

THE TUNING FORK

CASUAL DINING WITH SOME DIFFERENCES

We focus as much as we can on low food miles & supporting other local businesses. We realise that some parts of the menu may be a bit different and unfamiliar as we do not focus on one particular cuisine but international foods we enjoy eating ourselves. We have written this as we have received lot of questions about our sourcing & cookery. It is our hope that this is an informative source.

DRINKS

We source most of our coffee from Carrara Coffee in Market Harborough. The main blend we use is called Alba, this changes ever so slightly over the seasons due to the supply of beans but we think it is an exceptional blend for espresso-based drinks. We use other more seasonal single origin coffees for our Vietnamese style iced coffee, cold brews and "pour-overs" (single filter style coffee). These methods of brewing the single origins should bring out a crisp clarity to the flavours. The decaf coffee, is processed using the swiss water process so contains no chemicals and is also roasted at Carrara Coffee, upon cupping we notice that it has more body than most other decaffeinated coffees.

For the coffee geeks and those interested buying bags of coffee beans for espresso at home:- we use 18g double shots only, for consistency, with a brew weight of 36g and aim for an extraction of 28-32 seconds. We serve in a 8oz cup with a single shot, or 12oz cup with a double shot, again to keep the strength consistent. Tasting notes should be malt, a slight spice and toasted nuts.

We use actual chocolate (Belgium couverture) in the mochas and hot chocolates rather than cocoa powder and sugar. These are both served as a large size for consistency purposes.

We serve Lawless Lager from Purity brewery in Warwickshire, its brewed to German Purity law (no chemicals/additives/extra sugar) and matured for 40 days for a full flavour which we think compliments foods very well. In keeping with our own sustainable philosophies, Purity manage all their own waste water back in to Mother Nature through their own wetland system.

BREAD

We use revel bakery in little Walton, near Pailton for their sourdough loaves & tinned loaves. We make our own vegan rolls for our burgers in house. The Revel Bakery support "the real bread campaign". This basically means there is no chemical additives or preservatives in their doughs. Just good British flours, water, yeast and salt. The gluten free bread we source from glebe farm online - simply because we think theirs is the best.

STRAIGHT FROM LOCAL FARMS

During Game season we are lucky enough to be able to source Venison (Red and Fallow) from Summer Farm in Yelvertoft - a Venison Park, where the deer roam free.

Our bacon & black pudding are made by Sercombes of Rugby. They only use British Pork and hand make all their produce. Many of their hand raised pies are award winning and highly recommended. We also use Joseph Morris Butchers (Jo Mos) based in South Kilworth, who source all their pork, beef and lamb from British Farms in Warwickshire, Leicestershire and Northamptonshire.

The Tuning Fork

we make everything but the bread and the sausages, someone else does that for us
thetuningforkhoulton.co.uk

THE TUNING FORK

OTHER SUPPLIERS

Ritter courivaud supply most of our specialist ingredients, fresh fish and shellfish, European cheeses, foraged mushrooms and specialist free range game from across the country - they are strictly trade, however we may have an idea as to whether/which supermarkets stock similar products.

We focus on sustainable seafood, which ritter courivaud specialise in, such as the migatory skrei cod, british south coast day boated & line-caught fish, fish caught in the world regarded fjord fisheries of Norway & sustainable aquacultures such as Gigha Halibuts

Martin and Son Fruit and Veg on Kingsway in Rugby supply us with all our day-to-day grocery needs, including Free-Range Loin Marked Eggs from Bitteswell Farms (Lutterworth)

CAKE & PASTRY PRODUCTS

Kerry makes all of our cakes, pies and tarts from scratch, including all the components. All are "one-off productions" so once it's gone, it's gone. We use butter, free range eggs, dried fruit, Belgian couverture, alcohol, nuts and specialist patisserie ingredients. No chemical additives, preservatives or extenders are used in the baking of these products. All cakes are available to purchase whole but as all components are made in house, needing time to prepare and set etc, a minimum of 48 hours notice is needed - these can be simply decorated for birthdays and events on request.

The soft-serve vanilla icecream we serve is a fresh mix made in Coventry by Criminisi Ice Creams.

VEGAN / GLUTEN FREE / OTHER ALLERGIES & INTOLERANCES

We have been slowly rotating through vegan options at the tuning fork, from tempeh to burgers and more recently a homemade traditional broad bean and chickpea falafel. It is theorised that over time the broad bean element has been removed from falafel recipes in the middle east (and subsequently the rest of the world), due to a hereditary genetic metabolic disorder called favism. You will notice that falafels with a broad bean element and have a softer texture.

Please inform us if you are coeliac or suffer from any allergy or intolerance. It is important that we use separate cooking equipment, techniques and utensils to avoid cross contamination. For example if you have a nut allergy we cannot cook your food in the same fan assisted oven as we are cooking foodstuffs containing nuts - it must be prepared, cooked and served separately. The kitchen must be informed of all allergies & intolerances to be able to manage these risks.

OUR SPECIALS

Our specials board offers a good selection of fresh seafood and local farm based products - we try to reflect the seasons and weather as much as possible. It is written and prepared daily during the breakfast shift.

Please be aware that the menu is designed to be all homemade & cooked to order - there can be a wait on food during peak periods. Please inform us if you have a time constraint and we will do our utmost to accommodate this and aid menu choices.

The Tuning Fork

we make everything but the bread and the sausages, someone else does that for us
thetuningforkhoulton.co.uk

THE TUNING FORK

BREAKFAST

All Breakfasts Available: 08:30am - 11:45am Mon - Fri / 09:30am - 11:30am Sat & Sun

FULL ENGLISH BREAKFAST - £14.25 (DF)(GF)

Sercombes' Smoked Streaky Bacon and Two Cumberland Sausages, Two Free Range Poached Eggs, Sercombes' Black Pudding, Field Mushrooms Roasted with Garlic, Butter Bean Stew, Toast & Butter

BACON AND EGGS - £8.25 (DF)(GF)

Rashers of Sercombes' Smoked Streaky Bacon, Toast, Choice of Eggs
(supp: £1.25 for Scrambled Eggs)

EGGS BENEDICT - £9.50 (GF)

Our Oat Milk Dough Bread Bun, Rashers of Sercombes' Smoked Streaky Bacon, Two Poached Eggs & Hollandaise

EGGS ROYALE - £13.95 (GF)

Our Oat Milk Dough Bread Bun, Smoked Salmon, Two Poached Eggs & Hollandaise

AVOCADO FLORENTNE - £9.50 (GF)(V)

Our Oat Milk Dough Bread Bun, Sliced Avocado, Two Poached Eggs & Hollandaise

SMASHED AVOCADO ON SOURDOUGH - £7.65 (DF)(GF)(V+)

With Dukkah, an Egyptian Spice & Nut Mix

+ Two Eggs Feta & Basil Dressing - £9.75 (GF)(V)

+ Garlic Roasted Mushrooms & Basil Dressing - £8.95 (DF)(GF)(V+)

DOUBLE TOAST - £7.95 (DF)(GF)(V+)

Smashed Avocado with Crispy Chilli & Houmous with Cherry Tomatos

(add: crumbled feta £0.95)

VEGAN BUTTER BEAN STEW - £5.25 (DF)(GF)(V+)

Served with Sourdough

OAT & CHIA PORRIDGE - £5.95 (DF)(GF)(V+)

Porridge with Berries, Raspberry Coulis & Toasted Coconut Flakes

MAPLE SYRUP & CINNAMON

GRANOLA - £6.75 (GF)

Toasted Granola with Nuts, Served with Greek Yoghurt, Berries & Milk

(VEGAN Yoghurt & Milk Available on Request)

BREAKFAST ADD-ONS:

+ Smashed Avocado - £3.25

+ Homemade Beans - £1.95

+ Sercombes' Sausage - £1.65

+ Free Range Egg - £1.25

+ Garlic Mushrooms - £1.95

+ Rasher of Bacon - £1.65

+ Crumbled Feta Cheese - £0.95

+ Black Pudding - £1.25

OUR GLUTEN FREE CHIA PANCAKES: (DF)(GF)(V+)

With One of Our Topping Options:

+ Bannana & Homemade Chocolate Sauce - £7.25

+ Fresh Berries, Coulis & Maple Syrup - £7.95

+ Smoked Streaky Bacon & Maple Syrup - £7.95

CHOCOLATE BANNANA BREAD - £4.95 (V)

Served Warm & Toasted with a side of Mascapone & Homemade Berry Jam

(V) Vegetarian (GF) Gluten Free available (DF) Dairy Free (or available) (V+) Vegan

(please make us aware of all allergies and intolerances)

The Tuning Fork

Dollman Farm, Dollman Place, Houlton, CV23 1AL

thetuningforkhoulton.co.uk

THE TUNING FORK

LUNCH MENU

Lunch Available: 12:15pm - 15:00pm, Mon - Fri / 12:15pm - 15:30pm Saturdays

OUR BURRITOS:

Filled with Our Slaw, Avocado, Cheddar cream Cheese and a pot of Coriander Lime Sour Cream

- + **BEEF CHILLI** - Slow Braised Beef Brisket and Mixed Bean Chilli Con Carne - **£11.95**
 - + **BBQ PORK** - Pulled Shoulder of Pork with Sweet BBQ Sauce - **£11.95**
 - + **VEGGIE** - Made from Squash, Black Bean & Bell Pepper - **£11.95** (VEGAN Option Also Available)
-

DOUBLE TOAST - £7.95 (DF)(GF)(V+)

Smashed Avocado with Crispy Chilli & Houmous with Cherry Tomatoes
(add: crumbled feta £0.95/ add: Fried Eggs £1.25 Each)

GRILLED CHICKEN SATAY - £11.75 (DF)(GF)

Indonesian Style Peanut Satay, Toasted Coconut Flakes & Thai- Style Carrot Salad

GOATS CHEESE & MUSHROOM TART - £11.95 (V)

Goats Cheese, Mushroom & Caramelised Onion encased in Puff Pastry served with an Avocado Salad & 10 Year Aged Balsamic Vinegar

CAESAR SALAD - £9.75

Little Gem Lettuce and an Apple Cider Vinegar, Anchovy & Garlic Emulsion, Finished with Garlic Croutons & Parmesan Shavings

ADD Trimmed 8oz Sirloin Steak + **£10.95**

ADD Chicken Strips or Marinated Butterflied Chicken + **£5.45**

OUR STYLE BANG-BANG CAULIFLOWER & CHIPS - £12.25 (DF)(GF)(V+)

Tossed in Crispy Chilli and served with our Curried Mayo & Side Salad

SALT & PEPPER FRITTO WITH CHIPS: (DF)(GF)

Lightly Seasoned Seafood in our Gluten Free, Salt & Pepper Mix served with Chips, our Mango Namh Jim & a Wedge of Lemon

+ Calamari - **£14.45** / Butterflied King Prawns - **£15.95**

+ Mix of Calamari & Butterflied King Prawns - **£15.75**

STEAK & CHIPS - £22.45 (Option for the Chef to Carve on Request) (DF)(GF)

Joseph Morris 8oz Sirloin Steak, Garlic Roasted Field Mushroom & Chips finished with your Choice of; Green Peppercorn, Chimichurri or Butter Sauce

(V) Vegetarian (GF) Gluten Free available (DF) Dairy Free (or available) (V+) Vegan
(please make us aware of all allergies and intolerances)

The Tuning Fork
Dollman Farm, Dollman Place, Houlton, CV23 1AL
thetuningforkhoulton.co.uk

THE TUNING FORK

LUNCH MENU

OUR BURGERS:

All of our Burgers Come in our Oat Milk Dough Bread Buns (*Gluten Free Available on Request*)

ADD Rasher of Smoked Streaky Bacon + **£1.65**

+ **8oz STEAK BURGER - £13.95** (GF)

Onion Jam, Taleggio Cheese, Aioli, Avocado, Tomato, Gherkin & Leaves

+ **PIRI-PIRI CHICKEN BURGER - £12.25** (GF)

Jarlsberg Cheese, Onion Jam, Aioli, Avocado, Tomato, Gherkin & Leaves

+ **PAKORA BURGER - £11.45** (DF) (V) Made from Butternut Squash, Mushroom & Red Onion, with Minted Yoghurt, Mango Chilli, Tomato & Leaves

+ **VEGAN BURGER - £11.95** (DF) (GF) (V+)

Beyond Pea Protein Burger, with Vegan Cheese, Onion jam, Avocado, Tomato, Leaves & Siracha Mayo

+ **HERBED CHICKEN CAESAR BURGER - £12.25** (GF)

Parmesan, Caesar Sauce, Avocado, Tomato, Gherkin & Leaves

OUR BUTTERFLIED CHICKEN: (DF) (GF)

A Piece of Marinated Butterflied Chicken Served with a Choice of Sides

+ **1 SIDE** **£10.25**

+ PIRI-PIRI

(Portuguese- Style) Chicken Served with our Spicy Mayo

+ **2 SIDES** **£13.25**

+ TIKKA

Tikka Spiced & Yoghurt Marinated Chicken Served with our Mint Yoghurt

+ **3 SIDES** **£15.25**

+ HERB

Herb Marinated Chicken Served with our Homemade Garlic Aioli

LUNCH SIDES:

+ Pot of Our Chips - **£3.95** (V+) (GF)

+ Side of Aged Parmesan & Truffle Chips- **£6.75** (GF)

(*supp: £2.95 as Chicken Dish Side*)

+ Pot of Sweet Potatoe Fries - **£3.95** (V+) (GF)

+ Side Salad & Honey Mustard Dressing - **£3.45** (V+) (GF)

+ Green Herb Dressed Slaw - **£3.65** (V+) (GF)

+ Caesar Dressed Slaw - **£3.95** (GF)

+ Smashed Avocado - **£3.25** (V+) (GF)

+ Slaw - **£1.95** (V) (GF) (DF)

+ Paratha Bread - **£1.95** (V+)

+ Our Butter Bean Stew - **£2.95** (V+) (GF)

+ Our Home-Baked Olives - **£3.45** (V+) (GF)

+ Grilled Halloumi - **£2.95** (V) (GF)

(V) Vegetarian (GF) Gluten Free available (DF) Dairy Free (or available) (V+) Vegan
(please make us aware of all allergies and intolerances)

The Tuning Fork

Dollman Farm, Dollman Place, Houlton, CV23 1AL

thetuningforkhoulton.co.uk

THE TUNING FORK

KIDS MENU

All Breakfasts Available: 08:30am - 11:45am Mon - Fri / 09:30am - 11:30am Sat & Sun

KIDS BREKKIE - £6.95 (DF)(GF)

Sercombes Smoked Streaky Bacon and Cumberland Sausage, Free Range Poached Egg, Toast & Butter

KIDS PANCAKE - £5.25 (DF)(GF)

Berries & Chocolate Sauce

Lunch Available: 12:15pm - 15:00pm, Mon - Fri / 12:15pm - 15:30pm Saturdays

KIDS MINI PLATTER - £6.95 (V)(GF)

Sweet Potato Fries, Crudities, Sour Cream Dip & a Greek Yoghurt, Berries & Mixed Crumble

FLATBREAD - £4.95

Cheddar Cheese, Tomato & Basil

GRILLED CHICKEN STRIPS & CHIPS - £5.95 (DF)(GF)

Lightly Marinated in Cococnut & Lime served with Chips

SAUSAGES & CHIPS - £5.95 (DF)(GF)

Two Cumberland Sausages served with Chips

MINI FRESH FISH & CHIPS - £8.95 (DF)(GF)

Pieces of Fresh Fish served with Chips

CALAMARI & CHIPS - £7.95 (DF)(GF)

Lightly Dusted Rings of Squid served with Chips

CHICKEN BURGER & CHIPS - £7.95

Chicken Strips, Cheese, Our Burger Sauce & Lettuce

KIDS MENU ADD-ONS

+ Kids Portion of Beans - **£1.95**

+ Kids Side of Mixed Fresh
Vegetables - **£1.75**

+ Kids Crudites: Tomatoes,
Sticks of Carrot & Cucumber -
£1.75

(Chips May Be Swapped for Sweet
Potato Fries on Request)

KITCHEN OPENING HOURS

Breakfast Available: 08:30am - 11:45am Mon - Fri // 09:30am - 11:30am Sat & Sun

Lunch Available: 12:15pm - 15:00pm, Mon - Fri // 12:15pm - 15:30pm Saturdays

Sunday Lunch Available: 12.30pm - 15.30pm

(V) Vegetarian (GF) Gluten Free available (DF) Dairy Free (or available) (V+) Vegan
(please make us aware of all allergies and intolerances)

The Tuning Fork

Dollman Farm, Dollman Place, Houlton, CV23 1AL
thetuningforkhoulton.co.uk