

# THE TUNING FORK

## B R E A K F A S T

AVAILABLE 08.30AM (9.30AM SATURDAY AND SUNDAY) - 11.45AM

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### THE FULL ENGLISH

hand carved roast bacon loin, poached birteswell free range eggs, jo mos cumberland sausages, sercombes of rugby handmade black pudding, bean stew, roast field mushroom, roast tomato with john dwyers tinned loaf (GF)(DF)

12

### BACON AND EGGS

hand carved roast bacon loin, toast, choice of eggs (GF)(DF)

7.5

### EGGS BENEDICT

hand carved roast bacon loin, 2 poached eggs, hollandaise with john dwyers tinned loaf (GF)

9

### EGGS HEMINGWAY

traditionally oak smoked salmon, 2 poached eggs, hollandaise with john dwyers tinned loaf (GF)

10

### SMASHED AVO & DUKKAH ON REVEL'S SOURDOUGH

an egyptian spice and nut mix, edamame beans, coriander with eggs, feta and basil dressing (V)(GF)

9

with roast mushrooms and basil dressing (V+)(GF)(DF)

8.5

### OUR GLUTEN FREE VEGAN CHIA PANCAKES

maple, banana, chocolate sauce - berries, coulis, maple

(V+)(GF)(DF)

6

6.5

### CHOCOLATE BANANA AND WALNUT BREAD

made with wholemeal spelt flour, served toasted with mascarpone and our berry jam (V)

4.5

### VEGAN BEAN STEW ON REVEL SOURDOUGH (V+)(GF)(DF)

5.5

add feta +1, add 2 fried or poached eggs +2

### OAT & CHAI PORRIDGE

roast pear, berries, raspberry coulis & toasted almonds (GF)(DF)(V+)

5.5

### MAPLE SYRUP & CINNAMON TOASTED GRANOLA

greek yogurt & berries (GF)(V)

5

*If you would like to change bread please request upon ordering - malted tin, white tin, revel sourdough and gluten free available*

(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*