



## **Our Nine No-Bull Rules to Dine By**

### **1/9 DELICIOUSLY SIMPLE - sensibly sized and cooked from scratch**

We create sensibly proportioned dishes based around one or two (three at a push) main ingredients. We aren't fans of unnecessary garnishes - it keeps the taste cleaner and saves on waste.

### **2/9 ORGANIC (OBVIOUSLY) - because that's the farming we need in the world**

We have zero interest in trying to be clever or trying to do it because it's cool, in fact we use organic produce because it's the way we think things should be. All our certifiable ingredients are 100% organic, even the vinegar we polish our cutlery with!

### **3/9 GENUINELY SEASONAL - the seasons choose the best for us**

We love the challenge of creating dishes from what is in season and available on a day-to-day basis without putting unreasonable demands on our suppliers or asking for things that are considered "perfect."

### **4/9 VEG FIRST - the starting point of all our cooking**

Veg is very important to us, and rarely do we start to put a plate of food together without first thinking about how we can involve some beautiful seasonal vegetables.

### **5/9 FIELD-GROWN NOT FLOWN - no air freight/ fair trade first**

We get our veg from the ground from as close to the kitchen as possible. We try to stay genuinely seasonal so that means no heated greenhouse produce. Tropical produce we use will be fair trade, but any that we do (like pineapples, oranges, lemons, etc will either be grown within EU, or shipped NEVER air-freighted)

### **6/9 MINDFUL MEAT - wild or organic, every bit of the beast is used**

Meat is always going to be a hard one to get right and with the rise of a more plant-based diet many have varying feelings on the issue. We are firm believers in working with the whole animal so nothing is wasted. Therefore our menus will change twice daily as we work our way through an animal.

### **7/9 SUPPLIER LED - our menus start with our like-minded suppliers and when it runs out so do we**



The way we write our menus and put together dishes all start in the fields or sea. The suppliers are effectively the ones who write our menus for us! We are nothing without our suppliers and we have a fantastic network of them that share our ethos on how food should be produced - putting flavour at the forefront while respecting our planet in the process.

**8/9 ENLIGHTENED DRINKS - tastiest drinks from the most passionate producers**

We have a wonderful wine menu from organic, natural or biodynamic producers. On the wider drinks list, there are a few that aren't fully organic and these are from like-minded suppliers with strong ethical credentials or very local and small producers who we want to support as part of community network.

**9/9 THOUGHT-THROUGH FISH - day boats only & whole catch**

Day boats only, ethical fishers, whole catch - including legal by-catch!