

THE TUNING FORK

LUNCH

AVAILABLE FROM 12.15PM TIL 3PM

YOGHURT MARINATED CHICKEN AND CHIPS
with sour cream slaw (GF)

10

OUR BURRITOS

our slaw, avocado, cheddar cream cheese and side coriander
lime sour cream (GF)

pulled onley's beef chilli con carne

9

bbq pulled oback farm's gloucester old spot pork

8.5

SUMAC LAMB SKEWER KEBAB

yoghurt, mint & shallot dressing, fennel and feta salad, wholemeal
flat bread

13.5

CAMEMBERT AND OUR PEAR & APPLE CHUTNEY
revel bakery garlic crostini, beetroot dip (GF)

8.5

TRADITIONAL CARBONARA

with fresh multigrain pasta and cherry tomatoes

11

SIRLOIN STEAK SUB

8oz sirloin steak, sauteed mushrooms, balsamic glaze, fresh goats
curd, watercress and tomato, our chips and side of bearnaise

sauce (GF)

16

B.B.L.A.T SUB - Bacon, Brie, Lettuce, Avocado
and Tomato

our lightly home smoked hickory long back bacon (GF) (DF)

8

EGG REMOULADE AND AVOCADO SALAD

organic broccoli sprouts, watercress & lambs lettuce, and cherry
tomatoes, tomato sauce & chives (GF) (V) (DF)

6.5

PLEASE CHECK OUR DAILY SPECIALS BOARD FOR
FRESH FISH, SEAFOOD OPTIONS AND MORE

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

(please make us aware of all allergies and intolerances)

The Tuning Fork

*we make everything but the bread and the sausages, someone else does that for us
we are a fresh food cook to order environment; during peak periods there can be a wait on food*

thetuningforkhoulton.co.uk

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HOUSE SALAD

fennel, apple, cherry tomato, landcress, raw beetroot, lambs lettuce, organic sprouting methi, toasted sunflower seeds, & pomegranate molasses dijon dressed (V+) (GF) (DF)

6.5

add yoghurt marinated chicken +4

add fresh goats curd +1.5

add skewer of piri piri prawns +4

CAESAR SALAD

apple cider vinegar, anchoive and garlic emulsion, garlic croutons, organic lettuce from hollybank farm, parmesan shaving & bacon (GF)

with yoghurt marinated chicken breast 11

with skewer of piri piri prawns 11

BURGERS ;

7oz cheese burger with onley's mince beef, onion jam, taleggio cheese, watercress, gherkin & aioli in revel's broiche dough roll, with chips (GF)

13

add bacon 1.5

yoghurt marinated chicken, taleggio cheese, avocado, garlic wholegrain mustard mayo, tomato, gherkin, watercress in revel's broiche dough roll, with chips (GF)

13

carrot, beetroot and bean vegan hotdog
caramelised onions, beetroot and cashew, mustard & garlic vegan slaw, with sweet potato fries (GF) (DF) (V+)

11

SIDES

pot of old fashioned chips (GF) (DF)

3

pot of sweet potato fries (V+) (GF) (DF)

3.5

side salad (V+) (GF) (DF)

3.5

vegan slaw (V+) (GF) (DF)

2

slaw (GF)

2

wholemeal paratha flatbread (V+) (DF)

2

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KIDS MENU

CHICKEN STRIPS (GF) (DF) or SAUSAGES (DF) & CHIPS
5.5

OUR CHOCOLATE AND WALNUT BANANA BREAD
made with wholemeal spelt flour, lightly toasted with thick greek
yoghurt & strawberries (V)
4.5

KIDS CARBONARA
bacon and tomatoes
6.5

TODDLER'S TOMATO AND BASIL PASTA
cheddar cheese (V)
4

MINI BAKED FRESH COD AND CHIP
(please enquiry as to availability) (DF) (GF)
7

KIDS MINI PLATTER
sweet potato fries, cucumber, cherry tomatoes, and red pepper
salad, sour cream dip, greek yoghurt, fruit and mixed crumble pot
(V) (GF)
5

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