



#### FORK LEWES

Fork is an excitingly accessible neighbourhood restaurant which aims to offer something for everyone. Championing local growers, producers and suppliers - head chef Richard Falk lets the ingredients take centre stage in his dishes and presents them beautifully, but unassumingly.

Try as he might, he can't hide his considerable talent behind his humbly worded menu - prepare to be blown away by lunchtime sausage rolls, leeks with almond praline and lovage on the dinner menu, and the disgustingly brilliant fried chicken croissant at brunch.

*Bookings can be made through the website [fork-lewes.co.uk](http://fork-lewes.co.uk) via Resy or email [reservations@fork-lewes.co.uk](mailto:reservations@fork-lewes.co.uk)*



#### RESTAURANT TRISTAN, HORSHAM

Boasting fine dining and a place in the Michelin guide and a Michelin star. Its no wonder when you taste the amazing quality of what is on offer here.

Tristan Mason of whom the restaurant is named after shows his establishment's excellence of in tasting menus.

The £65 five course one includes dishes such as: Duck egg yolk/ smoked duck/ dashi/ alliums

Rabbit/ lobster/ carrot/ granola  
Scallop/ crispy beef/ beetroot/ caviar  
Squab pigeon/ foie gras/ ras el hanout/ pickled watermelon/ tahini or  
Lamb/ wild mushroom/ kohlrabi/ sea lettuce

Strawberry & lime "Twister" soufflé/ vanilla ice cream

*Bookings: [www.restauranttristan.co.uk](http://www.restauranttristan.co.uk)*



#### THE PARSONS TABLE, ARUNDEL

Having Raymond Blanc's world famous Le Manoir aux Quat Saisons on his CV you know chef Lee Parsons' namesake restaurant is going to be equally as world class.

Set up with wife Liz who he met when they both worked at London's legendary Claridge's Hotel it is the culmination of a lifetimes' work in the food and hospitality industry for the couple.

At the heart of the restaurant is excellent quality locally sourced produce. That Lee then takes and works his magic on in the kitchen.

The results are staggeringly good dishes such as South Coast Mackerel Shaved Summer Vegetables, Coriander and Orange Dressing.

Hot Smoked Chalk Stream Farm Trout Brixham Crab, Cucumber and Crème Fraiche

Loin of South Downs Lamb, Braised Shoulder Croquette Gratin Potatoes, Summer Beans and Mint is simply sublime.

*Bookings: [theparsonstable.co.uk](http://theparsonstable.co.uk)*



#### THE CURLEW, BODIAM, EAST SUSSEX

A former 17th century coaching inn this is Will Devlin's second eatery and just as impressive as his first.

Offering simple and seasonal sharing plates from land and sea it opened last year. Ingredients are hyper-local and sourced from the best producers and fishermen or come from The Small Holding's farm.

Will splits his time between the kitchen at The Curlew and his other pub ensuring both retain his high standards.

Dishes at The Curlew include blackberry focaccia and apple balsamic, miso roasted cod and seaweed sauce, homemade chorizo, and monkfish tail with curried butter sauce.

Traditional style puds include cherry tart, almond and clotted cream, or lemon verbena, sorrel, and custard.

*Bookings can be made by ringing 01580 860531, or through the website [www.thecurlew.restaurant](http://www.thecurlew.restaurant).*



#### THE JOLLY SPORTSMAN, EAST CHILTINGTON

Found at the foot of the South Downs National Park this pub has been serving some of the best food and wine in Sussex for over 20 years. Sourcing locally produced ingredients which are used to create classic dishes with a twist.

A daily delivery of fish ensures there is always something delicious from the sea to go onto the menu while meat comes from local butchers and farms.

Homemade bread accompanies meals which include dishes such as Duck croquettes with creamy truffle puree, Gin cured salmon, rye bread, horseradish cream and pickled radish.

Follow that with Ribeye steak with triple cooked chips, salad and béarnaise sauce, or Roast monkfish tail with chorizo and coco bean cassoulet.

Lucky diners can now 'feast and flop' as the pub has opened four gorgeous bedrooms, three doubles and a family suite.

Ensuite bathrooms feature waterfall showers while breakfast is served in the conservatory which boasts sweeping views of the South Downs.

*Bookings can be made by ringing 01273 890400, or through the website [thejollysportsman.com](http://thejollysportsman.com)*



#### THE SMALL HOLDING, KILNDOWN

A once run down and neglected pub The Small Holding has over the last three years been transformed into an award-winning restaurant.

It is no wonder it has been so successful when you consider owner Will Devlin was voted 'Kent Chef of the Year' in 2018.

Two years later he was named a 'Chef to Watch' by the Good Food Guide. A year later he won a green Michelin star thanks to what has been described by one diner as a 'truly sensational experience.'

Boasting a small holding, free-ranging hens and a piggery, virtually everything at The Small Holding comes from 'farm to table.'

The menu at the 38-cover restaurant changes daily depending on what is in season in the kitchen garden in which over 200 varieties of vegetables and fruits are grown.

It falls into themes such as 'The Farm' with raw peas, elderflower, and radishes. 'The Glut' with kohlrabi, green apple and yarrow while 'Preserves' features fermented roots and smoked bacon broth.

'Cured' has homemade fennel salami and sourdough, 'Fish' oyster, chive and pickle, crab, chamomile and fennel, lobster, and tomato.

'Sweet' finishes off with gooseberry, honey and cream, cream cheese, hogweed, strawberry, meadowsweet, and basil.

Open Thursday to Saturday the restaurant offers a dinner menu costing £75 a head with a shorter menu on Saturday and Sunday lunchtimes at £55.

*Reservations can be made by emailing [bookings@thesmallholding.restaurant](mailto:bookings@thesmallholding.restaurant) or ringing 01892-890105*