

V = Vegetarian | VG = Vegan | H = Halal | H\* = Halal Option Available GF\* = Gluten Free Alternative Available





#### A LITTLE BIT ABOUT US...

Our menu, encompasses the Menus of Change framework principles and is crafted from scratch by University chefs. This features daily specials and a variety of vegetarian, vegan and gluten-free options.

For more information visit menusofchange.org

We source our beef from the University of Reading Shinfield farm, just three miles away with a focus on high-quality, locally sourced ingredients.

We are also proud holders of the Gold Accreditation fro the Sustainable Restaurant Association's Food Made Good scheme

www.hospitalityuor.co.uk/sustainability/purchasing-standards







### **NIBBLES**

House Rub Chicken Wings with House Slaw (H) | £6.95

Go Large +£4.00

Brixton Blue Rarebit on Sourdough Topped with Pulled BBQ Oyster Mushroom (VG) | £6.95

Honey & Mustard UoR Pigs in Blankets | £5.25

Soup of the Day served with Bread & Butter (H, VG, GF\*) | £5.25

### **SIDES**

Seasoned Skin-on Chips (VG) | £3.95 Add Cheese (V) + £1.00

Rocket Salad (VG) | £2.95

Seasonal Vegetables (VG) | £3.25

Sweet Potato Mash (VG) | £3.95

#### **SANDWICHES**

All served with a creamy house slaw

Only Available Mon - Fri | 12pm - 3pm

#### Chicken & Pesto with Slaw (H) | £7.95

Succulent and juicy butterflied chicken with homemade pesto, a sliced beef tomato & rocket in a Hobb's sourdough bread

#### Tofish with Slaw (VG) | £7.95

Crispy Seaweed & Tofu with watercress in a Hobb's sourdough bread & a fragrant tartare sauce.

#### Seared Steak with Slaw | £7.95

UoR beef sirloin slices with a sliced beef tomato, caramelised red onions, watercress, wholegrain mustard mayonnaise in a Hobb's sourdough bread

Upgrade to Chips +£2.00

### **HOUSE MAINS**

### Aubergine Steak with Baba Ganoush, Chips & Salad (VG) | £15.95

Miso dressed augergine steak with creamy baba ganoush served with chips, slow roasted vine tomatoes & grilled portobello mushroom & rocket salad.

#### Chicken & Tarragon Sausages, Sweet Potato Mash & Seasonal Vegetables (H\*) | £13.95

Juicy chicken sausages seasoned with aromatic tarragon, paired with smooth sweet potato, roasted heritage carrots, savoy cabbage & red onion gravy

#### Cripsy Battered Tofish & Chips (VG) | £12.95

Tofu wrapped in nori seaweed in a crispy coated batter with a creamy and zesty tartare sauce with garden peas. Served with a side of crispy golden chips

### Crispy Seaweed Battered Catch of the Day & Chips | £12.95

Fresh fish infused in our seaweed batter, served with chips, peas & a creamy tartare sauce

### Lamb Steak with Haricot Bean Cassoulet | £14.95

Thyme seared Lamb steak, served with smokey haricot bean cassoulet & sauteed kale.

#### University of Reading Sirloin Steak, Chips & Salad | £18.95

Seared sirloin steak served with garlic butter served with chips, slow roasted vine tomatoes & grilled portobello mushroom





### Grilled Bacon Steak, Eggs & Chips | £14.50

Thick-cut bacon steak grilled to perfection, served with two free-range fried eggs and a generous portion of crispy golden chips & garden peas.

### Sriracha Chicken Burger with Chips (GF\*, H) | £14.95

A succulent butterflied chicken breast with spicy Sriracha mayo, served in a soft toasted bun with fresh lettuce, tomato & red onion. Served with a side of golden chips

# Plant Burger with Feta-style Cheese & Pesto with Chips (GF\*, H, VG) | £14.95

A delicious plant-based burger topped with feta style cheese, peppery rocket, tomatoes & red onion and pesto.
Served with a side of golden chips

### University of Reading Beef Burger Stack with Chips (GF\*) | £14.95

University of Reading farmed beef with Monterey jack cheese, crispy bacon and crisp onion rings, and a house burger sauce. Served with a side of seasoned chips.

### Seafood Raisukaree Curry, Long Grain Rice & Bok Choy | £14.95

A fragrant coconut curry with a medley of fresh salmon, prawns & mussles, served with steamed long-grain rice and tender bok choy.

### **DESSERT**

#### Chocolate Quinoa Brownie & Jude's Vanilla Bean Ice Cream (V, H) | £5.75

Rich, fudgy chocolate brownie made with protein-packed quinoa, with creamy Jude's vanilla bean ice cream.

Please remember your table number when ordering. Thank you!







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#### **NIBBLES**

House Rub Chicken Wings with House Slaw (H) | £6.95 Go Large +£4.00

Brixton Blue Rarebit on Sourdough Topped with Pulled BBQ Oyster Mushroom (VG) | £6.95

Soup of the Day served with Bread (GF\*) | £5.25

#### **SIDES**

Cauliflower Cheese £3.95

Seasonal Vegetables | £3.25

Sweet Potato Mash | £3.95 UoR Pigs in Blankets | £4.95

#### **SWEET TREATS**

Chocolate Quinoa Brownie & Jude's Vanilla Bean Ice Cream (V, H) | £5.75

Rich, fudgy chocolate brownie made with protein-packed quinoa, with creamy Jude's vanilla bean ice cream

### **SUNDAY ROASTS**

with roasted potatoes, braised red cabbage, maple roasted carrot & parsnip, swede & turnip puree, & a yorkshire pudding\*

Roasted University of Reading Beef Sirloin | £19.95 with rich gravy & horseradish

Pan Seared Lamb Rump | £19.95 with rich gravy & fresh mint sauce

Roasted Chicken Breast (H) | £19.95 with rich gravy & a stuffing ball

House Nut Roast (VG) | £17.95 with rich gravy

### **HOUSE MAINS**



#### Crispy Seaweed Battered Catch of the Day & Chips | £12.95

Fresh fish infused in our seaweed batter, served with chips, peas and a creamy tartar sauce

### Crispy Battered Tofish & Chips (VG) | £12.95

Tofu wrapped in nori seaweed in a crispy coated batter with a creamy and zesty tartare sauce with garden peas. Served with a side of crispy golden chips

#### Seafood Raisukaree Curry, Long Grain Rice & Bok Choy | £14.95

A fragrant coconut curry with a medley of fresh seafood, served with steamed long-grain rice and tender bok choy.

#### Chicken & Tarragon Sausages, Sweet Potato Mash & Seasonal Vegetables (H\*) | £13.95

Chicken & Tarragon Sausages, with sweet potato mash and seasonal vegetables with a rich onion gravy







# kid's cuisine

### Fish & Chips | £4.25

Crispy dish cooked in a seaweedflavoured batter. Served with fries and peas.

served with fluffy rice

### Chicken Curry & Rice | £4.25

# Crispy Banana Blossom (VG) | £4.25

A yummy beef burger served with fries

Pasta Bolognese | £4.25

and lentils, all stirred into long noodles.

Tasty beef mixed with healthy vegetables

Uni Beef Burger

& Chips | £4.25

A tasty, crispy banana blossom served with fries and peas

# A creamy and fragrant chicken curry



## kid's sunday lunch

Roasted University of Reading Beef Sirloin 1£795

Pan Seared Lamb Rump | £7.95

Roasted Chicken Breast (H) | £7.95

House Nut Roast (VG) | £7.95

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