favourite on our menu. We serve it with a home-made vegan chipotle mayonnaise, grilled onions, plump tomatoes, English butter lettuce, a salty gherkin, and harissa spiced potatoes.

What makes ours so good? Well, the halloumi aside, we need to talk about the brioche bun. They are baked fresh every day, to the specially developed recipe created by our award winning master baker, Davide Argentino. There’s brioche, and then there is Davide’s brioche. Don’t just take our word for it, even the picture tells the story better than us...

*If you would rather wine over a cold beer, then our sommelier recommends the Gruner Veltliner Sepp Moser with its inviting and voluptuous nose with spicy fruit and hints of honeysuckle.*



VEGAN BURGER

*Barbecue black bean burger, butter lettuce, grilled onions, walnuts, pickles, tomato, vegan brioche bun, harissa spiced potatoes (Ve)*

Our chefs will stop at nothing to find the perfect vegan burger, one that will tempt even the staunchest of meat eaters. We think with this version, our development guru Mark may have gone some way to win this battle. Why? Because this burger can be grilled, and all the flavour that method of cooking imparts is second to none when it comes to burgers.

The patty is made using black beans, cooked brown rice, breadcrumbs, BBQ sauce (made in house), muscovado sugar, ground cumin, dried chilli powder, smoked paprika, red onions, walnuts, rapeseed oil, sea salt and black pepper. The sugar caramelises and along with the BBQ sauce, brings together the rest of the ingredients. The buttery bun is made by our in-house master bakers, and instead of serving with chips, we're sending them out with harissa spiced potatoes.

They are packed with hearty healthy ingredients, full of flavour, they have a pleasing bite, they're tasty, and they've convinced Mark, who's a tough cookie to crack. Try one and let us know what you think!





OUR SOMMELIER RECOMMENDS : Zinfandel Cline Cellars Live Oak

*The dish is complex in aromas and juiciness. The Zinfandel with its high alcohol, high tannins and long lingering on the palate will be the perfect partner for the venison.*



### WILD SCOTTISH VENISON FILLET

*Butternut squash caponata, juniper berries, rosemary, red wine*

Venison is very low in fat, so it only requires minimal cooking before it starts to dry out. We pair it with a twist on the traditional Sicilian caponata, replacing the aubergine with sweet orange fleshed squash. Both the vegetables and the meat retain their sweetness, and the caponata still nods towards Sicily with raisins and capers imparting their sweet and lemony flavours to the dish. Then to cut through the sweetness we serve with a rich full bodied red wine reduction with rosemary and juniper.

CRISPY CHICKEN ESCALOPE

*Breaded chicken filled with cheese & ham, Dijon cream sauce*

If you need ask why this European classic has endured over the decades, just take a bite. Our chefs carefully flatten each chicken breast and layer with ham and Gruyère before adding a 'pané' - a three-stage coating of flour, egg and breadcrumbs that seal in the escalope before it's pan fried. The golden fillet that emerges is more than the sum of its parts: a crisp coating, succulent chicken, flavoursome ham and a pleasing ooze of Gruyère. We serve it with a classic Dijon sauce and a bunch of peppery watercress.



OUR SOMMELIER RECOMMENDS : Muscadet Sèvre et Maine Sur Lie

*Crisp, flinty notes with a hint of lemon. Fresh, zesty, savoury bites with hints of green apple along with yeasty lees aromas.*



SLOW ROAST CRISPY DUCK

*Pak choi, broccoli, honey, sesame*

This dish is not only a labour of love for our chefs, it's one that has also stood the test of time. Its culinary roots are deeply embedded in classical cuisine traditions, being French in origin, but we have married it with Asian flavours. The steps to create this dish are simple but takes time to get it just right. First, we marinate the duck legs overnight in a preparation of peppercorn, salt and star anise, which starts the curing process, drawing out the moisture.

This in turn intensifies the flavour of the duck, which is then sunk in fat, and then slow cooked at a low temperature. Trust us when we say the lower and slower, the better. Why? Because you end up with a melt in your mouth, fall off the bone meat. We then roast the duck to crisp it up, and serve with crunchy green veg.



OUR SOMMELIER RECOMMENDS : Chardonnay Clos du Val

*The wine is barrel fermented and is creamy and complex on the palate and will balance with the flavour of the duck, sesame and honey.*

OUR SOMMELIER RECOMMENDS : Petit Chablis Domaine de la Motte  
*The linguine pasta and the prawn will need the high acidity and minerality of the Petit Chablis.*



### KING PRAWN LINGUINE

*Baby plum tomatoes, coriander & ginger pesto, spring onion, sweet chilli*

We've brought back this classic Italian pasta dish from our archives, as we think this is a deliciously simple way to feature king prawns, but this time we're serving it with a South East Asian twist. We've swapped the traditional basil pesto for one made with coriander and ginger which bring a pleasing freshness and warmth to the pasta and your palate. Forget the tartness of balsamic vinegar, instead we use sweet chilli sauce, and what you end up with is a blend of East and West, in one perfect plate of pasta.









WHOLE LOBSTER  
THERMIDOR

*House cut chips*

Another French classic and the ultimate lobster dish, served with a mustard based Thermidor sauce, it's simple yet elegant. The strong flavours of the creamy sauce complement the meatiness of the lobster, and presents wonderfully on the plate.

OUR SOMMELIER RECOMMENDS:  
Albariño Atlantic Way

*Fresh citrus aromas & a palate with hints of stone fruit, lime & mineral notes, balanced by refreshing acidity.*



OUR SOMMELIER RECOMMENDS: Château Hermitage St Martin iKon

*A great example of rosé from Provence. The fruity and floral aromas will go well with the delicate flavours of the fish and the medium acidity and medium alcohol will balance the juiciness of the entire dish.*



## TERIYAKI SALMON

*Loch Duart salmon, sticky rice, pickled onions, lime*

A classic, light salmon dish with wide appeal that often re-appears on our seasonally changing menu. This is what we call a “banker” recipe, it’s tried, tested and an absolute favourite with our guests, so we keep tinkering with it to a minimum. At its heart it’s a simple teriyaki salmon recipe made with an authentic Japanese homemade teriyaki sauce. We source our salmon from Loch Duart, marinate and sear it simply, then serve with homemade sticky rice and pickled onions and lime which cut through the sweetness of the fish. A beautifully elegant supper for any time of the week.

SPICY SHRIMP RISOTTO

*Crispy kale*

A classic Bar & Grill dish, this spicy risotto is back on the menu after a five year absence. Our buttery and deep-flavoured risotto is made with white wine and a rich stock of shrimps and lobster, warmed with turmeric and paprika and stirred through with North Atlantic prawns. The dish is finished with crispy kale and shichimi pepper, a Japanese seven-spice mix blending sesame seed, peppercorns, orange peel and umami-rich seaweed.



OUR SOMMELIER RECOMMENDS : Riesling Novas Gran Reserva

*The intense aromas of this dish will match perfectly with the flavours of the wine. Complex on the nose with fresh lime notes and gentle honeysuckle flora.*



CRUSHED NEW POTATOES *(v)*

Given the Brits love of potatoes in all of its forms, it's hard to imagine a world without them. We think that new potatoes though are the jewel in the tubers crown. A great accompaniment to any dish, or just eaten straight from the pan with a little butter and seasoning, they are delicious.







PAK CHOI, GINGER,  
SPRING ONION *(Ve)*

Pak Choi is a kind of Chinese cabbage and is transformed into this classic Asian style side dish, with the fresh flavours of ginger and spring onion working with the saltiness of the soy. We recommend you order this side with the teriyaki salmon or sea bass. But it also works with a surprising number of dishes, so just try it and let us know what you think!







## W I N E S

A bottle of red, bubbles or white, it all depends on your appetite. At Bar and Grills, our head wine buyer Dario Barbato goes to great lengths to seek out the very best bottles from all over the world, for you to enjoy direct from our cellars.





## C O A S T A L   W I N E S

*When we talk of wine, we usually group them by geographical area: North Italy, Bordeaux, Champagne etc. But, one thing that's worth noting is how wines from the opposite side of the world but with similar climatic features can have more in common with each other than those from their own shores.*

We've decided to profile four wines with 'coastal influences.' The cooling breeze from the ocean creates wines that are bright, light and mineral, perfect for the warmer months, not to mention also being some of the trendiest wine styles on the market at the moment.

### **Seriously Cool Cinsault**

This is a multi-award-winning red from Stellenbosch in South Africa. The vineyards' proximity to the ocean leads to a longer growing season which gives the wine brilliant concentration of flavour with plenty of fresh acidity. Bursting with bright fresh

cherry aromas and some floral complexity, the palate follows up with crunchy cranberry fruit and impressively long finish. And, it tastes even better when cooled to the right temperature (yes, you read that right, cooled to an optimum 10-14 degrees), it's the perfect wine to accompany duck or lamb dishes.

### **Muscadet Sèvre et Maine Sur Lie**

Muscadet is perhaps the quintessential coastal wine. Made from 100% Melon de Bourgogne and grown in the coastal areas of France's Loire Valley, its wines are built to be drunk with shellfish in a pairing that's difficult to beat.





This example from Domaine de la Combe whose vineyards are overseen by young winemaker Pierre-Henri Gadais and are fully certified as organic. This example has all the flinty and light apple minerality you would expect from a Muscadet, but the old vine fruit, and five months on fine lees give it amazing depth and complexity that makes the wine a real delight.

#### **Albariño Atlantic Way**

Albariño is a popular variety and this example comes from Rias Baixas on the Atlantic Coast of Spain where the temperatures are cooler and the weather generally wetter than some of Spain's more famous wine regions.

The name Atlantic Way comes from the coastal pilgrim trail to Santiago de Compostela which runs right past the front door of the cellar. The wine itself is packed full of refreshing citrus aromas, while the palate is dominated by softer peach and lime flavours, stoney minerality and mouth-watering acidity. A lighter wine for lighter dishes and a real go-to as temperatures climb in the height of summer.

#### **Vinho Verde Vila Nova**

Just over the border from Rias Baixas, in Northern Portugal you find the region of Vinho Verde. It has a similarly cool and wet climate and produces wines with plenty of freshness as well as attractive citrus and stone fruit flavours.

Casa de Vila Nova is owned by the Lencastre family who are of Portuguese aristocratic origin. The 'new house' or Vila Nova that forms part of the estate was built in... the 1700s, but since 2008 the family have been revitalising their vineyards planted with local Portuguese varieties. This award-winning Vinho Verde has gentle tropical aromas on the nose and a palate that leads with a touch of mango fruit and lip-smacking sherbet lemon acidity, making it a great aperitif or drinking partner to salad and grilled fish.



# OUR SOMMELIER'S TOP PICKS

## **iKon Rosé by Château Hermitage St Martin**

We enjoy an exclusive relationship with winemaker Guillaume Enzo Fayard, which means The Restaurant Bar & Grill is the only place you can try this exquisite wine. A blended wine of 60% Grenache Noir, 40% Cinsault. The French Chateau Hermitage Saint-Martin is located at La Londe, in the Cotes-de-Provence appellation. The estate is run by Guillaume, who bought the Chateau Saint-Martin la Toche in 1999 and renamed it Hermitage Saint-Martin.

Although he presides over nearly 30 hectares in total, only 12 are currently planted with vines, mainly Mourvedre and Grenache with the addition of some Cabernet Sauvignon, Cinsault and Rolle (aka Vermentino). The vineyards are farmed organically and enjoy a superb south-east facing aspect overlooking the Cuers valley. The grape varieties selected here enjoy very favourable weather conditions and optimal sunshine, 265 days a year!

This rosé reveals great freshness and surprising minerality. At once rich and complex, it will astonish you, going perfectly with fine fish dishes as well as lobster and scallops. Great for lovers of rosé - this wine will surely be the icon of your meals!

## **Gruner Veltliner by Sepp Moser**

The Sepp Moser Estate was founded by the famous Austrian wine producing pioneer, Lenz Moser. Lenz Moser's son, Sepp Moser, began operating under his own name in 1987, and handed over the direction of this family-owned estate to his own son Nikolaus in the year 2000.

The Sepp Moser estate produces a wide range of wines every year thanks to its 50 acres of vineyards in two diverse Austrian regions; Kremstal (22 ha) and Neusiedlersee (28 ha). In the Kremstal, Nikolaus produces an international range of varieties as well as the ever important local varieties of Gruner Veltliner and Riesling. The reds are produced on the gravelly soils of the warm southern Neusiedlerslee village of

Apetlon. All Sepp Moser wines have been organic (and all estate wines biodynamic) since 2007.

There is one main aim of the cellar: the quality of the grapes should be as untouched as possible, so the grapes are harvested by hand and at the cellar they try to interfere as little as possible with the process so that each wine can develop its own individual style. The fermentation starts spontaneously, and the maturing of the wine takes place on its own.

In 2006, Nikolaus officially moved the estate to biodynamic viticulture, one of the first to do so in Austria, and became Demeter certified. 2009 saw the release of Sepp Moser's first certified organic wines. Nikolaus is very keen to reduce the amount of copper and sulphur used in the vineyards, and this year saw a reduction of two thirds over what was sprayed previously. He composts all the estates pomace and vine trimmings, and there is an ongoing effort to plant trees around the vineyards.

So, all of that effort is distilled into the bottle, and the Gruner Veltliner is floral with spicy aromas of dried apricot and honeyed peach characters. The palate is ripe and textural with more white spice, stone fruit and beautifully balanced citrus acidity.

## **Bonarda Partida Limitada by Nieto Senetiner**

Nieto Senetiner has grown to become one of the leading stars of Mendoza. Although the vineyards and winery were founded by Italian immigrants and date back to 1888, they were acquired by the Nieto and Senetiner families back in 1969. The family owns 400 hectares of vineyards in virtually all of the best sub-districts of Mendoza from which it produces classic and modern wines which are arguably also the best wines of the region. The top wines come from very old vineyards in the famous sub-district of Agrelo, and are fully deserving of their status. Since joining the estate, winemaker Santiago Mayorga has taken the wines to another level and was named 'Young Winemaker of the Year 2017' by Tim Atkin.



Nieto Senetiner is a member of the Bodegas de Argentina Sustainability Commission which has collaboratively developed a sustainability protocol specifically adapted for Argentinian winemaking from the California Code of Sustainable Winegrowing Workbook. This provides educational and awareness tools to increase the application of sustainable practices in vineyards and wineries and consists of a self-evaluation of their vineyards; soils, canopy management, irrigation, study of climatic variables, etc. Water consumption (in cubic metres consumed per month) is also tracked and recorded in the winery's sustainability report. The grapes are hand harvested from vineyards planted in 1974 at

the Las Tortugas estate, 1050m above sea level. They are stored in small concrete vats for a two-day cold maceration period and then the wine is stored in French oak barrel for 12 months and aged in bottle for a further 12 months.

The wine is deep ruby red in colour. Aromatic, ripe fruit compote flavours on the nose with just a hint of pepper and saddle leather. On the palate, fruit and acid is well balanced with plenty of rich plum flavours and a long silky finish. For such a gutsy wine, it has great finesse. Bonarda is great with mushroom risotto, empanadas and rather obviously...a good steak!



## DESSERTS

Baked New York cheesecake <i>Macerated strawberries, basil</i> (v)	7.95
Cherry Bakewell tart <i>Clotted cream</i> (v)	7.95
Apple & blackberry crumble <i>Vanilla custard</i> (v)	7.95
Sticky toffee pudding <i>Vanilla ice cream</i> (v)	7.95
Chocolate fondant <i>Vanilla ice cream</i> (v)	7.95
Mascarpone crème brûlée <i>Raspberry sorbet</i> (v)	7.95

## CHEESE

Quicke's Vintage Cheddar   Colston Bassett Stilton (v)   Tunworth <i>Water biscuits, pear &amp; apple chutney, red grapes, walnuts</i>	10.50
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## PETIT FOUR

Chocolate & hazelnut truffles (v)	4.25
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### ICE CREAM & SORBET

*All ice creams are served with a chocolate & hazelnut wafer biscuit* (v)

6.25

Vanilla | Chocolate | Limoncello | Blackberry ripple

Malteser | Mango & vanilla iced yoghurt

Raspberry sorbet (Ve) | Coconut sorbet (Ve)

**Please always inform your server of any allergies before placing your order as not all ingredients can be listed and we cannot guarantee the total absence of allergens in our dishes. Detailed allergen information is available on request.**

A discretionary service charge will be added to your bill.

Estate

# OUR DESSERT MENU

As The Beatles famously sang, “All you need is love”, but at The Restaurant Bar & Grill, we believe that a little dessert now and then, won't hurt.





APPLE & BLACKBERRY CRUMBLE

*Vanilla custard (v)*

There's nothing like a fruit crumble to warm the cockles, and ours brings all the flavours of the season to the table. Our lightly-poached Braeburn apple and plump blackberries are the perfect tart accompaniment to buttery sweet crumble, baked to order. We serve ours with a rich vanilla custard, combining cream, egg yolks and sugar for a decadent topping.

CHERRY BAKEWELL TART

*Clotted cream (v)*

Our dessert menu wouldn't be complete without this classic British pudding. A quintessentially English confection - with a twist - consisting of a sweet crumbly shortcrust pastry shell, loaded with cherries, ground almonds and flavoured with amaretto. Every great bakery has their own version of this classic and ours, created by head pâtissier Antoine, is no exception. This richly delicious tart is a success because of the base flavour combination, so we serve it simply with artisan made Cornish clotted cream.





MASCARPONE CRÈME BRÛLÉE

*Raspberry sorbet (v)*

Crème Brûlée, burnt Cream, Crema Catalana...it seems every country has a variation of this classic dessert and for good reason, it's a great dish. A smooth vanilla custard finished with a crisp sugar crust, we serve ours with freshly churned raspberry sorbet, which helps to cut through the creamy, rich, rather decadent custard.





BAKED NEW YORK CHEESECAKE

*Macerated strawberries, basil (v)*

This is the real McCoy – baked, rich and creamy, just what you expect from a New York cheesecake. We worked long and hard to get it right, but it was worth it. Oddly enough it was a Frenchman who finally mastered it for us -

Antoine has worked with us for many years in our inhouse bakery developing our dessert menus and recipes, and he says the key to getting a dreamy, creamy texture that makes a baked cheesecake so special is in the attention to detail before baking. The rest, we're afraid, is a secret!



## VEGETARIAN &amp; VEGAN

## SHARING

San Francisco sourdough <i>Freshly baked bread, Jersey butter</i>	4.75
Giant Apulian Cerignola olives (Ve)	4.75
Baba ganoush & hummus <i>Arab bread, pomegranate, chickpeas (Ve)</i>	7.25

## STARTERS

Soup au pistou <i>Vegetables, basil, croutons, pecorino</i>	6.95
Chargrilled asparagus <i>Poached free range egg, truffle butter</i>	8.95
Tempura vegetables <i>Chilli jam, lime (Ve)</i>	8.75
Salt & pepper organic tofu <i>Watercress, white radish, sesame, soy (Ve)</i>	9.25
Tamarind glazed heritage beetroot <i>Baby spinach, salted pistachios, soya labneh (Ve)</i>	9.25

## SALADS

Baked Somerset goats cheese <i>Sourdough toast, roast heritage beetroot, chicory, watercress, toasted hazelnuts</i>	15.50
Superfood <i>Hazelnut tabbouleh, broccoli, avocado, sugar snap peas, roast sweet potato, baby gem lettuce, cherry tomatoes, tahini dressing (Ve)</i>	13.50
<i>Add chargrilled halloumi</i>	16.00

## MAINS

Toasted cheese sandwich <i>(12 noon – 6pm)</i> <i>Sourdough bread, fried free range duck egg, Mayfield Swiss cheese, truffle, house salad</i>	8.95
Mayfield Swiss cheese & spinach tart <i>Watercress, poached free range egg, truffle butter</i>	15.00
Asparagus risotto <i>Broad beans, peas, leek (Ve)</i>	14.50
Thai green curry <i>Marinated tofu, pak choi, broccoli, sticky rice, crispy ginger, chilli, peanuts (Ve)</i>	15.75

BURGERS *(With or without the bun)*

Vegan <i>Barbecue black bean burger, butter lettuce, grilled onions, walnuts, pickles, tomato, vegan brioche bun, harissa spiced potatoes (Ve)</i>	13.95
Grilled halloumi <i>Chipotle mayonnaise, butter lettuce, grilled onions, pickles, tomato, brioche bun, harissa spiced potatoes</i>	13.95

## SIDES

Chargrilled broccoli, chilli, garlic (Ve)	5.00
Pak choi, ginger, spring onion (Ve)	4.75
Spinach, chilli, garlic (Ve)	5.00
Harissa spiced potatoes (Ve)	4.25
Creamed potatoes	4.75
Crushed new potatoes (Ve)	4.75
House salad (Ve)	4.75

## DESSERTS

Baked New York cheesecake <i>Macerated strawberries, basil (v)</i>	7.95
Cherry Bakewell tart <i>Clotted cream</i>	7.95
Apple & blackberry crumble <i>Vanilla custard (v)</i>	7.95
Sticky toffee pudding <i>Vanilla ice cream</i>	7.95
Chocolate fondant <i>Vanilla ice cream</i>	7.95
Mascarpone crème brûlée <i>Raspberry sorbet</i>	7.95

## ICE CREAM &amp; SORBET

<i>All ice creams are served with a chocolate &amp; hazelnut wafer biscuit</i>	
Vanilla   Chocolate   Limoncello   Malteser	6.25
Blackberry ripple   Mango & vanilla iced yoghurt	
Raspberry sorbet <i>Fresh berries, hazelnut brittle (Ve)</i>	7.95
Coconut sorbet <i>Macerated strawberries, basil (Ve)</i>	7.95

## CHEESE

Mayfield Swiss   Colston Bassett Stilton	10.50
<i>Water biscuits, pear &amp; apple chutney, red grapes, walnuts</i>	

Please always inform your server of any allergies before placing your order as not all ingredients can be listed and we cannot guarantee the total absence of allergens in our dishes. Detailed allergen information is available on request.

A discretionary service charge will be added to your bill.

Estate AW20

## OUR VEGETARIAN & VEGAN MENU

Vegetarianism and Veganism is continuing to make serious inroads in mainstream cuisine and is no longer the preserve of specialist restaurants in major cities.

At The Restaurant Bar & Grill, although high quality and sustainable meat and fish are at the heart of our menu, we also want to reflect clean eating and plant-based diets, which aren't boring or earnest, but delicious and moreish too.

Check out our dedicated menu, featuring burgers from the grill, superfood salads influenced from the Far East and desserts designed to have you asking for more.



There's a saying that "good things come in small packages"... Well, we beg to differ. This is just a small selection of our vegetarian and vegan dishes, and they aren't just good, they're great! Soups, starters, mains and sides: they're delicious, good for you and good for the planet.

SOUP AU PISTOU

*Vegetables, basil, croutons, pecorino (v)*

CHARGRILLED ASPARAGUS

*Poached free range egg, truffle butter (v)*

BAKED SOMERSET  
GOATS CHEESE

*Sourdough toast, roast heritage beetroot,  
chicory, watercress, toasted hazelnuts (v)*

SUPERFOOD

*Hazelnut tabbouleh, broccoli, avocado,  
sugar snap peas, roast sweet potato, baby gem  
lettuce, cherry tomatoes, tahini dressing (Ve)*

MAYFIELD SWISS CHEESE  
& SPINACH TART

*Watercress, poached free range egg,  
truffle butter (v)*

ASPARAGUS RISOTTO

*Broad beans, peas, leek (Ve)*

THAI GREEN CURRY

*Marinated tofu, seasonal greens, sticky rice,  
crispy ginger, chilli, peanuts (Ve)*

PAK CHOI, GINGER,  
SPRING ONION (Ve)







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## COCKTAILS ;

At The Restaurant Bar & Grill, we believe that cocktails are better when accompanied by friends and sparkling conversation. As our favourite Irish playwright and wit Oscar Wilde intoned... “Hear no evil, speak no evil, and you won’t be invited to cocktail parties.”

Well you are invited to our cocktail party, happening day and night at our stylish bars up and down the country. As the months grow colder brown spirits and spirituous cocktails rival colourful and fruit-forward libations for their share of the limelight. Spritz-style and low ABV drinks remain the go-to, but it’s clamour for vintage cocktails and ‘brown and down’ drinks served ‘up’ that excite our bartenders during the winter months.

Pull up a stool, and let the bartender take you on a journey that could see you sipping an iconic cocktail from a 1920s speakeasy in Lower Manhattan, an Aperitivo (or three) on the Mediterranean or even in a Mezcaleria in Mexico City. Just remember the words of Harry Craddock – “The way to drink a cocktail is quickly – while it’s still laughing at you”.





# THE BOULEVARDIER COCKTAIL

*The Negroni's Autumnal cousin from 1920s Paris*

Boulevardier is the whiskey-laced Autumnal cousin of the Negroni, with an intriguing back-story from 1920s Paris. Created there amidst American Prohibition – as the country went deeply dry, many bartenders fled in search of work. One of the first to set sail was the legendary New York bartender Harry McElhone who made Paris his home, in 1923 opening the iconic Harry's New York Bar.

It soon became a hotspot for the city's artistic and literary circles as well as Hollywood celebrities. Coco Chanel and Ernest Hemingway were classed as regulars, and Rita Hayworth and Humphrey Bogart would drop in, and Edward Duke of Windsor and Wallis Simpson were also spotted on occasion.

The Boulevardier cocktail even appears in print before the Negroni – in Harry's 1927 book *Barflies and Cocktails*. While experimenting with the classic European spirits Campari and sweet red vermouth, in a moment of nostalgia Harry added bourbon, a drink synonymous with America, to the mix.

The cocktail was a signature aperitif for Harry's dear friend Erskine Gwynne, the American socialite and writer, and founder of *The Boulevardier* – the magazine fashioned after the *The New Yorker*. Harry named the cocktail in his honour.

We are always looking at ways to bring in a modern element to a classic cocktail which is not easy when dealing with a bona fide classic like the Boulevardier. We love the combination of Campari and coffee, so when an Australian Coffee Amaro arrived from Australia called Mr Black's Coffee Amaro we incorporated it into the Boulevardier recipe. Made from 14 botanicals, including cold pressed coffee – a small amount of this second Amaro (NB Campari is an amaro too) adds vigour, complexity and a lingering coffee-like finish to an already iconic aperitivo!

## HOW TO MAKE THE PERFECT BOULEVARDIER AT HOME

*A Boulevardier laced with a coffee amaro is the perfect pick-me-up!*

### INGREDIENTS:

- 25ml Bourbon
- 20ml Campari
- 20ml Rosso vermouth
- 10ml Mr Black Coffee Amaro

### METHOD:

- Jigger all 4 ingredients into a large mixing glass
- Fill the mixing glass with cubed ice
- With a bar-spoon, stir the contents of the mixing glass for 50 revolutions
- Carefully strain the contents into a stemmed cocktail glass
- Express a large swath of an orange over the drink & drop in.



# “ ON FRIDAY’S, I PREFER MY ESPRESSO IN A MARTINI...”

*...as the famous saying goes. But worry not, at The Restaurant Bar & Grill, you don't have to wait to the end of the working week to drink this delicious pick-me-up.*

The Espresso Martini was invented by the late and legendary bar tender, Dick Bradsell and the secret to this modern classic cocktail lies in its simplicity. When Dick created the Espresso Martini in London in 1983 at The Soho Brasserie, its ascent to classic status was speedy and now finds itself (or an iteration of itself) rightfully on cocktail lists across the globe.

Dick Bradsell was one of the key people responsible for the resurgence of cocktail culture in the UK and not to mention the creator of both the Bramble cocktail and the rum-based Treacle.

He originally christened the inaugural cocktail as 'Vodka Espresso'. Legend has it an up and coming supermodel approached the bar Dick was tending

at looking for a cocktail that contained coffee as an ingredient. He effortlessly combined freshly made espresso with a coffee liqueur, vodka and a dash of sugar syrup.

During Dick's tenure at new (at the time) London haunt The Pharmacy, he changed the drink's name to 'The Pharmaceutical Stimulant' before changing it back to 'Vodka Espresso' when he became Match Group's opening head bartender. The late nineties was a time when cocktails served in stemmed martini glasses were all the rage and many drinks were automatically suffixed by the word 'Martini'. Dick's coffee-laced concoction was no different and people began calling it the Espresso Martini, the name stuck and a star was born!

## HOW TO MAKE THE PERFECT ESPRESSO MARTINI AT HOME

*We believe that this is the perfect Espresso Martini recipe. The freshness of the coffee and a powerful shake is paramount to the success of the final drink.*

INGREDIENTS :	METHOD :
<ul style="list-style-type: none"> <li>- 35ml Vodka</li> <li>- 20ml Coffee liqueur (we use organic Fair coffee liqueur)</li> <li>- 30ml Fresh espresso</li> <li>- 5ml Sugar syrup (only for those with a sweet tooth!)</li> </ul>	<ul style="list-style-type: none"> <li>- Add all ingredients to a shaker tin</li> <li>- Fill with quality cubed ice and shake very hard for 8 to 10 seconds</li> <li>- Double strain the contents into a stemmed cocktail glass</li> <li>- Decorate with three coffee beans</li> </ul>





# AROUND THE WORLD... IN 6 COCKTAIL BARS



NEW YORK

MEXICO

LONDON

## The Dead Rabbit

30 Water St, New York,  
NY 10004  
deadrabbitnyc.com

Kicking off in New York, and this award winning bar is named after the 19th-century Irish-American street gang, so as you would expect, is steeped in casual New York charm, blended with gritty-chic New York style.

The best spot for cocktails is in the upstairs parlour. You can choose from one of the thirty cocktails on offer by thumbing through the comic-book-style menu... Or chat to the wait team. The bartenders are knowledgeable, outgoing without overdoing it, and shake drinks like their lives depend on a good blend. Try the Hat Trick, with rum, banana, lime and Peychaud's bitters, or the Smart Alec, with Calvedos, aquavit and celery bitters. Either choice is a good place to begin the evening... you may even find a new cocktail favourite. It's an Irish bar that goes beyond Guinness...

## Baltra Bar

Iztaccihuatl 36D, Colonia Condesa,  
Cuauhtémoc, 06100 Ciudad de México,  
CDMX, Mexico  
baltra.bar

Mexico brings to mind tequila, cervezas, and a lot of spicy foods; what it's not known for is high-quality cocktails. However, if you're there and you want a truly excellent drink in a top-notch cocktail bar, then head straight to Baltra Bar.

Competition is high among the resident mixologists, and you get to be the judge. Try The Last Word, a gin cocktail with mint pastis, sherry and lime, or instead try some excellent fortified wines or botanicals. The only reason the taste won't bring a smile to your face, is that you'll already be smiling – the presentation of each creation is a work of art; your eyes will delight as much as your taste buds. Enjoy.

## Connaught Cocktail Bar

Connaught, Carlos Pl, London,  
W1K 2AL  
the-connaught.co.uk

Closer to home is a gem from our own cocktail-rich country. Connaught isn't the only top-tier cocktail bar in the UK, far from it, but it is one of the very best.

Ultra-stylish décor and chic, innovative cocktails put the award-winning Connaught Bar in a league of its own. The mixologists are as much performers as they are chemists and hosts. Every movement, flavour, colour and sound seems choreographed to delight and entertain you. Platinum silver leaf wall panels and elegant lighting combine to set the mood, and the flavours of lavender, cardamom, vanilla, liquorice, coriander and vanilla only hint at the flavours available to the master mixologists that bring their extensive drinks menu to life.

We may have left the European Union, but that doesn't mean that the itchy footed and thirsty amongst us shouldn't still embark on adventures around our globe. If you're thinking about booking your summer sojourn, and top of your must-do list is finding a fantastic bar stocked with great cocktails

and interesting people, then look no further. We've canvassed opinion amongst our gifted bartenders, and they guarantee these six bars are so good, they should be a city destination in themselves. Happy travelling and cheers.



FRANCE

BERLIN

AUSTRALIA

### Harry's Bar

5 Rue Daunou, 75002 Paris, France  
<http://www.harrysbar.fr>

Not in New York, USA, so if you're craving a transatlantic experience, then this one is for you. Harry's is not just unique in its style. It's simply designed after traditional New York drinking holes, but get this... This place used to be in Manhattan! It was taken apart, shipped over to Paris, and reassembled there. In a way, a drink at Harry's in Paris really is a moment spent in historical New York.

Not enough pedigree for you? How about this: it is said to be the place that invented the Bloody Mary, the Sidecar, the Monkey Gland and the White Lady. It can't have been cheap to move a whole bar to France, although the experience is worth it, it will come at a price. Expect to pay between 12 and 15 Euros for a good cocktail. Also, quite frankly, you have to love an established bar, that spells its address out phonetically on its home page - "SANK ROO DOE NOO". That's our kind of humour.

### Victoria Bar

Potsdamer Straße 102,  
 10785 Berlin, Germany  
[victoriabar.de](http://victoriabar.de)

New York's historical underbelly has now become chic and high-end, but it's not the only city to see its historically-rougher areas "gentrify" over time. The Victoria Bar, on Berlin's Potsdamer Strasse, was one of the first on the street's rise into trend-setting popularity.

A drink here includes some pretty impressive atmosphere, as pictures by esteemed artists grace the wood-panelled walls and the overall effect is one of retro-elegance with a laid-back, almost casual attitude. It makes a nod to all things formal with a Prince Charles, a delicious combination of Champagne, cognac and apricot brandy – but you'll enjoy it in a very relaxed atmosphere.

### Black Pearl Cocktail Bar

304 Brunswick St, Fitzroy  
 VIC 3065, Melbourne, Australia  
<https://www.blackpearlbar.com.au>

No, not Captain Jack Sparrow's famed ship. In a prime spot in Melbourne, The Black Pearl has been the spiritual birthplace of many of Australia's top bartenders and mixologists, and that's no accident.

If you visit, get there early as it doesn't take bookings. Then go straight to The Attic, the upstairs section with its ever-changing cocktail menu, offering up a new and different selection each week. The drinks are a delight to the senses. The fragrance and elegance of each creation will be the first impressions you get, but the true genius of quality and artistry of each cocktail is in the taste. From light, refreshing and fruity, to dark, bitter and bone-warming, these examples of liquid art will have you in your seat, with a smile on your face, right up to their 3am closing bell.



# FROM ZERO TO HERO

Zero and low alcohol drinks.

*We know that drinking less isn't just a fad to tick off when the clock strikes midnight at the start of the year. The demand for low-ABV and non-alcoholic drinks continues apace, and the "Low and No" trend seems to have some serious staying power.*

"Why now?" you may ask. It's simple. Health conscious consumers and millennials are far more aware of what they put in their bodies and where it comes from and at The Restaurant Bar & Grill we see Low or No as a great way of promoting health and well-being in our bars and restaurants. We're keen to work with producers who focus on flavour over ABV. Brunch culture is also a driving factor, with diners looking to stay on the level. Brunch cocktails are carefully designed to have a lesser impact in the form of a lower ABV. Lunch time drinking has also

decreased as guests look to a low-ABV option or a craft soft drink of quality, and our guests want quality in every drink and drink related experiences spread out rather than bingeing in one event. Low, no or zero no longer means you have to miss out. Gone are the days when this selection used to be boring, we've been taste testing zero alcohol spirits since the beginning of the year. Two brands have left a lasting memory on our palates, and so rightfully have gained a place on our drinks menu.



## **Pentire Adrift Non-alcoholic Spirit**

Pentire is a new addition to the UK's growing non-alcoholic spirits scene. Founder Alistair Frost describes it as a celebration of the plant life on Cornwall's surrounding headlands citing an incredible range of botanicals growing there due to a unique combination of favourable climate, soil PH and moisture. Clear in appearance, it's made from a blend of natural ingredients including rock samphire, sea purslane, sage and sea rosemary. It's also free from added sugar, artificial colours and artificial flavourings. Frost worked closely with local botanists, distillers and brewers to produce this spirit.

He is passionate about coastal living and an active lifestyle, from their HQ in Point Isaac – the company donates a percentage of proceeds to local sea conservation charities to help protect the environment. Frost is adamant that drinking "shouldn't hold you back from the adventures of tomorrow" and Pentire Adrift with tonic and sprig of rosemary is a grown-up drink with all the sensory experience of an alcoholic drink minus the alcohol.



### Everleaf Non-alcoholic Aperitif

Everleaf is a bittersweet non-alcoholic aperitif founded by conservation biologist Paul Matthew. Inspired by his desire to make something non-alcoholic to give people more choice when they don't necessarily want to drink, he also wanted to reflect the concept of sustainability – sustainable consumption as well as ingredients that are sustainable sourced from nature.

Everleaf is the product of Paul's experiences as a botanical adventurer travelling the world to learn about plants as a conservation biologist, as well as a bartender and bar owner. The passion for botany and the environment runs in Paul's family: his father Brian, worked at the Royal Botanic Gardens, Kew, and wrote the definitive books on two of Everleaf's ingredients – Crocus and Iris.

To create the aperitif, Paul spent a year researching and sourcing plants, dehydrating samples, macerating ingredients to perfect Everleaf's recipe and flavour's. To that end he selected 18 different plants to impart complex, delicate flavours as well as exceptional texture. These include vanilla and saffron for richness, gentian and iris for bitterness and earthy warmth, plus vetiver and orange blossom

for freshness and vibrancy. Golden in colour, Everleaf is particularly notable for its texture and silky mouthfeel created from the unusual voodoo lily, the giant flower from Asia.

As a conservation biologist, sourcing the ingredients ethically and sustainably is very important to Paul. The vanilla comes from North East Madagascar, from a project that works directly with small-scale farmers to ensure they get the best price for their crop, as well as providing wider community-based education. The vetiver is sourced from a project in Haiti that works with communities to protect their livelihoods through reforestation, food security and the empowerment of local women. Paul traces the botanicals to their source, meeting the producers and sharing stories of their plants.

From a flavour profile perspective, expect a big vibrant burst of tropical forest aromas, saffron, orange blossom and sherbet which turns into the juicy wild fruit and chamomile on the palate, followed by earthy spice that lengthens into bittersweet gentian flavours that twist and turn in the mouth. At The Restaurant Bar & Grill, we enjoy Everleaf spritzed with tonic and a slice of orange.



ZERO ALCOHOL



## MOVE OVER G & T!

*On our travels around the Med we're always intrigued to see what the locals are drinking and enjoy bringing these trends back to our bars and terraces. This season we present to you a taste of Lisbon and Oporto with our favourite G&T alternative – our Graham's Blend #5 White Port & Tonic.*

Although we love Pampelle (the French grapefruit aperitif crafted from Corsican ruby grapefruits on the banks of the river Charente) we can't help but get excited about White Port & Tonic - ubiquitous around Portugal and parts of Spain.

White Port & Tonic (or P&T amongst friends) is not a new phenomenon but Symington Family Estate's release of Graham's Blend #5 White Port last year means you no longer have to fly to Portugal to enjoy one. With a similar sweetness level to our national aperitif (G&T) the refreshing element of a P&T is a joy to behold, tasting even better when accompanied by sunshine. Note at just 19% - approximately half the strength of gin, this is a serve we are hoping to adopt as our own from the Mediterranean this season!

Graham's Blend #5 White Port was released as the white port category grew exponentially between 2012 and 2017. Made from Malvasia Fina and Moscatel

Gallega, the former for its freshness, the latter for its aromatics and cold fermented in small batches, the wine is medium dry and bottled three months after the harvest. It is designed to be drunk young and the artwork for the bottle was provided by fashion illustrator Antonio Soares who lists Fendi, Karl Lagerfeld and Chanel as clients.

We find most people have no idea what to expect - port is a wine essentially so it is of course vinous with lime, soft peach and honey characters. "The simple serve with tonic, citrus and mint leaves is a revelation for most people we introduce it to" says head of beverage development Andy Hallam. "Port is known as being red and a digestive in the UK so we are excited to partner with Symington Family Estates to see how far the low ABV serve with tonic can go, and in my opinion, it's fantastic with Fever-Tree's cucumber tonic!"





# LET THE GOOD TIMES BEGIN

*Empress 1908 Gin... No, you haven't had one too many, this is the gin that changes colour.*

Handcrafted by Victoria Distillers, Empress 1908 Gin marries crystalline Canadian waters with eight, all-natural botanicals: Juniper, rose, coriander seed, grapefruit peel, ginger root, cinnamon bark and the Fairmont Empress Blend Tea. Its trademark hue is imbued by the infusion of butterfly pea blossoms. The botanical sourcing and Fair-Trade grains enhance Empress 1908 with sustainable and sustaining purity.

Born in Victoria, British Columbia, where the wild meets the well-appointed, Victoria exudes an old-world charm that reigns with an adventurous spirit and British sensibility. A place whose kaleidoscope of colours is an enigma; dynamic, original, and the inspiration for Empress 1908 gin. The city's legend is anchored by the famed Fairmont Empress Hotel,

opened in 1908 to adorn its Inner Harbour. So great was the Empress' fame, that their house tea, an exotic proprietary blend, quickly became a symbol of the heritage and tradition of Victoria.

Back in the day, the Fairmont Empress tea blend was as captivating as it was considered an aphrodisiac; its reputation legendary as travellers from all corners of the globe came to sip the extraordinary elixir gracing the exquisite china teacups at The Empress.

Empress 1908 gin has big footsteps to follow. 100% authentic and all-natural, it's infused with the vibrantly hued butterfly pea blossom, adding a singularly distinct expression, a lush and vivid indigo blue. And with the addition of citrus or tonic water, it transforms to.... order one and see for yourself!





# ALL ABOARD... THE PINEAPPLE EXPRESS!

*When life gives you lemons... swap them for pineapples.*

The pineapple, as sweet as it is kitsch, its likeness has been used to make ice buckets, paperweights and picture frames, its flesh to make upside down cake, and its juice in cartons to sate the sweet toothed amongst us. But the journey from colonies to our cocktails is quite a tale.

Legend has it that in November of 1493, Christopher Columbus, on his second voyage to the Caribbean region, went ashore to inspect a deserted Carib village. Among dense foliage and wooden pillars carved with serpents, his crew came upon piles of freshly gathered vegetables and strange fruits. The European sailors ate, enjoyed and wrote about the curious new fruit, which had an abrasive, segmented exterior like a pinecone and a firm interior pulp like an apple.

Refined cane sugar and fresh fruit were expensive rarities when Columbus returned to Europe and introduced the sweet pine apple. It was an instant hit among the royal court, but it took almost two hundred years before gardeners were able to perfect a hothouse method for growing a tropical pineapple plant. Even in the late 17th century, the pineapple remained so uncommon and coveted that King Charles II of England posed for an official portrait in an act that was symbolic of royal privilege, receiving a pineapple as a gift.

Anyway, fast forward to present day, and with our eye on the sun and our love for this juicy fruit, we present pineapple, three different ways, and we bet, like the man from Del Monte, you'll say a resounding YES!

## **Arber Pineapple gin ... our seasonal gin**

We'll be honest. As traditionalists, we were sceptical about flavoured gins initially but, the Arber pineapple... well it's made us sit up and take notice.

First, the science bit. Arber pineapple was created by adding tropical tones of pineapple and mango

to Arber Original. Post-distillation Arber Original is infused with pineapple and a touch of mango whilst remaining a (not to be taken lightly) gin at 41.6%. Intense aromas of pineapple and mango dominate and although the palate of fresh tropical fruit is prevalent, we were pleasantly surprised by the clear liquid's beautiful balance of juniper and more traditional gin botanicals.

The history bit; Agnes Arber was one of the finest historians of her time and she became the first woman to receive the Gold Medal of the Linnean Society of London, in honour of her contributions to botanical science. Founded in 1788, the Linnean Society of London is the world's oldest active biological society. Presented in exceptional circumstances and only awarded three times in the history of the organisation, the Linnean Gold Medal is the highest honour recognising outstanding service to the Society. Born in 1879, Arber discovered a fascination with botany as a young schoolgirl and became a historian of botany under the wing of her mentor, plant morphologist, Ethel Sargent. Arber's drive for excellence and passion meant she published an extensive library of books on both botany and philosophy.

The drink bit; We use Arber pineapple to give a tropical accent to any classic gin cocktail (see our Tropical Negroni) or as a key component of a long libation like Tropic Like it's Hot. It's a winner in a G&T too by the way.

## **Belsazar Riesling Vermouth... our trendy gin**

We're celebrating this autumn and winter with the return of Belsazar's highly seasonal and desirable tropical-tinged vermouth. Created by melding Riesling from the rock star of Mosel winemaking Ernst Loosen's vineyards with a mix of botanicals and the decidedly untraditional Azores pineapple, an intensely flavoured and fragrant fruit from the



volcanic Atlantic islands of the same name. These pineapples take a whole two years to ripen, that's four times longer than Latin American pineapples. The result is a tropical fruit-forward off-dry vermouth that tastes like a summer's day, with grapefruit acidity from the Riesling grapes and peppermint notes balanced by rich pineapple, apricot and peach notes leading to a tart finish. The 2018 edition was a massive hit and sold out super quick – the 2019 version is a must-have for the discerning home bartender, again perfect for a fruit-forward cocktail or simply spritzed with tonic water for an uber-trendy lower alcohol alternative to a G&T.

#### **Plantation Stiggin's Fancy Pineapple rum... our literary rum**

Plantation Stiggin's Fancy Pineapple rum is named for Reverend Stiggins - a Charles Dickens character in the Pickwick Papers who was fascinated by pineapple flavoured rum. The rum is the fruit of the labour of a third collaboration between Alexandre Gabriel and David Wondrich. Alexandre and David first worked together to create Ferrand Cognac 1840 Original Formula, which was introduced at Tales of the Cocktail in 2011 and went on to be awarded the Best New Product at the Cocktail Spirit Awards of 2012. The second collaboration resulted in the Pierre Ferrand Dry Curacao, launched in 2012 which was elected Spirit of the Year at the Berlin Bar Show in 2012.

It's a blend of rums from Barbados, Trinidad and Jamaica. Pineapple rinds are infused in Plantation 3 stars rum, then further distilled in Ferrand Copper pot stills. Meanwhile, the fruit is infused in Plantation Original Dark rum. Both the distillate and the fruit infusion are then blended together. The rum itself has a rich and delicious bouquet, accented by smoky notes and aromas of tropical fruit, pineapple, citrus peel and a touch of clove. The palate opens with a structured sensation of ripe banana, pineapple and spices layered on a smoky finish.

In our opinion, Plantation Pineapple makes a sensational Daiquiri and lifts any classic rum cocktail, especially ones tropical in nature. The question now is... which one will you say yes to?











# EN SOIREE ...

## *A very French aperitif affair*

Although Italy is having its moment currently with a dazzling array of brightly coloured low ABV aperitifs lighting up back bars globally, France's influence on this exciting category is still considerable. Aperitif o'clock in Parisian cafés means much more than just Vermouth as producers with centuries of history produce some of the most interesting and characterful aperitifs available. Here's our guide to our favourite French aperitifs;

### **Pampelle Ruby Grapefruit L'Apero**

We can't put this bottle down since it came into our lives last year. Crafted on the banks of the River Charente in the Cognac region of France, this is an artisanal infusion of natural botanicals, maceration of citrus peels, eau de vie together with ruby red grapefruit from the Mediterranean island of Corsica. The taste is fresh and reminiscent of the south of France, capturing the essence of the Mediterranean lifestyle, whilst underpinned with French craftsmanship.

Ruby red in colour with pale baby pink hue. Fresh, pink grapefruit aromas and real aromatic with grapefruit zest oils. Bitter grapefruit on the palate with citric zest, balanced but remains slightly dry, pithy – even tart. Look out for it as a Spritz variation and enjoy as a sophisticated alternative to an Aperol Spritz.

### **RinQuinQuin Peach Aperitif**

Born in Provence, this light and very traditional peach aperitif wine is a fitting beginning to any meal in France. It involves the marriage of gently infused regional sweet peaches, dried peach pits, white wine,

the essential oil of citrus and sugar producing a smooth aperitif wine bursting with fruit and peach flavour and hints of apricot and vanilla. It can be used to sweeten any sparkling wine, can be drunk chilled over ice, or spritzed with soda.

### **Dolin Chamberyzette Wild Strawberry Aperitif**

The exquisite Chamberyzette is a unique strawberry-based aperitif dating back to 1902 when it was described as a cocktail made from Vermouth Blanc and strawberry liqueur created by Dolin's own Rosalie Dolin. Chamberyzette enjoyed a hey day on the terraces of Parisian cafes and this combination of Vermouth and strawberries from the Alps (termed Chambery-Fraise at the time) contributed massively to Maison Dolin's success across Europe. Thankfully this aperitif has been preserved with a light and sweet flavour profile that can be enjoyed by everyone. It can be drunk neat over ice or mixed into a sensational aperitif cocktail and adds an extra dimension to any Spritz serve!

### **Suze Gentian Aperitif**

Suze is a pleasingly bitter French aperitif dating back to 1889 made with gentian root, grown in the mountainous regions of France and Switzerland. It's unusual flavour profile somehow manages to be earthy, bitter and floral, but all at the same time! Gentian is not new in bottlings of this type (there is some in Aperol and Campari) but the amounts used make it more than the definitive flavouring here. This is a timeless aperitif with unexpected versatility, equally at home in something light and bubbly or complex or spirituous.



PAMPELL

Suze

Savoir  
d'autrefois

Tout le caractère authentique et typé  
des apéritifs d'autrefois

LICARIN DE GENTIANE

CHAMBERY  
APERITIF  
A LA FRAISE



KRINQUON  
à la Pêche  
APÉRITIF  
A BASE DE VIN

FORCALQUIER EN PROVENCE  
Distilleries et Domaines  
de  
Provence 1774

75 cl

PRODUIT DE FRANCE



# SIGN OFF IN STYLE

*Amari, an Italian lesson to avoid feeling overstuffed!*

Consider your stomach after you have feasted upon your Bar & Grill meal. The aperitif, the nibbles, the starter, the wine, the bread, the main event, the “oh go on then, I’ll have another glass of wine”, the delicious dessert you couldn’t say no to... How do you feel? Bloated? Overstuffed?

Our forefathers anticipated these moments of distress. Wise to the ways of the digestive system, they brewed tonics and elixirs intended to remedy such afflictions of excess. These homemade restoratives, generally herbs, plants and other botanicals blended into an alcohol base, live on today in the form of digestives. Digestives were historically intended as palliatives, meant to counter all sorts of ailments. They may no longer be assigned quite the same medicinal value today as they were a few hundred years ago, but we, along with the Italians, believe they can help to settle that queasy feeling.

## **Our featured digestivo is the Amaro Nonino Quintessentia**

This is Amaro royalty, bottled, and comes from Percoto in Friuli in Italy. It’s made from many

things but a few flavours jump out of the glass; bitter orange peel, cinchona bark, galangal, gentian, licorice, quassia, rhubarb root, saffron and tamarind. The Nonino family is famous for their award winning grappas but this stand out amaro is considered one of the most elegant expressions of amari available on the planet.

The family business is run by Benito and Giannola Nonino and their daughters Antonella, Cristina and Elisabetta and their story began back in 1992 when they reformulated a family recipe from 1933 using grain alcohol and brandy as a base along with their proprietary grape distillate, which (here’s the unique bit) is made from the whole grape - skins, pulp and juice. The bittersweet blend is then aged for five years in French oak and ex-sherry barrels.

With its subtle herbal bitterness, orange peel and caramel notes, we think that Nonino is the perfect gateway amaro, the ideal one to introduce guests to the category, great on its own at room temperature or adding another dimension to cocktails, or even just to convert grappa lovers!







There is freedom in burning down the house of expectations and it cools an urban's fire

# LAGUNITAS

Say 'lah-yoo-KNEE-uss'

# DAY 11

# SPOTLIGHT ON SEASONAL BEER

## **Rude Mechanicals First Audition Pale Ale (4.5%)**

This quirkily monikered pale ale is an intriguing collaboration between Boutinot Winemaker Eric Monnin and brewer Robert Wicks in the Westerham Brewery in Kent. The 'First Audition' is a symphony of hops which deliver a tropical fruit flavour and a light refreshing and easy to drink pale ale with a low bitterness. Eric's approach was to work with the brewer to select the right hops to match what he was looking for in the style, giving what he describes as a Sauvignon character. To perfect this required a second round of dry hopping with the Amarillo hops. In the mouth it is light and refreshing with a resounding citrus punch of malt and hops; Columbus and Chinook for bitterness, with Centennial and Comet for flavour.

## **Lucky Saint (0.5%)**

A beer that rightly so, can polish it's halo. Serious research went into the development of this sensational unfiltered alcohol free beer (well almost, it's 0.5%). Crafted from four hundred years of proud brewing heritage, Lucky Saint is packed full of flavour, made with Bavarian spring water, pilsner malt, hallertau hops and their single-use yeast for a unique lager that is unfiltered and 100% vegan.

Drink very cold to experience the biscuity malts and the smooth citrus hop finish. Being the designated driver just got fun.





*We hope that you have enjoyed finding out about the inspiration, the work and the people who come together to create our seasonal food and drink menus that have been designed to celebrate the seasons.*

*Our fresh and delicious dishes and cocktails have been created to nourish and tempt your taste buds. While you're indulging yourself this season, we are already working behind the scenes, experimenting with our spring/summer menus, and looking forward to creating a bank of new dishes and drinks for our diners to enjoy then.*

**Credits:**

Head of Food Development: Andrew Owen  
Executive Chef: Mark Window  
Food & Beverage Coordinator: Robbie Squire  
Head of Beverage Development: Andy Hallam  
Group Sommelier: Dario Barbato  
Lead Photographer & Editing: Ben Clucas  
Lead Graphic Designer: Jenny Hall





**INDIVIDUAL**  
RESTAURANTS

the restaurant  
bar + grill

**GINO**  
D'ACAMPO



**BANK**  
RESTAURANT & BAR

**OPERA**  
—GRILL—