

THE TUNING FORK

LUNCH

AVAILABLE FROM 12.15PM TIL 3PM

YOGHURT TIKKA CHICKEN BREAST AND CHIPS
with kachumber & raiti (GF)
£11.75

OUR BURRITOS

our slaw, avocado, cheddar cream cheese and side coriander
lime sour cream (GF)
pulled beef brisket chilli con carne £9.95
jo mos pulled bbq pork shoulder £9.45
squash, bean & bell pepper £9.45 (V) / (V+) option available

**LIGHTLY MARINATED COCONUT CHICKEN or
GRILLED TEMPEH**
indonesian style peanut satay, edamame & thai-style carrot salad
(GF)(DF) / (GF)(DF)(V+)
£9.75

TRADITIONAL CARBONARA
with bacon, fresh multigrain pasta and cherry tomatoes
£10.95
add piri-piri chicken +£3.95

STEAK AND CHIPS
himalayan salt wall aged trimmed sirloin steak, roast field mushrooms, watercress, our chips and side of butter sauce or chimichurri (GF)(DF)
£17.95

FLAT BREAD KEBABS - served with kachumber salad, buckwheat and red quinoa tabbouleh, crumbled feta & raiti dip
trimmed sirloin steak £15.95 (GF)(DF)
tikka chicken breast £11.75 (GF)
broadbean & chickpea falafel - confit garlic hummus £9.45 (GF)(DF)(V+)
add halloumi +£1.95

DUO OF OPEN SARNIES
toasted granary tin, one smashed avocado, feta and lemon wedge, the other egg remoulade (egg dressed with celery & mustards) & cherry tomatoes (GF)(V)
£7.75

HUNTER'S TOASTIE
smoked cheddar, ham & bbq sauce, basil dressed salad garnish (GF)
£7.95

**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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AVAILABLE FROM 12.15PM TIL 3PM

CONFIT GARLIC HUMMUS BAP & CHIPS

soft white bap filled with garlic hummus, garden salad and
smashed avo, served with our chips (GF)(DF)(V+)

£7.75

PORTUGUESE STYLE (aka PIRI-PIRI) CHICKEN BREAST

with chips & coleslaw (GF)(DF)

£11.25

CAESAR SALAD

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

£9.25

add trimmed sirloin steak +£6.45

add coconut chicken or piri-piri chicken +£3.95

BURGERS ;

our 7oz steak burger, onion jam, applewood smoked cheddar, wa-
tercress, gherkin & aioli in our malt topped broiche bun, with our
chips (GF)

£14.95

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

£13.75

add two rashers of smoked streaky bacon +£1.75

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+)

£12.25

SIDES

pot of our chips (V+) (GF) (DF)

£2.95

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

£3.45

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

£3.45

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

£2.95

slaw (GF) (DF) (V)

£2.95

paratha flatbread (V+) (DF)

£1.95

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KIDS MENU

BREAKFAST

KIDS BREKKIE

oback cottage farm sausage, hand carved bacon loin, poached egg, toast and butter (GF)
£6.45

KIDS PANCAKE

our gluten free, dairy free pancake, berries and chocolate sauce
(GF) (DF)
£4.95

LUNCH

COCONUT CHICKEN STRIPS (GF) (DF) or SAUSAGES (GF) (DF) & CHIPS
£5.45

OUR CHOCOLATE AND WALNUT BANANA BREAD
made with wholemeal spelt flour, lightly toasted served with mascarpone and jam (V)
£4.45

KIDS CARBONARA

bacon and cherry tomatoes
£6.45

TODDLER'S TOMATO AND BASIL PASTA

cheddar cheese (V)
£3.95

MINI FRESH FISH AND CHIPS
(please enquiry as to availability) (DF) (GF)
£6.95

KIDS MINI PLATTER

sweet potato fries, crudities, sour cream dip, greek yoghurt, fruit and mixed crumble pot (V) (GF)
£5.45

EVENING

CHICKEN STRIPS (GF) or SAUSAGES (GF) (DF) & CHIPS
£5.45

MINI FRESH FISH AND CHIPS
(please enquiry as to availability) (DF) (GF)
£6.95

CHEESE, HAM AND CHERRY TOMATO FLATBREAD (V)
£5.45

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