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Five Bar

Spring

Rhubarb Elderflowers **Mango** Gooseberries **Apricot**
 Artichoke Cauliflour **Celery** Asparagus Wild Leaf Garlic
 Radishes **Chicory** Hispi Cabbage **Jersey Royals**
Purple Sprouting Broccoli Rocket Spring Onion
Chervil Broad Beans **Leeks** Morels Spinach **Peas** Rosemary
Oregano **Tarragon** Chives **Basil** Corriander
Marjoram **Bay** Flat-Leaf Parsley **Thyme** Dill Mackerel
 Pollack **Sea Bass** Crab **Whiting** Scallops
Sardines Spring Lamb **Hogget** Haddock.



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