



# ABOUT NTU FOOD



Our Dine outlet and Refectories are silver food for life accredited serving:

- Homemade dishes prepared daily
- Nutritionally balanced, healthy meals
- Organic and free-range eggs
- Organic milk
- MSC certified fish
- Red-tractor certified meat
- Locally grown vegetables
- No salt added to vegetables and potatoes

We offer a range of dishes for different dietary requirements including vegetarian, vegan, gluten-free and halal. Look out for the symbols on our menus.

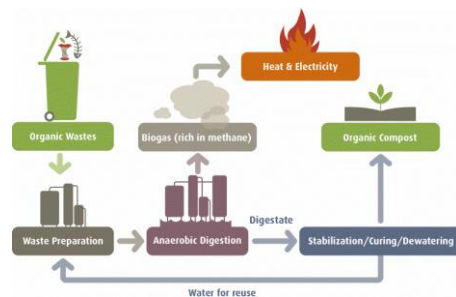


For advice on allergens, please speak to a member of our team who will be happy to advise or contact us at [CAT.feedback@ntu.ac.uk](mailto:CAT.feedback@ntu.ac.uk)

NTU Food are proud to have been accredited with the customer service excellence award. This award reflects NTU's commitment to provide gold standard customer service to all our customers. If you have any comments please speak to a member of our team or contact [CAT.feedback@ntu.ac.uk](mailto:CAT.feedback@ntu.ac.uk) and let us know how we're doing.



Last year, NTU sent over 115 tonnes of waste that would have ended up on landfill to a bio-digester to create green energy. See the sustainability tab on our website for more information regarding how we continually strive to become more environmentally friendly.



Catering Services achieved a NUS Green Impact Project Award for introducing a scheme to monitor and reduce food waste within the kitchens.

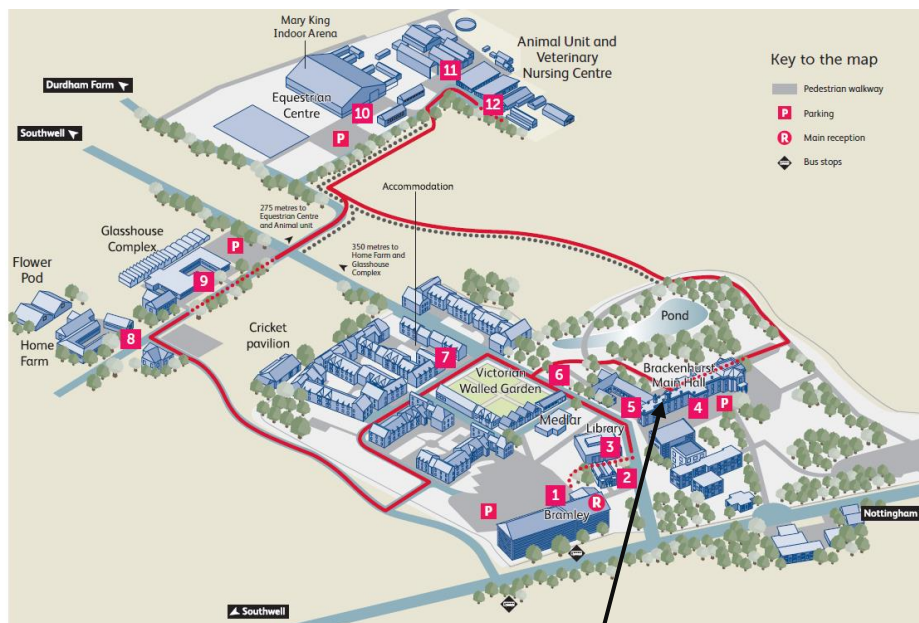




# OPENING TIMES

Monday – Friday  
8.30-2.00pm

# WHERE TO FIND US





# 7 ITEM BREAKFAST

Choose any 2 from

Linda McCartney sausage (Vg)

Sausage

Bacon (GF)

Add any 5 additional items from

Scrambled egg (V, GF)

Fried egg (V, GF)

2 x hash browns (Vg, GF)

Herby dice (Vg)

Tomatoes (Vg, GF)

Baked beans (Vg, GF)

Toast (Vg)

Served with a tea, coffee or juice

**£4.30**

Any queries relating to food allergies or dietary requirements should be directed to a member of the catering team who will be happy to advise.

(V) Vegetarian, (Vg) Vegan, (H) Halal, (GF) Gluten free



# BREAKFAST ROLLS

A choice of a white (v) or brown roll (v) with

2 items £2.30

3 items £2.90

# ON TOAST

Double portion served on 2 slices of white or brown  
toast

Baked beans (Vg, GF) £1.90

Scrambled egg (V, GF) £2.50

Tomatoes (Vg, GF) £1.90

Fried egg (V, GF) £2.20

Additional items 85p

Bread roll (v) 70p

Slice of toast with jam and butter (v) 50p

Any queries relating to food allergies or dietary requirements should be directed to a member of the catering team who will be happy to advise.

(V) Vegetarian, (Vg) Vegan, (H) Halal, (GF) Gluten free



# FOOD

## LUNCH MENU

Jacket potato	(Vg, GF)	£1.50
Chips	(Vg, GF)	£1.50
White or brown rice	(Vg, GF)	£1.50
Vegan bolognese	(Vg)	£2.05
Garlic mushrooms	(V)	£1.75
Baked beans	(Vg, GF)	£0.95
Beef chilli	(GF)	£2.25
Chicken tikka	(H, GF)	£2.35
Smoked bacon and spicy bean	(GF)	£2.00
Cottage cheese and chive	(V, GF)	£1.25
Mature Cheddar cheese	(V, GF)	£1.15
Tuna mayo	(GF)	£1.50
Tuna salad		£1.50
Greek feta salad	(V, GF)	£1.60
Coleslaw	(V, GF)	£1.05
Mixed salad	(Vg, GF)	£1.00


Any queries relating to food allergies or dietary requirements should be directed to a member of the catering team who will be happy to advise.


(V) Vegetarian, (Vg) Vegan, (H) Halal, (GF) Gluten free





Fork 4 Spoon DINE  
BRACKENHURST

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Great value breakfasts and breakfast rolls to eat in or takeaway (Served 8:30-11:30)				
Soup of the Day £2.25	Spinach, potato & watercress (GF, Vg)	Minestrone (Vg)	Caramelised carrot & fennel (Vg, GF)	Butternut, sweet potato & pimento (Vg, GF)	Spicy lentil & split yellow pea (Vg, GF)
Dish of the day	<p>Smoky vegan burger (Vg)</p> <p>Salmon &amp; broccoli pasta in a cream sauce</p> <p>Baked tandoori chicken (H)</p>	<p>Chickpea, sweet potato &amp; spinach dal (V)</p> <p>Lamb rogan josh</p> <p>Owen Taylor's quarter pounder with cheese</p>	<p>Mushroom &amp; lentil cottage pie (Vg, GF)</p> <p>Traditional shepherd's pie (GF)</p> <p>Southern fried chicken fillet in a brioche bun (H)</p>	<p>Linda McCartney red onion and rosemary sausages (Vg)</p> <p>Chicken &amp; mushroom pie (H)</p> <p>Traditional baked beef lasagne</p>	<p>Penne pasta &amp; broccoli in a mushroom cream sauce (V)</p> <p> Battered fillet of sustainably sourced pollock with homemade tartare sauce</p> <p>Beef &amp; ale pie</p>
Jackets & toppings from £2.55	Jacket Potato, rice, chips & a choice of hot & cold toppings including vegan bolognese ragu, chicken tikka, fresh coleslaw & tuna mayonnaise.				
Dessert	Oaty rhubarb crumble with custard (V)	Bakewell tart served with custard sauce (V)	Bramley apple pie served with custard (V)	Cornflake & treacle tart with custard (V)	Chocolate fudge pudding with custard (V)

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Great value breakfasts and breakfast rolls to eat in or takeaway (Served 8:30-11:30)				
Soup of the Day £2.25	Butternut squash, sweet potato & pimento (GF, Vg)	Tomato & basil (GF, Vg)	Mushroom & chive (GF, Vg)	Leek & potato (GF, Vg)	Spicy parsnip & cauliflower (GF, Vg)
Dish of the day	Linda McCartney vegan burger (Vg) Beef <del>stew &amp; dumplings</del> Pasta cooked in bacon, mushroom & cream sauce	Chimichurri roasted vegetables & tofu (V) Sweet chilli crispy beef Korean fried chicken with sticky chilli sauce (H)	Linda McCartney chorizo & red pepper sausage (GF, Vg) Grilled Cumberland sausage Owen Taylor's quarter pounder cheese burger	Penne pasta & broccoli in a <del>mushroom cream sauce</del> (V) <del>Traditional</del> cottage pie Southern fried chicken fillet in a brioche bun (H)	Curried sweet potato & chickpea pasty (Vg)  Battered fillet of sustainably sourced pollock with homemade tartare sauce Traditional baked beef lasagne
Jackets & toppings From £2.55	Jacket Potato, rice, chips and a choice of hot and cold toppings including vegan <del>bolognese ragu</del> , chicken tikka, fresh coleslaw and tuna mayonnaise.				
Dessert	Cranberry, apple & oat crumble with custard (V)	Sticky toffee pudding with caramel sauce & custard (V)	Cornflake & treacle tart with custard (V)	Treacle sponge pudding with custard (V)	Chocolate fudge pudding with custard (V)