

THE TUNING FORK

Casual Dining with some differences

We focus as much as we can on low food miles & supporting other local businesses. We realise that some parts of the menu may be a bit different and unfamiliar as we do not focus on one particular cuisine but international foods we enjoy eating ourselves. We have written this as we have received a lot of questions about our sourcing & cookery. It is our hope that this is an informative source.

Drinks

We source most of our coffee from Carrara Coffee in Market Harborough. The main blend we use is called Vivace, this changes ever so slightly over the seasons due to the supply of beans but we think it is an exceptional blend for espresso-based drinks. We use other more seasonal single origin coffees for our Vietnamese style iced coffee, cold brews and "pour-overs" (single filter style coffee). These methods of brewing the single origins should bring out a crisp clarity to the flavours. The decaf coffee is also roasted at Carrara Coffee, upon cupping we notice that it has more body than most other decaffeinated coffees.

For the coffee geeks and those interested buying bags of coffee beans for espresso at home. We use 17g double shots only, for consistency, with a brew weight of 36g and aim for an extraction of 28-32 seconds. We serve in a 7oz cup with a single shot, or 14oz mug with a double shot, again to keep the strength consistent. Tasting notes should be malt, a slight spice and toasted nuts.

We use actual chocolate (Belgium couverture) in the mochas and hot chocolates rather than cocoa powder and sugar. These are both served as a large size for consistency purposes. We serve Lawless Lager from Purity brewery in Warwickshire, its brewed to German Purity law (no chemicals/additives/extra sugar) and matured for 40 days for a full flavour which we think compliments foods very well. In keeping with our own sustainable philosophies, Purity manage all their own waste water back in to Mother Nature through their own wetland system.

Bread

We use Revel bakery in Little Walton, near Pailton for their sourdough loaves, tinned loaves and brioche buns for our burgers.. They also have a small retail unit in the city arcade in Rugby town centre. They support "the real bread campaign". This basically means there is no chemical additives or preservatives in their doughs. Just good British flours, water, yeast and salt. The gluten free bread we source from Gleebe Farm online - simply because we think theirs is the best.

Straight from local farms

During Game season we are lucky enough to be able to source Venison (Red and Fallow) from Summer Farm in Yelvertoft - a Venison Park, where the deer roam free.

Hollybank Farm off Southam road is an organic small holding. Simon supplies for organic vegetable boxes and a few local restaurants in the area. Although the produce is organic, as fresh as it gets and low food miles everything is highly seasonal. This is one of the main reasons we change the weekend evening menu weekly. Simon produces the occasional Dexter Steer which we take primal cuts of for our specials.

Our bacon, black pudding and sausages are all made by Sercombes of Rugby. They only use British Pork and hand make all their produce. Many of their hand raised pies are award winning and highly recommended. We also use Joseph Morris Butchers (Jo Mos) based in South Kilworth, who source all their beef and lamb from British Farms in Warwickshire, Leicestershire and Northamptonshire.

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Other suppliers

Ritter courivaud supply most of our specialist ingredients, fresh fish and shellfish, European cheeses, foraged mushrooms and specialist free range game from across the country - they are strictly trade, however we may have an idea as to whether/which supermarkets stock similar products.

We focus on sustainable seafood, which ritter courivaud specialise in, such as the migatory skrei cod, british south coast day boated & line-caught fish and fish caught in the world regarded fjord fisheries of Norway.

Martin and Son Fruit and Veg on Kingsway in Rugby supply us with all our day-to-day grocery needs, including Free-Range Loin Marked Eggs from Bitteswell Farms (Lutterworth)

Pastry

Kerry makes all our cakes, pies and tarts from scratch, including all the components. All are "one-off productions" so once it's gone, it's gone. We use butter, free range eggs, dried fruit, Belgian couverture, alcohol, nuts and specialist patisserie ingredients. No chemical additives, preservatives or extenders. All cakes are available to purchase whole but as all components are made in house, needing time to prepare and set etc, a minimum of 48 hours notice is needed - these can be simply decorated for birthdays and events on request.

The soft-serve vanilla icecream we serve is a fresh mix made in Coventry by Criminisi Ice Creams.

Vegan / Gluten Free / other allergies & intolerances

We have been slowly rotating through vegan options at the tuning fork, from tempeh to burgers and more recently a homemade traditional broad bean and chickpea falafel. It is theorised that over time the broad bean element has been removed from falafel recipes in the middle east (and subsequently the rest of the world), due to a hereditary genetic metabolic disorder called favism. You will notice that falafels with a broad bean element are softer textured.

Please inform us if you are coeliac or suffer from any allergy or intolerance. It is important that we use separate cooking equipment, techniques and utensils to avoid cross contamination. For example if you have a nut allergy we cannot cook your food in the same fan assisted oven as we are cooking foodstuffs containing nuts - it must be prepared, cooked and served separately. The kitchen must be informed of all allergies & intolerances to be able to do their job correctly and to manage risk.

Specials Board

Much of the specials board is fresh seafood and local farm based - we try to reflect the seasons and weather as much as possible. It is written and prepared daily during the breakfast shift.

Please be aware that the menu is designed to be all homemade & cooked to order - there can be a wait on food during peak periods. Please inform us if you have a time constraint and we will do our utmost to accommodate this and aid menu choices.

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THE TUNING FORK

BREAKFAST

AVAILABLE 08.30AM - 11.45 WEEKDAYS

09.30AM - 11.30 WEEKENDS

TUNING FORK BREAKFAST
sercombes of rugby sausage and
smoked bacon loin, two poached
eggs, field mushroom roasted
with balsamic, tamari & garlic,
homemade beans, toast (GF)
£9.75

FULL ENGLISH
two rashers of smoked bacon loin,
two sercombes sausages, two
poached eggs, sercombes black
pudding, field mushroom roasted
with balsamic, tamari & garlic,
homemade beans, toast (DF)
£11.95

BACON AND EGGS
two hand carved rashers of jo mos
back bacon, toast, choice of eggs (GF) (DF)
£7.25

EGGS BENEDICT
baked english muffin, two
hand carved rashers of jo mos
back bacon, 2 poached eggs,
hollandaise (GF)
£8.75

EGGS HEMINGWAY
baked english muffin, traditionally
cured & oak smoked salmon, 2
poached eggs, hollandaise (GF)
£9.75

**SMASHED AVO & DUKKAH
ON REVEL'S SOURDOUGH**
an egyptian spice and nut mix,
coriander
£6.75

with two eggs, feta and basil
dressing (V) (GF)
£8.75

with sauteed mushrooms and basil
dressing (V+) (GF) (DF)
£8.25

**OUR GLUTEN FREE VEGAN
CHIA PANCAKES**
maple, banana, chocolate sauce
£5.95
berries, coulis, maple (V+) (GF) (DF)
£6.45

**CHOCOLATE BANANA AND
WALNUT BREAD**
served toasted with mascarpone
and our berry jam (V)
£4.45

**VEGAN BEAN STEW ON
REVEL SOURDOUGH**
£4.95 (V+) (GF) (DF)
add feta +£0.95, add 2 fried or
poached eggs +£1.95

OAT & CHAI PORRIDGE
berries, raspberry coulis & toasted
coconut flakes (GF) (DF) (V+)
£5.45

**MAPLE SYRUP &
CINNAMON TOASTED
GRANOLA**
greek yogurt & berries (GF) (V)
£5.45

ADD ONS

sercombes sausage +£1.45

rasher of bacon +£1.45

two rashers +£2.75

smashed avocado +£2.95

homemade beans +£1.95

sercombes black pudding +£0.95

sauteed mushrooms +£1.95

*If you would like to change bread
please request upon ordering*

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

(please make us aware of all allergies and intolerances)

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THE TUNING FORK

LUNCH & DINNER

AVAILABLE FROM 12.00PM TIL 3PM & 5.30PM TIL 8.00PM (8.30PM
FRIDAY & SATURDAY)

OUR BURRITOS

our slaw, avocado, cheddar cream cheese and a side of
coriander lime sour cream:
pulled beef brisket chilli con carne £10.95
jo mos pulled bbq pork shoulder £10.45
squash, bean & bell pepper £10.45 (V) / (V+) option available: VEGAN

GRILLED CHICKEN SATAY

indonesian style peanut satay, toasted coconut flakes & thai-style
carrot salad (GF) (DF)
£9.75

STEAK AND CHIPS

jo mos 8oz sirloin steak, field mushroom roasted with balsamic,
tamari & garlic, garden cress, our chips, butter sauce, brandy
green peppercorn sauce or chimichurri - chef to carve on request
(GF) (DF)
£17.95

CUCUMBER, AVOCADO & MANGO SALAD

with leaves, coriander and toasted coconut flakes, light coconut
dressing (GF) (DF) (V+)
£8.45

add chicken strips or yoghurt tikka chicken +£3.95
add trimmed sirloin steak +£6.95

B L A T S U B (sercombes smoked bacon, brie, smashed
avocado, lettuce, tomato)
£9.25

CAESAR SALAD

apple cider vinegar, anchoive and garlic emulsion, garlic
croutons, little gem lettuce, parmesan shaving & bacon
£9.25

add trimmed sirloin steak +£6.95
add chicken strips or piri-piri chicken +£3.95

P O R T U G U E S E S T Y L E (a k a P I R I - P I R I) C H I C K E N
with chips & coleslaw (GF) (DF)
£11.25

Y O G H U R T T I K K A C H I C K E N / B R O A D B E A N A N D
C H I C K P E A F A L A F E L & C H I P S
with mint yoghurt dip and mango salad / with coconut mint
yoghurt and mango salad (GF) (DF) / (GF) (DF) (V+)
£11.75 / £10.95

CARBONARA FETTUCCINE

with multigrain fresh egg pasta and smoked bacon £11.95

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LUNCH & DINNER

AVAILABLE FROM 12.15PM TIL 3PM 5.30PM TIL 8.00PM (8.30PM
FRIDAY & SATURDAY NIGHTS)

AYAM CURRY

javanese style yellow curry, greens and fragrant rice (GF) (DF)
with chicken £12.95
with sirloin steak £16.95

BUTTERNUT SQUASH PASTA (V+) (GF) (DF)

fresh hand shaped orecchiette pasta in a butternut squash sauce,
finished with fried sage and smoked maldon sea salt
£10.45
add smoked bacon +£1.45

SALT AND PEPPER CALAMARI AND CHIPS

lightly seasoned squid with our gluten free salt and pepper mix,
chips, our mango nam jim, watercress and lemon (GF) (DF)
£13.45

CORONATION EGG OPEN SARNIE

curry spices, egg & dried fruit, finished with leaves and toasted
almonds on garlic oiled revel bakery sourdough (GF) (DF) (V)
£6.95

SIDES

our 7oz steak burger, onion jam,
applewood smoked cheddar,
leaves, gherkin & aioli in revel
bakery broiche bun, with our
chips (GF)
£14.95

piri-piri chicken burger,
applewood smoked cheddar,
onion jam, aioli, avocado,
tomato, gherkin, leaves in revel
bakery broiche bun, with chips (GF)
£13.75
add bacon +£1.45

tikka chicken burger, mint
yoghurt, mango chilli, tomato,
gherkin, leaves in revel bakery
broiche bun, with chips (GF)
£13.75

our vegan burger - vegan patty
made with mushrooms,
cashew nuts & spices, onion
jam, avocado, tomato,
watercress
with sweet potato chips
(GF) (DF) (V+)
£12.25

pot of our chips (V+) (GF) (DF)
£3.45

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

caesar dressed slaw (GF) (DF)
£2.95

lightly spiced butter naan
flatbread (V+) (DF)
£3.45

smashed avo (V+) (GF) (DF)
£2.95

salsa fresca (V+) (GF) (DF)
£1.95

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EAT IN AFTERNOON TEA

SITTING AVAILABLE AT 3.15PM & 3.30PM

SANDWICH SELECTION;

1. egg mayonnaise and watercress (V) / red pepper hummus, carrot and leaves (DF)(V+)
2. cream cheese and traditionally oak smoked salmon (or cucumber on request (V)) / vegan cream cheese & onion chutney (DF)(V+)
3. ham, smoked cheese and tomato with mustard mayo / roasted vegetables and vegan pesto (DF)(V+)
4. coronation chicken / chickpea (DF)(V+)

CREAM TEA;

the above sandwich selection and 2 scones - 1 our cranberry, orange and nutmeg scone and 1 mature cheddar cheese clotted cream, our jam and whipped butter
(CAN BE MADE VEGAN AND/OR GLUTEN FREE)

£11.95 - takeaway

£13.95 - eat-in with hot drink

AFTERNOON TEA;

the above sandwich selection
our cranberry, orange and nutmeg scone
clotted cream and our jam
mature cheddar cheese scone and whipped butter
caramelised onion and stilton quiche
sausage roll - all butter pastry, sercombes of rugby sausage meat, seed glazed, freshly baked
our chocolate brownie
salted caramel milk chocolate and lime cheesecake macarons
glazed lemon tart
(CAN BE MADE GLUTEN FREE - VEGAN AVAILABLE WITH SOME ALTERNATIONS)

£18.95 - takeaway

£20.95 - eat-in with hot drink

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KIDS MENU

BREAKFAST

KIDS BREKKIE

sercombes sausage and smoked bacon loin, poached egg, toast and butter (DF)(GF)
£6.45

KIDS PANCAKE

berries and chocolate sauce (DF)(GF)
£4.95

LUNCH & DINNER

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

KIDS CARBONARA

bacon and cherry tomatoes
£6.45

TOMATO AND BASIL PASTA

cherry tomatoes, cheddar cheese (V)
£3.95

MINI FRESH FISH AND CHIPS

(please enquiry as to availability) (DF)(GF)
£7.95

KIDS MINI PLATTER

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

FLATBREAD

cheddar cheese, tomato and ham
£5.45

ADD-ONS

pot of beans +£1.95 or small side of mixed fresh greens +£1.75

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