

THE TUNING FORK

CASUAL DINING WITH SOME DIFFERENCES

We focus as much as we can on 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 a 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 St. Martin's in Great Glen, Leicester. The main blend we use contains beans from Papua New Guinea, Kenya & Brazil 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, upon cupping we notice that it has more body than most other decaffeinated coffees.

For the coffee geeks and those interested in 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 7oz cup with a single shot, or 14oz 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 a Helles Style Lager and their Session IPA from Purity brewery in Warwickshire, its brewed to German Purity law (no chemicals/additives/extra sugar), both of which are gluten free. 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 make our own vegan rolls for our burgers in house. Using Oat milk and a "Tangzhong" method.

The Paddle (next door) make our loaves. Simply flours water, mother yeast and salt - no additives, emulsifiers or extenders - nothing artificial.

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.

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we make everything but the sausages, someone else does that for us
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OTHER SUPPLIERS

Ritter Courivaud & Classic Fine Foods 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 use properly dry aged protected origin West Country (pasture raised) Beef on our main menu.

We focus on sustainable seafood, which Ritter Courivaud specialise in, such as the migratory 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 Lion Marked Eggs from Bitteswell Farms (Lutterworth)

The Saffron we use is Super Negrin A+ sourced from Finest Saffron of Rugby

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 Vanilla ice-cream we serve is made next door fresh from The Paddle.

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

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BREAKFAST MENU

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

FULL ENGLISH BREAKFAST - £17.45 GFA DFA

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

BACON AND EGGS - £10.95 GFA DF

Rashers of Sercombes' of Rugby Smoked Streaky Bacon, Toast, Choice of Free Range Bitteswell Eggs (supp: £1.35 for Scrambled Eggs)

EGGS BENEDICT - £11.95 GFA (SWAP THE BREAD FOR HASHBROWNS + £2.95)

Our Oat Milk Dough Bread Bun, Rashers of Sercombes' of Rugby Smoked Streaky Bacon, Two Free Range Bitteswell Poached Eggs & Our Style Hollandaise

EGGS ROYALE - £14.95 GFA

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

CITRUS & MISO AVOCADO ON SOURDOUGH - £10.25 V+ DF GFA

All served with our Roasted Black Sesame Gomasio & Chilli Oil

WITH Two Eggs - £12.25 / WITH Garlic Roasted Mushrooms - £11.95

HASH BROWNS & BUTTER BEAN STEW - £9.95 DF GF V+

Served with Crispy Chilli & Black Garlic Mayo

ADD Fried Eggs & Parmesan + £2.95

OUR FRENCH TOAST - £10.45 DF V+

With Caramelised Banana, Espresso Butter, Cinnamon Oat Crumble & Maple Syrup

VEGAN BUTTER BEAN STEW - £6.95 DF GFA V+

Served with The Houlton Paddle Sourdough

V+ - VEGAN
GF - GLUTEN FREE
DF - DAIRY FREE
A - AVAILABLE

OUR VANILLA & BUTTERMILK
PANCAKE STACK: GF

With One of Our Topping Options:

+ Our Berry
Compote &
Fresh Blueberries
- £9.95

+ Sercombes'
Smoked Streaky
Bacon &
Maple Syrup - £11.45

OAT & CHIA PORRIDGE - £7.75
GF V+ DF

**Porridge with Roasted Pear, Blueberries,
Berry Coulis & Toasted Coconut Flakes**

MAPLE SYRUP & CINNAMON GRANOLA
- £7.95 GF (V+ DF OPTION)

**Toasted Granola with Nuts, Served with
Greek Yoghurt, Blueberries, Coulis & Milk
(Vegan Yoghurt & Milk Available on
Request)**

BANANA BREAD - £6.95
GF (V+ DF OPTION)

**Served Toasted with Berry Jam & Greek
Style Yoghurt & Coulis
(Vegan Oat Yoghurt Alternative Available)**

**Our Smashed Avocado £3.45 / Homemade Beans £2.95 / Cumberland Sausage £1.95 / Free Range Egg
£1.45 / Garlic Mushrooms £1.95 / Rasher of Bacon £1.95 / Hash Brown £2.95 / Black Pudding £1.45**

THE TUNING FORK

LUNCH MENU

Lunch Available: 12:15pm - 15:00pm, Mon - Thurs // 12:15pm - 16:00pm Fridays & 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 Chilli Con Carne** - £14.45

PULLED PORK + **with Blackened Cajun Spice, Apple and Chilli** - £14.45

VEGGIE + **Lightly Spiced; Squash, Black Turtle Bean & Bell Pepper** - £14.45
(VEGAN V+ DF Option Also Available)

CITRUS & MISO AVOCADO ON SOURDOUGH - £10.25 V+ DF GFA

All served with our Roasted Black Sesame Gomasio & Chilli Oil

WITH **Two Fried Eggs** - £12.25 / WITH **Garlic Roasted Mushrooms** - £11.95

INDONESIAN STYLE SATAY - £13.95 DF GF V+A

Indonesian Style Peanut Satay, Toasted Coconut Flakes & Thai- Style Carrot & Onion Salad
OPTION **Coconut Chicken Strips** or **Crispy Tofu** V+

GOATS CHEESE & MUSHROOM TART - £14.25

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

CAESAR SALAD - £9.95

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

OPTION TO ADD **Southern Fried Chicken Breast** or **Coconut Chicken Strips** + £6.45

THAI STYLE LENTIL FRITTERS - £14.25 GF DF V+

Served with Our Kimchi, Side Salad & Black Garlic Mayo

TEMPURA SCARLET KING PRAWNS WITH CHIPS - £ 18.75 GF DF

Lightly battered Prawns served with; Chips, Side Salad, Mango & Chill Sauce & Lemon Wedge

GRAIN-FED BLACK ANGUS STEAK - £28.95 GF DFA

(Option for the Chef to Carve upon Request)

Choice Of: 7oz Fillet, 8oz Sirloin or 10oz Ribeye

All served with Chips and Caesar Dressed Salad

V+ - VEGAN
GF - GLUTEN FREE
DF - DAIRY FREE
A - AVAILABLE

THE TUNING FORK

LUNCH MENU

Lunch Available: 12:15pm - 15:00pm, Mon - Thurs // 12:15pm - 16:00pm Fridays & Saturdays

OUR BURGERS:

All of our Burgers Come in our Oat Milk Dough Bread Buns (Gluten Free Available upon Request - GFA)

ADD Crispy Pancetta + £1.95 ADD Chips or Sweet Potato Fries + £3.50

2 x 4 oz SMASHED + **Onion Jam, Mild Cheddar, Crispy Onions, Our Burger Sauce, House Pickles & STEAK BURGER Leaves** - £14.95

CRISPY CHICKEN + **Onion Jam, Gochujang Ketchup, House Pickles & Leaves** - £14.45

PAKORA BURGER + **Minted Yoghurt, Mango Chilli, Salsa & Leaves** - £13.45 V DF

VEGAN BURGER + **Beyond Meat Pea Protein Burger, with Vegan Cheese, Onion Jam, Avocado, Tomato, Spicy Mayo & Leaves** - £14.25 V+ DF

FOUR STEP LUNCH

TTF CRISPY CHICKEN OR CAULIFLOWER WITH SIDES: GF DF V+ £15.95

1. Choose Meat or Veggie / Vegan

+ CRISPY CHICKEN

+ CRISPY CAULIFLOWER V+

3. Choose your Salad:

+ DRESSED KACHUMBER SALAD V+

+ CAESAR DRESSED SLAW

+ SMASHED AVOCADO V+

+ MAYONNAISE SLAW V

+ AVOCADO & MISO DRESSED SLAW V+

2. Choose your Flavour

+ CLASSIC

+ GOCHUJANG KOREAN V+

+ BLACK TRUFFLE HONEY V

4. Choose your Chips:

+ THRICE COOKED CHIPS V+

+ SWEET POTATO FRIES V+

+ TRUFFLE & PARMESAN CHIPS

(Supp for Truffle & Parmesan £2.95)

LUNCH SIDES

+ Pot of Our Thrice Cooked Chips - £4.45 GF V+

+ Side of Aged Parmesan & Truffle Chips - £7.95 GF

+ Sweet Potato Fries - £3.95 GF V+

+ Side Salad with Honey Mustard Dressing - £4.75 V+ GF

+ Caesar Dressed Slaw - £4.45 GF

+ Our Smashed Avocado - £3.45 V+ GF

+ Slaw - £3.45 V DF GF

+ Our Kimchi - £3.95 V+ GF

+ Avocado & Miso Dressed Slaw - £4.45 GF V+

THE TUNING FORK

KIDS MENU

All Breakfast Available : 8:30am - 11:45am, Mon - Fri // 9:30am - 11:30am Saturday & Sunday

KIDS BREKKIE - £7.75 GFA DFA

Sercombes' of Rugby Smoked Streaky Bacon, Cumberland Sausage, Free Range Poached Egg, Toast & Butter

KIDS VEGGIE BREKKIE - £7.75 GFA DFA

Avocado, Mushroom, Our Butter Bean Stew, Free Range Poached Egg, Toast & Butter

KIDS PANCAKE - £5.45 GF

A Vanilla & Buttermilk Pancake served with Sliced Banana & Chocolate Sauce

Lunch Available : 12:13pm - 15:00pm, Mon - Thurs // 12:15pm - 16:00pm Friday & Saturday

KIDS MINI PLATTER - £7.95 V GF

Sweet Potato Fries, Crudities & a Greek Yoghurt, Berry Sauce, Mixed Crumble

CRISPY CHICKEN GOUJONS OR CRISPY CAULIFLOWER FLORETS - £7.95 DF GF V+
Chips or Sweet Potato Fries and Tomato Mayonaise (Vegan Option Available)

GRILLED CHICKEN STRIPS & CHIPS - £6.75 DF GF

Chicken Strips Lightly Marinated in Chili & Lime served with Chips

SAUSAGE & CHIPS - £6.75 DF GF

Two Cumberland Sausages served with Chips

MINI FRESH FISH & CHIPS - £9.75 DF GF

Pieces of Fresh Fish served with Chips - Check Availability

KING PRAWNS & CHIPS - £8.75 DF GF

Battered & Butterflied King Prawns

SMASHED BEEF BURGER & CHIPS - £8.95

4oz Beef Patty, Cheese, Our Burger Sauce & Lettuce

KIDS MENU ADD-ONS

+ Portion of Our Beans - £2.95
V+ GF

+ Fresh Warm Vegetables - £3.25

**+ Crudities: Cherry Tomatoes,
Sticks of Carrot & Cucumber**
- £2.75 V DF GF

(Please make us aware of any allergies and intolerances!)

KITCHEN OPENING HOURS

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

Lunch Available: 12:15pm - 15:00pm, Mon - Thurs // 12:15pm - 16:00pm Fridays &

Saturdays Sunday Lunch Available: 12.30pm - 15.30pm

THE TUNING FORK

WINE LIST

House Wine is available by the glass - either; 125ml, 175ml or 250ml - All other Wine is solely by the bottle

SPARKLING:

1. LUNETTA PROSECCO 200ML, ITALY +
A light & refreshing sparkling wine with notes of red apples. £9.00
2. CAVA MARRUGAT BRUT IMPERIAL, SPAIN +
A sparkling wine made using the same method as Champagne. More complex than Prosecco with autolytic flavours from the second fermentation in the bottle. £28.00

VE- VEGAN
V- VEGETARIAN
SUS- SUSTAINABLE
ORG- ORGANIC

WHITE:

3. ANCORA PINOT GRIGIO, ITALY
Full-flavoured, A crisp & refreshing dry white with honeyed fruit balanced by lemony acidity. £21.00
4. CHACABUCO VIOGNIER, ARGENTINA
A lean style of Viognier which is a good match for food with some spice, mushrooms or seafood! £25.00
5. MONTECALVO FALANGHINA, ITALY
Falanghina from its heartland in Benevento. Fresh and juicy with great minerality £27.00
6. PICPOUL DE PINET, FRANCE
Picpoul is often referred to as the Muscadet of the south, extremely refreshing & zippy on the finish. VISUS £27.00
7. APASSIMENTO BIANCO
White wine created using the apassimento process, lemon verbana and apricot flavours - great with chicken. VE £29.00
8. MOKO BLACK SAUVIGNON, NEW ZEALAND
Zesty citrus with white stone fruits. The finish is clean, crisp and refreshing. VE £32.00
9. CONTESA ABRUZZO PECORINO, ITALY
Zesty citrus with white stone fruits. The finish is clean, crisp and refreshing. VE £34.00

RED:

10. CA ' DI PONTI NERO D'AVOLA, ITALY
A ripe and robust red that works as well with food as it does on its own. VE £22.00
 11. CHACABUCO MALBEC, ARGENTINA
Fresh red fruit with smooth tannins, perfect with beef dishes. £25.00
 12. ONTANON ECOLOGICO RIOJA, SPAIN
A full flavoured & rounded red which is certified organic VE/SUS/ORG £28.00
- ### GREAT ITALIAN REDS:
13. APASSIMENTO ROSSO, ITALY
Created with very ripe & then dried grapes - think amarone - deep, fruity & plush £29.00
 14. VALLONE VERSANTE PRIMITIVO, ITALY
A ripe, well balanced Primitivo from Puglia in the heel of Italy. V £29.00
 15. IL CASCINONE SOLITI MERLOT, ITALY
A structured, plummy Merlot with ripe tannins, a hint of mocha VE/SUS/ORG £32.00
 16. SURANI PRIMITIVO DI MANDURIA, ITALY
Deep ruby red wine with a bit of spice from the oak barrel SUS £34.00

ROSE :

17. ANCORA PINOT GRIGIO ROSE, ITALY
A dry, fresh and fruity rose with delicate aromas of red berries £21.00
18. ZIN HEAVAN ZINFANDEL ROSE, USA
Medium sweet, showing red berry aromas complemented by a fruity, smooth flavour £23.00
19. 11 MINUTES ROSE, PASQUA, ITALY
The juice is left on the grape skins - exactly 11 minutes. It's elegant and subtly spicy, with plenty of red-fruit flavours. £35.00

THE TUNING FORK

BEER & CIDER

We have two delicious draught beers - from Purity Brewery Warwickshire. They are both gluten free, organic & vegan

SESSION IPA - PURITY 4.5% ABV - £6.75 PINT

A moreish, gluten-free session IPA, infused with real grapefruit peel and brimming with tropical fruit notes and hop aromas.

PURE HELLES - PURITY 5.0% ABV - £6.75 PINT

Helles is a traditional German pale lager beer, produced chiefly in Southern Germany, particularly Munich and Bavaria.

ALCOHOL FREE

Lucky Saint 0.5% 330ml - £3.85

Purity Point Five 0.5% 330ml - £4.20

FROM THE BOTTLE...

BOTTLED BEER

Spitfire 4% 500ml - £5.45

Doom Bar 4.3% 500ml - £5.45

Corona 4.6% 330ml - £4.25

Peroni 5.1% 330ml - £4.25

Budvar 5% 500ml - £5.65

PEARSON'S CIDER - £5.45

Medium 4.6% or Dry 6.1% 500ml

OLD MOUT CIDER, NEW ZEALAND - £5.30

500ml 4%

Berries & Cherries, Kiwi & Lime,
Pineapple & Raspberry or Strawberry & Apple

COCKTAILS

All of our cocktails are priced at
£9.75

CHAMBORD SPRITZ

Prosecco, Chambord & Berry Syrup

MIMOSA

Prosecco, Grenadine, Orange Juice & Vodka (optional)

PIMMS CUP

Pimms, Lemonade & Refreshing Fruity Garnish

APEROL SPRITZ

Prosecco, Soda Water & Aperol Aperitivo

ESPRESSO MARTINI

Freshly Ground Espresso, Coffee Liquor & Vodka

BLUEBERRY GIN FIZZ

A Sweet Fruit Cocktail with Homemade
Blueberry Gin, Cava, Lemonade, Mint &
Fresh Lemon

DAIQUIRI

Rum, Sugar & Lime - Classic

OLD FASHIONED

Makers Mark Premium Bourbon Whiskey,
Angostura Bitters, Orange Peel & Simple
Syrup

FROSTY ROSE

Tequila Rose, Baileys & Grenadine

DISARONNO BLUSH

Disaronno, Chambord,
Cranberry, Lemon & Sugar

BUY ONE GET ONE FREE
FRIDAY & SATURDAY
EVENINGS 6PM-7PM

SPIRITS & LIQUORS

25ml £4.75 50ml £6.95

Bacardi 37.5%

Malibu 21%

Jack Daniels 40%

Jameson 40%

Captain Morgan Spiced Rum 40%

25ml £4.75 50ml £6.95

Rugby Rhubarb Gin 40%

Rugby 1823 Dry Gin 40%

Bombay Sapphire Gin

Absolute Vodka 40%

Bardinet Brandy 36%

50ml Measures - £6.95

Chambord 16.5%

Tia Maria 20%

Frangelico 20%

Kahlua 20%

Baileys 17%

THE TUNING FORK

HOT DRINKS

Alternative Milk : Oat / Coconut / Almond +75p

ESPRESSO - Single £2.35 Double £2.60

AMERICANO - Small £2.75 / Large £3.25

LATTE - Small £3.15 / Large £3.70

CAPPUCCINO - Small £3.15 / Large £3.70

MOCHA - Small £3.80 / Large £4.30

FLATWHITE - £3.65

VIETNAMESE POUR OVER COFFEE - £3.95

HOT CHOCOLATE - £3.65

CHAI LATTE - £3.40

A Warming Drink of Spices & Milk

Made with Our Homemade Chocolate Sauce

ADD: Toasted Marshmallows / Mini Marshmallows / Squirty Cream +55p each!

LOOSE LEAF TEA POT

Earl Grey

English Breakfast

Green Tea - Sencha &

Rose

Fresh Lemon &

Ginger

Wild Rooibos

Peppermint

Chamomile

Mixed Berry £3.45

OVER ICE...

ADD: Flavoured Syrup +50p

ICED LATTE - £3.95

Espresso, Milk & Ice

VIETNAMESE ICED COFFEE

- £4.45

Cold Brew Coffee served with Condensed Milk

ICED TEA - £3.95

Peach, Raspberry or Watermelon

VANILLA MATCHA £4.25

Ceremonial Grade Matcha, served with either Hot or Cold milk

Alternative milk options - oat/coconut: 75p

SOFT DRINKS & JUICES

SANPELLEGRINO 330ML - £2.90

Orange, Lemon, Blood Orange or Pomegranate & Orange

KINGSDOWN PRESSE - £3.35

Elderflower, Rhubarb or Apple

MINERAL WATER 330ML £2.65

Still or Sparkling 750ML £4.25

COCA - COLA - £2.95

Original, Diet, Zero

FEVER TREE MIXERS - £2.35

Ginger Beer, Ginger Ale, Soda Water, Indian Tonic, Elderflower Tonic

Mediterranean Tonic, Slim Line Tonic

FRESH ORANGE JUICE Small £3.55 Large £4.55

FRESH ORANGE JUICE & LEMONADE

Small £2.70 Large £3.95

MILKSHAKES

All Milkshakes are made with Gelato From The Houlton Paddle

BANOFEE Fresh Banana, Our Toffee Sauce & Gelato

BANANA Fresh Banana & Gelato

CHOCOLATE Our Chocolate Sauce & Gelato

STRAWBERRY Fresh Strawberries, Jam & Gelato

VANILLA Our Homemade Vanilla Syrup & Gelato

£4.95 / WITH SQUIRTY CREAM - £5.50

KIDS DRINKS

Alternative Milk : Oat / Coconut / Almond +75p

PLAIN MILK - £2.00

STRAWBERRY MILK - £2.10

CHOCOLATE MILK - £2.10

BANANA MILK - £2.10

HOT CHOCOLATE - £2.60

BABYCCINO - £1.00

ADD: Marshmallows 55p

Squirty Cream 55p

CAWSTON CARTON - £2.50

Apple & Pear, Apple & Mango

CORDIAL - £1.55

Blackcurrant, Orange, Lime