

The Lemon Tree launches new winter menus incorporating 'food mile' information

Having celebrated its ten-year anniversary in October, **The Lemon Tree** restaurant will be marking the start of its second decade in Bishops Stortford by introducing an imaginative new range of menus featuring the best of **Modern British** winter cuisine.

Introducing the concept of the 'LUKE' Food Miles menu

Over the last decade, Luke Fishpool, The Lemon Tree's proprietor and chef, has been a champion of local and British suppliers. He believes they can offer quality seasonal produce of unparalleled freshness, resulting in healthier, tastier food on the plate. In recent months, support for this ethical stance has gained momentum as people realise that the distances travelled by food impact negatively not only upon its nutritional quality but also upon the environment generally.

Sustainability and support for local eco-regions is increasingly becoming important to many people. With this in mind, the new menus that are being introduced at **The Lemon Tree** from October will – for the first time – provide 'food mile' information, indicating whether the principal ingredients in a dish are:

L – Locally produced (within a 50 mile radius) **UK** – from this country **E** – from Europe.
For obvious reasons it's become known in-house as the 'LUKE' menu.

Luke Fishpool explains.

"We've never been the kind of restaurateurs who throw up their hands in horror if people break the 'so-called' rules, such as having white wine with a meat dish. So we're not food snobs or fashionistas. But we are committed to using quality ingredients from local suppliers and we feel good about the fact that this supports the local economy and results in a tastier meal on the plate."

“We’ve introduced the food mile categories on our new menus to inform customers, not to intimidate them or sway their menu choices. At the end of the day, it’s all about personal taste and maximum enjoyment. At the very least, it will be a talking point!”

The Lemon Tree’s new look winter menus will offer diners the chance to sample the best seasonal (and regional) taste combinations of Modern British Cuisine created by Luke Fishpool who commented:

“Our aim for The Lemon Tree has always been to provide the customer with excellent quality but good value food, in a relaxed and informal atmosphere. Judging from the last ten years, it seems that our emphasis on simple, robust food with an uncomplicated style strikes the right chord with customers and so that’s a recipe that remains unchanged for our new menus!”

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The Lemon Tree 14 - 16 Water Lane Bishop's Stortford

- The Lemon Tree is a 75-cover restaurant occupying charming period buildings in central Bishops Stortford.
- The restaurant is owned and run by husband and wife team. Luke Fishpool is the Chef; Sue Fishpool runs outside catering services and takes responsibility for selecting the wine list.
- From the moment that it first opened its doors on the 5th October 1996, **The Lemon Tree** has been firmly established as Bishops Stortford’s favourite restaurant.
- The Lemon Tree is licensed to conduct weddings and also caters for other private celebrations.
- A private dining room is available for use by businesses for conferences and presentations.
- A vegetarian menu is available.
- The Lemon Tree features in The Michelin Guide and The Good Food Guide.