

# TASTEBUDS

— AT THE WHARF —

20 Station Rd  
Rufford  
L40 1TB  
Tel: 01704 822888  
E: [contact@tastebudsatthewharf.com](mailto:contact@tastebudsatthewharf.com)  
[www.tastebudsatthewharf.com](http://www.tastebudsatthewharf.com)  
Follow us on Instagram  
[@tastebudsatthewharf](https://www.instagram.com/tastebudsatthewharf)

Please order your food at the counter

Please make your server aware of any allergies before ordering.  
Dishes may contain nuts.

GF Gluten Free

GFA Gluten Free Available

V Vegetarian

VE Vegan

**Tastebuds Soup of day** £6.25  
Served with bread roll and butter.

## Classic Tastebuds Sandwiches

Served with salad garnish and potato crisps.

Coronation Chicken **GFA** £9.00

Poached salmon and dill sauce. £9.95

**GFA**

Ham, Mustard Mayo and Rocket. £8.00

**GFA**

Tuna Mayo and Cucumber. £7.95

**GFA**

Prawn in Marie Rose sauce £9.00

and rocket. **GFA**

Cheese and tomato. **V GFA** £7.50

Bacon lettuce tomato. **GFA** £8.00

**Add a cup of soup** £3.50

**Wraps** £12.95

Served with dressed salad & fries.

A choice of -

- Hoisin duck & spring onions **GFA**

- Salt & Pepper Halloumi **V GFA**

- Southern fried chicken, caesar sauce, and parmesan.

**Eggs on toast your way** **GFA** £4.95

**Beans on toast.** **V, GFA** £5.95

**Bacon ciabatta roll/toast** **GFA** £4.95

**Sausage ciabatta roll/toast** £4.95

## Sides

Skinny fries **GF V VE** £4.50

Skinny fries with parmesan £5.25

and truffle oil **GF**

Sweet potato fries **GF V VE** £5.00

Pitted green olives **GF V VE** £4.50

**The Ultimate Steak Burger** £16.25

Two premium steak burgers, mustard, caramelised onion chutney, jack cheese, dill pickles, crispy onions, lettuce, fries.

**Chicken Katsu Burger** £14.95

Succulent panko chicken, mayo, lettuce, red onion, katsu sauce, crispy onions, and sweet potato fries.

**Halloumi Burger** £14.95

Griddled halloumi soused red onions, tomato chutney, crushed avocado, rocket leaves and fries. **V**

**Steak Sandwich** £16.25

Toasted white bloomer, tender steak strips, fried onions, tomato chutney, mayo, rocket fries.

**Steak & Eggs** £16.95

Delicious 6oz steak and brown butter griddled eggs, served with hash browns and hollandaise sauce.

**Club Sandwich** £10.95

Triple decker - toast, chicken, mayo, bacon, lettuce, tomato. **GFA**

**Crispy Fish Taco** £15.25

Breaded plaice goujons served on two soft tacos, crunchy red cabbage slaw, soured cream & chipotle mayo and a zesty salsa. Served with fries.

**Hoisin Duck Salad** £14.50

Slow cooked shredded duck, mixed salad, spring onion, bacon, cashew nuts, chorizo, hoisin dressing. **GF**

**The Hungry Ploughman** £15.25

Premium ham, stilton, cheddar, celery, pork pie, sausage, boiled egg, tomato chutney, soused onions, salad, bloomer bread.

**Fisherman's Seafood Platter** £16.25

Plaice goujons, prawn cocktail, tuna mayo, poached salmon, scampi, smoked salmon, salad, pink sauce, tartare sauce, served with artisan bread.

**Poke Bowl** £14.95

Cucumber, carrots, brown rice, salad leaves, soused red onions, red cabbage slaw, radish, mixed seeds, served with zesty salsa and your choice of:-

- Katsu Chicken **GF**

- Salmon in siracha mayo **GF**

- Falafel and humous **V VE**

**Mezze Board** £14.95

Veggie skewers, served with spiced flatbread, humous, falafel, pickles, tzatziki and harissa. **V**

## Brunch/Lunch

12.00am - 3.15pm Mon - Fri

12.00am - 3.45pm Sat - Sun

**BuckinghamTart** £14.95

Served with dressed salad, beetroot chutney and Waldorf salad.

**Chilli Chicken** £15.25

Battered chicken pieces with peppers and onions, sweet chilli sauce, with basmati rice and skinny fries.

Battered cauliflower **V VE** alternative.

**Tastebuds Rarebit** £10.25

Toasted bloomer, rarebit, bacon, tomato chutney, served with salad.

## Tastebuds Crolls

Our amazing hand baked crolls filled with your choice of the following:-

Dill sauce, poached salmon, smoked salmon, rocket leaves, hollandaise.

£14.95

Sausage, bacon, egg, cheese, rocket leaves, hollandaise.

£11.95

Mushrooms, spinach, tomato, rocket leaves, hollandaise.

£10.95

**Bombay Brunch** £12.95

Scrambled eggs infused with curried spices, peas and coriander, served on toasted sourdough with vegetable pakoras, minted yoghurt, mango chutney and rocket leaves. **V**

**Tastebuds Hash Benedict** £12.00

A choice of:-

- Smoked salmon

- Bacon

- Halloumi **V**

Served on hash browns, poached eggs, truffle oil, hollandaise and rocket leaves.

**Harissa Eggs** £9.50

Pitta bread, beetroot humous, two fried eggs, feta cheese, harissa. **V**

**Tastebuds Shakshuka** £10.50

Spicy roasted pepper and tomato stew, two poached eggs, feta cheese and coriander.

Served with pitta bread. **V GFA**

**Mushroom Sourdough** £ 11.50

Truffle oil, mushrooms, poached egg, parmesan, crispy onions. **V**

**Sourdough Special** £10.50

Toasted sourdough, crushed avocado, bacon, two poached eggs, chilli oil.