

THE TUNING FORK

BREAKFAST MENU

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

FULL ENGLISH BREAKFAST - £17.50 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 - £11 GFA DF

Rashers of Sercombes' of Rugby Smoked Streaky Bacon, Sourdough, Choice of Free Range Bitteswell Eggs (supp: £1.50 for Scrambled Eggs)

SMASHED SMOKED AVOCADO ON SEEDED SOURDOUGH - £10.50 V+ DF GFA

Guacamole Seasoning With Chipotle Dressing & Tomato Crumb

ADD Two Eggs - £12.50 / ADD Garlic Roasted Mushrooms - £12

OUR BISCOFF FRENCH TOAST- £11 DF V+

With Salted Caramel, Maple Mascarpone Cream & Biscoff Crumb

EGGS ROYALE £15 GFA

Our Potato Bread Roll, Smoked Salmon, Two Poached Eggs & Our Hollandaise & Red Pepper Salt

EGGS BENEDICT - £12 GFA

Our Potato Bread Roll, Sercombes' Smoked Streaky Bacon, Two Poached Eggs, Our Hollandaise & Red Pepper Salt

THE CALIFORNIA - £12 GFA

Our Potato Bread Roll, Smashed Avo, Two Poached Eggs, Our Hollandaise & Crispy Chilli

THE HASHBROWN SWAP OUT

Swap Out Your Potato Bread Roll For Made In-House Hashbrowns - £3 Supplement

**THE TUNING FORK 'HASH'
Choice Of:**

**+ Hashbrowns,
Poached Eggs,
Black Pudding &
Our Style
Hollandaise
£14.50**

**+ Hashbrowns,
Butterbean Stew
& Crispy Chilli
£10 V+ DF GF**

**+ Hashbrowns, Nduja,
Butterbean Stew,
Parmesan, Fried Eggs
& Hot Honey
£13.50 GF**

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

**OUR VANILLA & BUTTERMILK
PANCAKE STACK: GF
With a choice of topping:**

**+ Chocolate Chip with
Caramelised Banana,
Our Banana Cracknell
& Chocolate Sauce
£10**

**+ Smoked Streaky
Bacon (Sercombes')
& Maple Syrup -
£11.50**

**OAT & CHIA PORRIDGE - £8
GF V+ DF**

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

**MAPLE SYRUP & CINNAMON GRANOLA
- £8 GF (V+ DF OPTION)**

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

**BANANA BREAD - £7
GF (V+ DF OPTION)**

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

Our Smashed Avocado £3.50 / Homemade Beans £3 / Cumberland Sausage £2 / Free Range Egg £1.50 / Garlic Mushrooms £2 / Rasher of Bacon £2 / Hash Brown £3.50 / Black Pudding £2

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 & a pot of Coriander & Lime Sour Cream

BEEF CHIPOTLE + Slow Braised Beef Brisket & Smoked Adobo Chilli Sauce - £14.50

PULLED PORK + Char Sui Marinade with Hoisin, Honey & Soy - £14.50

**VEGGIE + Lightly Spiced Moroccan Spiced Chickpeas, Mixed Peppers,
Squash & Red Onion (VEGAN V+ DF Option Also Available) - £14.50**

OUR TOASTED SANDWICHES:

Served on The Houlton Paddle Toasted Sourdough Tin Loaf

SALT BEEF + Our Salted Beef, Sauerkraut, Cheese Sauce, Pickles & Mustard - £15

SMOKED HAM + Smoked Ham Loin, Swiss Cheese, Piccalilli, Leek Jam & Leaves - £14

ADD: Koffmans Chips - £5 / Fries - £5 / Parmesan & Truffle Chips - £8

SMASHED AVOCADO ON SOURDOUGH - £10.50 V+ DF GFA

Seasoned with Lemon, Lime & Miso Topped With Black Sesame & Red Pepper Oil

ADD Two Fried Eggs - £12.50 / ADD Garlic Roasted Mushrooms - £12

THE TUNING FORK DAN DAN NOODLE BOWL DF

Sesame, Chilli & Soy Sauce, Noodles, Pickled Vegetables, Toasted Cashews, Cucumber & Coriander Dressing

WITH Grilled Coconut Chicken Strips £16 OR Tempura Prawns £18

GOATS CHEESE & MUSHROOM TART - £14.50

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

CAESAR SALAD - £10

**Little Gem Lettuce tossed in our Apple Cider Vinegar, Anchovy & Garlic Emulsion,
Finished with Garlic Croutons & Parmesan Shavings**

ADD: Southern Fried Chicken Breast or Coconut Chicken Strips + £6.50

**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 Burgers are served in Our Made in House Potato Bread Roll (Gluten Free Available on Request - GFA)

2 x 4oz SMASHED + **Beef Fat Mayo, Mild Cheddar Cheese, House Pickles, Crispy Onions,**
STEAK BURGER **Tomato Relish & Lettuce - £15**

CRISPY CHICKEN + **Buttermilk Fried Chicken, Nduja Mayo, Pickled Onions**
& Korean Slaw - £14.50

SPICY VEG BURGER + **Korean Slaw, Cherry BBQ, House Pickles - £13.50 V DF**
Add a Fried Free Range Egg - £1

VEGAN BURGER + **Beyond Meat Pea Protein Burger, with Katsu Curry Sauce,**
Pickled Red Onions, Mint Sauce & Lettuce - £14.50 V V+

ADD: **Crispy Pancetta £2 / Koffman Chips £4 / Fries £4 / Truffle & Parmesan Chips £8**

FOUR STEP LUNCH

TTF CRISPY CHICKEN OR CAULIFLOWER WITH SIDES : GF £16

1.Choose Meat / Veggie / Vegan

- + CRISPY CHICKEN GF
- + CRISPY CAULIFLOWER GF V+

2.Choose your Flavour

- + CLASSIC
- + SPICY AIOLI
- + CHERRY BBQ SAUCE

3.Choose your Salad:

- + OUR PICCALILLI SALAD V+
- + CAESAR DRESSED SLAW
- + SMASHED AVOCADO V+
- + MAYONNAISE SLAW V
- + AVOCADO & MISO DRESSED SLAW V+

4.Choose your Chips

- + KOFFMANS CHIPS
- + FRIES
- + TRUFFLE & PARMESAN CHIPS
(Supp for Truffle & Parmesan £3)

LOADED FRIES

TO SHARE

CUBANO £15
Pulled Pork, Pickles, Cheese Sauce & Crispy Onions

CRISPY PANCETTA £15
Our Cherry BBQ Sauce, Pickled Onions

LUNCH SIDES

- + Koffmans Chips / Fries - £5 GF V+
- + Parmesan & Truffle Chips - £8 GF
- + Side Salad with Olive Oil & Balsamic Dressing - £4.50 V+ GF
- + Caesar Dressed Slaw - £4.50 GF
- + Our Smashed Avocado - £3.50 V+ GF
- + Slaw - £3.50 V DF GF
- + Avocado & Miso Dressed Slaw - £4.50 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 - £6.95 V GF

Fries, Crudities & a Brownie Bite

CRISPY CHICKEN GOUJONS OR CRISPY CAULIFLOWER FLORETS - £7.95 DF GF V+
Served with Fries

GRILLED CHICKEN STRIPS & CHIPS - £6.75 DF GF

Chicken Strips Lightly Marinated in Chili & Lime served with Fries

SAUSAGE & CHIPS - £6.75 DF GF

Two Cumberland Sausages served with Fries

MINI FRESH FISH & CHIPS - £9.75 DF GF

Tempura Battered Fish served with Fries - Check Availability

KING PRAWNS & FRIES - £8.75 DF GF

Battered & Butterflied King Prawns

SMASHED BEEF BURGER & FRIES - £8.95

4oz Beef Patty, Cheese, Tomato Ketchup & 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

SUNDAY LUNCH

ROAST DINNERS:

All served with Beef Fat Potatoes, Sausage Meat, Cranberry Stuffing, Honey Roasted Parsnips, Glazed Carrots, Tenderstem Broccoli, Guinness Yorkshire Pudding & Pan Gravy (Vegetarian Gravy Available)

UPGRADE ANY ROAST TO DAUPHINOISE £1

+ TURKEY CROWN - £20 GFA DFA

+ GRASS-FED SIRLOIN - £22 GFA DFA

+ WELSH LAMB LEG - £23 GFA DFA

+ ROASTED BEEF FILLET - £27 GFA DFA

+ PLANT BASED MEAT - £18 GFA DFA

+ CHILDREN'S ROASTS

A Smaller Version Available

Turkey £12

Beef £15

Lamb £16

Plant Based £13

SIDES TO SHARE: GFA

SEASONAL GREENS £4

YORKSHIRE PUDDING
(SINGLE) £1

PIGS IN BLANKETS

GLAZED WITH MAPLE SYRUP & ONION SEEDS

SMALL £6 LARGE £8

CAULIFLOWER & LEEK CHEESE £6

ROAST POTATOES £5

GRILLED CHICKEN CAESAR SALAD

LITTLE GEM LETTUCE, CHERRY TOMATO, CUCUMBER, ANCHOVY DRESSING, CROUTONS

GFA SMOKED CHICKEN BREAST £16

TEMPURA BATTERED SEABASS

WITH KOFFMAN'S CHIPS, TARTARE SAUCE & A LEMON WEDGE

DF GF £16

THAI GREEN CURRY WITH GRILLED FJORD SALMON

WITH PILAF RICE, SEASONAL GREENS & COCONUT FLAKES

GF DFA £21

ALL OUR BURGERS ARE SERVED IN OUR 'MADE IN HOUSE' BRIOCHE BUNS UNLESS GLUTEN FREE OR VEGAN IS REQUESTED. ADD CHIPS + £4 ADD CRISPY PANCETTA + £2.00

SMASHED BEEF BURGER - 2X 4OZ BEEF PATTIES, SMOKED CHEDDAR, TOMATO RELISH, LETTUCE, BEEF FAT MAYO, CRISPY ONIONS & HOUSE PICKLES
GFA £15

SOUTHERN FRIED CHICKEN BURGER - CHIPOTLE MAYO, LETTUCE, PICKLED RED ONIONS, ONION JAM
GFA £14.50

VEGAN BURGER - VEGAN CHEESE, ONION JAM, GHERKIN, LEAVES & SPICY AIOLI
GFA V+ £14.50

PLEASE MAKE OUR STAFF AWARE OF ANY ALLERGIES OR DIETARY REQUIREMENTS.

ALL OUR FOOD IS COOKED TO ORDER SO PLEASE BE MINDFUL THAT WAIT TIMES MAYBE LONGER WHEN WE ARE BUSY.