

# ETHOS & SUPPLIERS



Our meat: mainly working with Warren's in Cornwall, all our beef is UK native breed meat, grass-fed and finished, from suckler herds. Well-hung on the bone - on average - for 28 days.

Our veg: mainly native crops suitable for the soil in which they are grown, using low-intensity approaches.

Why air fried? GM vegetable oil production is having a devastating effect on our soil and human health. And potatoes are hoovers for pesticides. Air frying uses only 1% organic oil and with our organic potatoes means pretty much the healthiest chip out there.

Our wines and beers: natural wines and beers using a low-intensity approaches to working with the land.

Whether carnivore, vegetarian or vegan - we're only as healthy as the soil we farm on. Mono-cropping vegetables and tractor-kill are as devastating to our planet as feed-lot farming. Both are terrible.

In the age of easy soundbites and irresponsible bandying of "facts" - the only real question is "Is what you're eating produced in ways that regenerates or degenerates the soil?" Regenerative agriculture is one of the most effective solutions to reversing global warming.

As a regenerative restaurant - we see our role as enabling regenerative farmers and growers to do what they do and do more of it while making a living and a net-positive impact. You can play a significant role by eating. Because climate change is vital. But we think it can also be delicious.



Earth Friendly Food

