



From Garden to Plate

Parsley

This is a staple of most kitchens and Greens is no exception, Parsley has many health benefits and is also an excellent source of vitamin A. Parsley is used in many Greens recipes and is a popular garnish on the service counters.

Bay Leaf

Another kitchen staple, we have traditionally brought these in dried, with our new bay leaf tree we will be using fresh from now on. Again, Bay leaf has huge amounts of health benefits and is a good source of vitamin A, vitamin B6 and vitamin C. It is used in many dishes in the Greens Kitchen.

Garlic Chives

Chives are full of Choline and studies have shown that adults who eat more foods with choline in them do better on cognitive tests...we often use them in our cheese sauces for pasta as well as other Greens recipes.

Lemon Verbena

This is a versatile herb suited to both sweet and savoury dishes, it's a great aid to the digestive system too! We use this herb raw, finely sliced in pesto's, salsa and vinaigrettes on our salad of the day.

Sage

Part of the mint family Sage is great for aiding memory and thinking skills, most often used in sage and onion stuffing on roast days.

Winter Savory

Winter Savory has a strong peppery flavour and is often used instead of additional salt and pepper with seasoning a dish. We are conscious not to use too much salt in our cooking so this is a perfect herb for us.

Tree Spinach

This is a new one to Greens Kitchen, as the name suggests, it is a spinach substitute. It is really tasty melted in butter and keeps its magenta when cooked. It can also be eaten very young raw in salads - keep a look out for this appearing on our menus.

Tarragon

A versatile herb with a unique flavour we use tarragon a lot in fish and chicken dishes as well as mushroom sauces for pasta.

Oregano

This herb is for flavouring dishes like bolognaise it was a slight hit of thyme and adds a lovely depth to our stocks and sauces

Rosemary

An established bush provides plenty of flavour for many of our popular dishes.