

# THE TUNING FORK

## LUNCH

AVAILABLE FROM 12.15PM TIL 3PM

### YOGHURT TIKKA MARINATED CHICKEN BREAST AND CHIPS

with kachumber & raiti (GF)  
12

### OUR BURRITOS

our slaw, avocado, cheddar cream cheese and side coriander  
lime sour cream (GF)  
pulled beef brisket chilli con carne  
10  
jo mos pulled bbq pork shoulder  
9.5

### LIGHTLY MARINATED COCONUT CHICKEN or GRILLED TEMPEH

indonesian style peanut satay, edamame & thai-style carrot salad  
(GF)(DF) / (GF)(DF)(V+)  
10

### TRADITIONAL CARBONARA

with bacon, fresh multigrain pasta and cherry tomatoes  
11  
add piri-piri chicken +4

### STEAK AND CHIPS

sirloin steak, field mushroom, tomato, our chips and side of butter  
sauce or chimichurri (GF)(DF)  
16

**FLAT BREAD KEBABS** - served with salad, buckwheat and  
red quinoa tabbouleh, crumbled feta & raiti dip

**trimmed sirloin steak** 15 (GF)(DF)  
**tikka chicken breast** 12 (GF)

### DUO OF OPEN SARNIES

toasted granary tin, one smashed avocado, feta and lemon  
wedge, the other egg remoulade (egg dressed with celery & mus-  
tards) & cherry tomatoes (GF)(V)  
8

### PORTUGUESE STYLE (aka PIRI-PIRI) CHICKEN BREAST

with chips & coleslaw (GF)(DF)  
12

**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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## LUNCH

AVAILABLE FROM 12.15PM TIL 3PM

### TRADITIONAL BROADBEAN & CHICKPEA FALAFEL

flatbread, beetroot hummus, salad & kachumber (GF)(DF)(V+)

9.5

add halloumi & raiti +2 (V)

### CAESAR SALAD

apple cider vinegar, anchoive and garlic emulsion, garlic croutons, little gem lettuce, parmesan shaving & bacon (GF)

9

add trimmed sirloin steak +6

add coconut chicken or piri-piri chicken +4

## BURGERS;

**our 7oz steak burger**, onion jam, applewood smoked cheddar, watercress, gherkin & aioli in our malt topped broiche bun, with our old fashioned chips (GF)

15

**piri-piri chicken burger**, onion jam, aioli, avocado, tomato, gherkin, watercress in our malt topped broiche bun, with chips (GF)

13.5

add rasher of our bacon loin +1.5 (GF)

**vegan burger** - blend of beans, mushrooms, cashew nuts, sesame and spices, onion jam, avocado, tomato, gherkin, watercress in a revel bakery burger bun, served with sweet potato fries (GF)(DF)(V+)

12.5

## 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

green herb dressed slaw (V+) (GF) (DF)

3

slaw (GF)

3

paratha flatbread (V+) (DF)

2

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## KIDS MENU

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### BREAKFAST

#### KIDS BREKKIE

oback cottage farm sausage, hand carved bacon loin, poached egg, toast and butter (GF)  
6.5

#### KIDS PANCAKE

our gluten free, dairy free pancake, berries and chocolate sauce  
(GF)(DF)  
5

### LUNCH

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

OUR CHOCOLATE AND WALNUT BANANA BREAD  
made with wholemeal spelt flour, lightly toasted served with mascarpone and jam (V)  
4.5

#### KIDS CARBONARA

bacon and cherry tomatoes  
6.5

#### TODDLER'S TOMATO AND BASIL PASTA

cheddar cheese (V)  
4

MINI FRESH FISH AND CHIPS  
(please enquiry as to availability) (DF)(GF)  
7

#### KIDS MINI PLATTER

sweet potato fries, crudities, sour cream dip, greek yoghurt, fruit and mixed crumble pot (V)(GF)  
5.5

### EVENING

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

MINI FRESH FISH AND CHIPS  
(please enquiry as to availability) (DF)(GF)  
7

CHEESE, HAM AND CHERRY TOMATO FLATBREAD (V)  
5.5

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