

ABOUT NTU FOOD



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

- o Homemade dishes prepared daily
- o Nutritionally balanced, healthy meals
- o Organic and free-range eggs
- o Organic milk
- o MSC certified fish
- o 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

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 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 biodigester 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.





WHERE TO FIND US





OPENING

TIMES

Products

Term time*

Vacation *



'Silver food for life served here' accredited outlet serving freshly prepared hot breakfasts and lunches and a range of snacks and drinks

Mon-Fri: 8:30-14:30

Mon-Fri: 8:30-14:30



Oriental counter and Burrito bar, snacks, cold drinks and alcoholic beverages

Mon-Fri:11am-2.30pm

Closed



'Grab-n-go' sandwiches, pastries, snacks and drinks

Mon-Fri: 8:00-18:00

Mon-Fri: 8:30-17:00



Deli outlet serving baguettes, sandwiches and salads made to order. Barista coffee, snacks and cold drinks Mon-Fri: 10:00-17:00

Closed



Barista coffee, sandwiches, pastries and snacks. Freshly prepared soup, macaroni cheese and hotpots at lunchtimes

Mon-Fri: 8:30-17:00

Mon-Fri: 8:30-17:00



A range of drinks including barista coffees, a selection of handmade Phat pasties and snacks Mon-Fri: 8:30-16:00

Closed



Freshly baked sweet waffles with a range of toppings, cakes and pastries and hot and cold drinks Mon-Fri: 8:30-17:00

Closed



Filled breakfast croissants and bagels, freshly filled khobez flatbreads, naked boxes, fresh salads, sandwiches, pastries, snacks and a range of hot and cold drinks and alcoholic beverages Mon-Fri: 10:00-17:00

Closed



Staff dining venue for meetings and socialising

Mon-Fri: 10:00-16:00

Mon-Fri: 10:00-16:00



Starbucks coffees, teas, frappuccinos and other iced drinks and a range of sandwiches and snacks

Mon-Fri: 7:30-21:00 Sat & Sun: 10:00-17:00 Mon-Fri: 8:30-15:30

*Please note: these times are a guide and are subject to change, snacks on offer subject to availability



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

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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 <i>,</i> 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		£1.70
Greek feta salad	(V, GF)	£1.60
Coleslaw	(V, GF)	£1.05
Mixed salad	(Vg, GF)	£1.00

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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	Spiced parsnip, cauliflower & white bean (Vg, GF)	Tomato, roasted pepper & basil (vg, GF)	Caramelised carrot & fennel (vg, gr)	Leek, baked potato & parsley (vg, GF)	Vegetable & pearl barley (Vg)
Dish of the day £4.50	Roast vegetable & cannellini bean filled peppers topped with tomatoes & vegan cheese (Vg, GF) Slow cooked shoulder of lamb with vegetables in a rosemary, garlic & tomato sauce (GF)	Squash, leek, mushroom & butterbean puff pastry pie (Vg) Battered fillet of sustainably sourced pollock served with fresh tartare sauce	Aubergine, pepper, tomato & courgette bake topped with a walnut & herb crumb & melted brie (V) Slow roasted topside of beef with Yorkshire pudding	Mushroom, vegetable & red lentil cottage <u>pie</u> (Vg, GF) Oven baked thyme & cracked pepper chicken with a citrus herb stuffing (H)	Potato, roasted squash, dill & cheese frittata (V) Battered fillet of sustainably sourced pollock served with fresh tartare sauce
Jackets & toppings From £2.55	Jacket Potato, rice, chips and a choice of hot and cold toppings including vegan <u>bolognese</u> ragu, chicken tikka, fresh coleslaw and tuna mayonnaise.				



Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Great value breakfasts and breakfast rolls to eat in or takeaway (Served 8:30-11:30)				0)
Soup of the Day £2.25	Mushroom & chive (Vg, GF)	Minestrone (vg)	Spicy lentil & split <u>pea</u> (Vg, GF)	Butternut, sweet potato & pimento (vg, gr)	Carrot, orange & coriander (vg, GF)
Dish of the day £4.50	Root vegetable, split pea & barley hot pot (Vg) Leg of lamb, cooked with autumn roots & baby onions in a rosemary gravy (GF)	Handmade mature cheddar, potato & chive pasty (V) Battered fillet of sustainably sourced pollock with fresh tartare sauce	Ratatouille of oven baked Mediterranean vegetables with cannellini beans in a rustic garlic, rosemary & tomato sauce (V) Chicken, mushroom & leek pie topped with shortcrust pastry (H)	Linda McCartney red onion & rosemary sausages (Vg, GF) Roasted loin of honey glazed pork with apple sauce & gravy (GF)	Root vegetable & butterbean puff pastry pie (Vg) Battered fillet of sustainably sourced pollock with fresh tartare sauce
Jackets & toppings From £2.55	Jacket Potato, rice, chips and a choice of hot and cold toppings including vegan bolognese ragu, chicken tikka, fresh coleslaw and tuna mayonnaise.				

TORTILLA or NAKED BURRITO BOX

with rice, beans, salad, cheese, a topping and your choice of filling;

chilli beef, pulled BBQ pork, chipotle chicken or fajita vegetables

Add a canned drink to a meal

Extra toppings	50p
Guacamole	90p
Bag of nachos	75P
Canned drink	90p
Bottle of water	95p
Bottle of Sol beer	£3.00







ORIENTAL EXPRESS

	Chicken and sweetcorn soup £1.75	2 side items£1.75 4 side items£2.75		
	Main Course£4.50 Vegetable chow mein (v) Chicken chow mein Sweet & sour vegetables &	Vegetable spring roll (v) Chinese vegetable dumpling (v Chilli battered chicken wing	·)	
	tofu (vegan)	Canned drink	90p	
	Singaporean fish curry	Bottled water	95p	
	Chilli beef & vegetables	Soya drink	75P	
1	Chicken in Cantonese sweet	Vanilla pearl soya drink	£1.20	
	& sour sauce	Bottle of Asahi beer	£3.00	
		'Hello Panda' biscuits	£1.10	
	Served with rice or noodles	Prawn crackers	75P	



Choose a main + 2 sides or soup + canned drink £6.50



GOOD MORNING

EMMENTAL, MUSHROOM, TOMATO & SPINACH CROISSANT

OMELETTE, VEGGIE PATTIE & MUSHROOM **BAGEL WITH TOMATO CHUTNEY**

£2.95

£2.95

BREAKFAST HOT DRINK

TOMATO, "BUBBLE & SQUEAK", VEGAN CHEESE £2.95 BAGEL WITH BABY SPINACH & SPICY SAUCE

£3.95

CRISPY BACON & MATURE CHEDDAR CHEESE CROISSANT

SAUSAGE, CRISPY BACON & OMELETTE **BAGEL WITH CLASSIC BROWN SAUCE**

£3.20

£3.20

ALL FRESHLY HANDMADE

FILLED FLATBREAD



FILLING, HUMMUS, 3 SALADS & DRESSING

SALAD

ANY 5 SALADS WITH A SAUCE £4.20

ANY FLATBREAD
OR BOX WITH
SELECTED
DRINK
£4.95

£1.50

CHILLI WITH WARM SPICES	£4.20
SMOKEY VEGAN MEATBALLS & ROAST VEGETABLES	£4.10
H PIRI PIRI CHICKEN	£4.30
MOROCCAN MEATBALLS	£4.30
KOREAN PULLED PORK	£4.30
HCHICKEN TIKKA	£4.30

ADD A SALAD FROM OUR DAILY SELECTION

AND YOUR CHOICE OF SAUCE

ADD SKIN ON FRIES



Breakfast Available 10am - 11.45am

Breakfast Rolls

Choose from dry cured bacon, sausage, mushroom, egg, vegetable pattie, vegan sausage or a combination of 2 served in a rustic roll £2.60

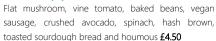
Hall English

2 bacon, bubble and squeak, pork sausage, vine tomato, scrambled egg, baked beans, 2 slices of toast £4.75

Vegetarian 🕢

Grilled halloumi, poached egg, vine tomato, field mushrooms, bubble and squeak, baked beans, 2 slices of toast £4.50

Full Vegan 🕢 🕢



Poached Egg Muffin 📦



2 poached eggs on a toasted English muffin with baby spinach and hollandaise sauce £3.95

Egg Benedict Muffin

2 poached eggs on a toasted English muffin with baby spinach, cured local ham and hollandaise sauce £4.40

Woodland Egg Muffin



2 poached eggs on a toasted English muffin with baby spinach, sauté mushrooms, crème fraiche, garden herbs and hollandaise sauce £4.40

Granary, White or Sourdough Toast



2 slices served with jam, Nutella, marmalade or honey

Porridge ♦ (Vegan on request) **♦** Served on its own £1.90



Or, with two toppings from forest berries, maple syrup, banana, apple, coconut or mixed seeds £2.60

Hot Dishes Available 12:00 -2:00pm

Soup

Today's soup served with toasted sourdough bread and butter (please ask for today's choices) £3.10

Whitby Wholetail Scampi

Served with sea salted chips, soused oucumber, minted peairelish, capers, parsley and lemon mayonnaise £6.70

Chicken Tildca Masala

Served with royal pilaf rice, tomato and red onion sambol, kalonji and cumin naan £6.50

Cream of Leek, Tarragon and Mushroom Pie 44



Topped with pumpkin seeds and served with colcannon. market vegetables and a mushroom gravy £6.10

Pumpkin and Sage Ravioli @



With a gorgonzola and spinach sauce, candied walnuts, wild rocket and pear salad and a toasted artisan focacria £6.45

Steak, Mushroom and Ale Pie

In a cracked pepper crust served with colcannon, market vegetables and a beef gravy £6.50

Locally Sourced Pork and Herb Sausages

Served with colcannon, market vegetables, crispy shallots and an onion gravy £5.95

Burgers, Wraps and Sandwiches Available all day

All served with skin on fries @ and carrot and kale slaw (a) (a)

Gournet Beef Quarter Pounder

'Owen Taylors' griddled 4oz burger with bacon, hickory smoked mayo, baby gem, mature Cheddar. and panko breaded onions in a brioche bun £6.10

Plant Based Burger 4 4



Marinated jackfruit, crushed avocado, carrot, houmous, spinach and panko breaded onions in a vegan brioche bun £5.95

Fish Finger Sandwich

Fish fingers of Whitby cod with crisp baby gem, fresh tartare sauce and tomato ketchup served in thick farmhouse bread £5.10

Grillod Stoak Doli

Peppered minute steak with rocket, caramelised red onion. Dijon mustard and pickled cucumber served in a baguette £6.10

Sticky Chicken Wrap

Seared sweet chilli chicken served with cucumber, spring onion, crème fraiche, chilli and baby gem in a tortila wrap £5.95

Vegan 'Hoi Sin Duck' Wrap 44



Served with shredded baby gem, cucumber, spring onion, lime yoghurt, fresh coriander and vegan 'hoi sinstyle duck' in a tortilla wrap £5.85





Salads Available all day

Salad Bowl @@

Salad bowl of mixed leaves, tomatoes, cucumber, peppers, cress, carrot, olives, vinaignette, croutons and artisan bread £3.20

Arte:

Smoked mackerel £1.50 Roast chicken £1.40 Grilled halloumi 🍑 £1.40

House Salad 📦

Aromatic brown rice, broccoli, grilled pappers, spinach, butternut boungus, feta, lemon, spicy salsa seeds, spacians, beans, toasted seeds and artisan bread (Can be made vegan on request) £5.50

Italian Flatbreads and Paninis Available all day

All served with rocket, ofive and marinated pepper

Chicken, Pecorino and Pesto Rustic Panini £3.85
Smoked Ham and Cheese Dispesse Flatbread £3.65
Mozzarella, Tomato and Pesto Ratbread � £3.50
Vegan Chorizo and Cheddar Panini � � £3.85
Spicy Salami and Smoked Italian Cheese Panini £3.65
Add Skin on Pries � £1.20

Pastries Available all day

See the counter for a selection of cakes, traybakes, savoury and sweet things





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Drinks

Hot Drinks			
Americano			£2.15
Cappuccino			£2.45
Espresso			£1.85
Flat White			£2.25
Latte			£2.45
Mocha			£2.65
Hot Chocolate		From	£2.45
English Breakfast Tea			£1.85
Speciality Tea			£1.90
Soft Drin's			
Belvoir Elderflower Presse 250m	nl		£2.00
Balypir flaspharry Lemonade, 25	50ml		£2.00
Coca Cola 330ml			£1.50
Digt Coke 330ml			£1.35
Exphisher's Apple Juice 250ml			£2.10
San Pellegrino Aranciata 330ml			£1.60
San Pellegrino Limonata 330ml			£1.60
Schweppes Lemonade 200ml			£1.35
Strathmore Stil/Sparking 330m			£1.50
Tropicana Premium Orange Jui	ce 250m		£1.95
Beer and Gider			
Cider - Old Mout Berries and C	herries 5	00ml	£4.00
Cider - Old Mout Kiwi and Lime			£4.00
Laper - Peroni 330ml			£3.75
Laper - Sol 330ml			£3.50
Ale - Old Speckled Hen 355ml			£3.80
Craft Beer - Goose Island IPA 3	55ml		£3.95
White Wine	175ml	250ml	Del
Casa De Rossa Pinot Grigio	£3.85	£5.20	₽ti £13.35
Elevado Sauvignon Blanc			
Saturation States	£3.40	£4.75	£12.85
Rosé Wine	175ml	250ml	Bel
Desert Rose White Zinfandel	£3.80	£5.15	£13.30
Saspiro Rosato	£3.50	£4.85	£12.95
Red Wine	175ml	250ml	Btl



£3.75 £5.10 £13.25

£3.50 £4.85 £12.95

The Citrus Tree Shiraz

Elevado Merlot

