

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 average for 28 days on the bone.

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

Our wines and beers: natural wines and beers using a low-intensity approaches to working with the land. We're also championing some rising female wine talent.

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.

Our dream is to grow 28 as a regenerative restaurant brand that contributes to that solution. Thank you for eating with us. Any helpful feedback on how we can grow and evolve are deeply appreciated.