



FILMORE & UNION

MAY
2019

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1 A ROYAL SPECIAL

The best of May on a plate, even if we do say so ourselves...

Our May seasonal specials are available from the 6th May and each ingredient has been carefully selected by our development chefs, alongside our local and UK suppliers, to bring you the best this season has to offer.

If you haven't already been drooling over the photo, then let us give you some details on one of our dishes that will really get your taste buds tingling...

The star of the show is the Jersey Royal Potato! This little potato's incredible flavour and waxy texture is a great addition to any spring dish. This deliciously simple special starts with a bed of fennel, fresh sorrel, feta and Jersey Royals; topped off with a rich Smokey fillet of line-caught mackerel (sure to put a "Spring" in your step!)

Be sure to check out the Specials Boards in store for more UK delights, juices and smoothies and our other May special a vegan Dukkha Spiced Gnocchi. Our seasonal specials are available in Harrogate, Ilkley, Wetherby, Beverley, Skipton, Redbrick and our Newcastle John Lewis café, but be quick they are all very popular and subject to availability each day.

3 AN EVENING AT FILMORE

Since our seasonal campaign launch in April we have brought you some great spring supper clubs from Tapas to Vegan along with our delicious seasonal specials all developed, using some truly great UK seasonal produce and all A-MAZING!

Well... we want to shout about it some more, in fact lets make that spotlight even brighter!

We invite you to join us across two dates for an exclusively created menu, prepared for you by our Executive and Development chefs. Showcasing the very best of what the UK has to offer. Our menu ranges from spicy watermelon gazpacho, to cocoa spice rubbed Pork tenderloin, and lets not forget desserts... where a Yorkshire grown rhubarb brulee can finish off the perfect evening.

We are all super excited about this one and the fabulous menu our chefs have developed, see you there!

Bookings are now available
FRIDAY 7TH JUNE - Harrogate and Wetherby
SATURDAY 8TH JUNE - Ilkley and Beverley

2 LOVE ME TENDER...STEM!

This refreshing smoothie is packed with nutrients contributing to your five a day and includes one of May's finest seasonal produce... tenderstem broccoli! Bursting with greeny goodness, you can see exactly why we love it here at the Filmore and Union development kitchen.

Tenderstem broccoli has a higher calcium level (vital for bone health) and 4x the vitamin A of normal broccoli! These little green stalks may be tender but they are a superhero veg that is a great addition when added into your juices or smoothies along with some sweet chunks of pineapple.

200g fresh pineapple, cut into chunks
1 handful of kale
3 stalks of tenderstem broccoli
2 springs of fresh mint
200ml coconut water
Tsp agave
Squeeze of lime

Place your broccoli, pineapple and kale into your blender and blitz

Add all of your coconut water, mint, agave and a squeeze of Lime to taste. Blitz again!

That's it, simply pour over a glass of ice and sip away!

You can head over to our seasonal larder to check out how you can use many more of May's seasonal produce.

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MARCH BACK THE SEASONS

VEGETARIAN - SERVES 2

A firm favourite for our team back in March, you may remember tucking into this gorgeous, vibrant and velvety dish. Now you can impress your friends (or that special date) and have a little bit of Filmore and Union at home with you, simply head to your local greengrocer and follow the recipe below. Basically a recipe for success/to impress!

RISSOTO BASE

250g arborio rice
1 large white onion, finely chopped
2 garlic cloves, crushed
2 sprigs of thyme
100ml white wine
1.5 vegetable stock

HONEY PEARS

1 large pear
2 tsp honey

1 handful of kale, finely chopped
3 cooked beetroot, roughly chopped
1 sprig of mint
30g feta cheese

METHOD

To make the risotto base fry the onion, garlic cloves and thyme in a little oil. Then add the arborio rice.

Gradually add the white wine and 1l of the stock, stir until the rice is nice and creamy, but still firm and season to taste.

Core and slice the pear into 6 pieces, roast in the oven at 200°C with a drizzle of honey until the pears start to caramelize and are coated in the honey.

Fold the kale, mint and beetroot into the risotto.

To plate up, garnish the risotto with the feta, hot honey-roasted pears, pea shoots and a drizzle of olive or truffle oil.

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KOMBUCHA WE LOVE YOU

In April we visited our local Kombucha supplier, Kinoko Kombucha located just down the road from our head offices in Wetherby. We were met by the brains behind the project, Debbie Wild to get the low down on what this mysterious new drink really is about and boy were we blown away!

Kinoko Kombucha are based in Yorkshire and proud of it! Using the purest Yorkshire water really adds to the love and care put into creating this drink. Made from freshly brewed green tea, a culture of yeast and bacteria, natural flavour extracts and fermented for a total of 14 days – the result is a refreshing, low sugar, non-alcoholic drink.

Why should I get in on the Kombucha 'trend' we hear you say?

Well we all know fermented food has soared in popularity in recent years and for good reason! GUT HEALTH! The good bacteria in Kombucha help to populate our gut and intestine and this is really important for a healthy digestive system, helping to process what we eat in a better way.

So next time you are in your local Filmore get in on the action, feel free to ask a member of the team about our Kombucha and we are sure they will agree its pretty great and tasty too!

BE SURE TO POP BACK IN JUNE TO
CATCH UP WITH WHATS BEEN
GOING ON, UPCOMING EVENTS
AND LAUNCHES!