



**QUEEN'S
UNIVERSITY
BELFAST**

**CAMPUS
FOOD AND
DRINK**

FOOD AT QUEEN'S

YOUR GUIDE TO ALL THINGS
FOOD AROUND CAMPUS
AND BEYOND!

CONTENTS

PAGE 3	OUR CATERING PARTNERS
PAGE 6	CAMPUS CATERING MAP
PAGE 7	THE SPEAKEASY
PAGE 9	CLUBS AND SOCIETIES HOSPITALITY
PAGE 10	CAMPUS FOOD MARKETS
PAGE 11	SUSTAINABILITY
PAGE 12	YOUR NEW STUDENT CENTRE
PAGE 13	STUDENT INSIGHT
PAGE 14	HEALTHY EATING AND YOU
PAGE 15	RECIPES
PAGE 18	LOCAL SHOPS AND SERVICES



OUR CATERING PARTNERS

CHECK OUT THE GREAT VARIETY OF PARTNERED CATERERS ALL ACROSS CAMPUS



JUNCTION

MAIN SITE TOWER

Tasty, healthy food from a calorie counted menu, using only the freshest ingredients. Offering great value meal deals, baked goods, breakfast, a build your own sandwich bar, healthy hot boxes and superfoods and fantastic coffee, Junction has something to suit everyone!

HOPE CAFE

MC CLAY LIBRARY

Providing a welcome respite from studying in the library, serving delicious breakfasts, lunch and all day snacks in a contemporary and comfortable surrounding, be sure to check out the range of freshly baked goods and some of the best coffee and beverages in Belfast!





CLEMENTS

PEC & MBC

'Religious about Coffee' Clements specialise in sourcing only the finest coffees and aim for full traceability to origin, farm and farmer when ever possible.

DEANES AT QUEENS

COLLEGE GARDENS

Recently refurbished to include a new bar area and outdoor terrace, Deanes at Queen's focus on high quality and locally sourced produce. Deanes holds a Michelin Bib Gourmand, recognising great quality at affordable prices.



KREM COFFEE

DAVID KEIR BUILDING & ECIT BUILDING

Excellent for a whistle-stop, grab'n'go breakfast, with fresh pastries and great coffee, or a longer lunch with home made soup, sandwiches, paninis and pastas.



CAFE CARBERRY

INTO CENTRE, LENNOXVALE

Nestled in the leafy Lennoxvale, Cafe Carberry offers a selection of delicious meals, snacks and drinks, including toasties, soups and sandwiches. Well versed in dietary requirements, the menu covers, vegetarian, vegan, gluten free and halal options.

PANAMA CAFE

BT2, McCLINTOCK STREET

Also known as the 'City Garden and Cafe', Panama Cafe is cozy, chic and dog friendly. Be sure to try the baked fry, a firm favourite with regulars.

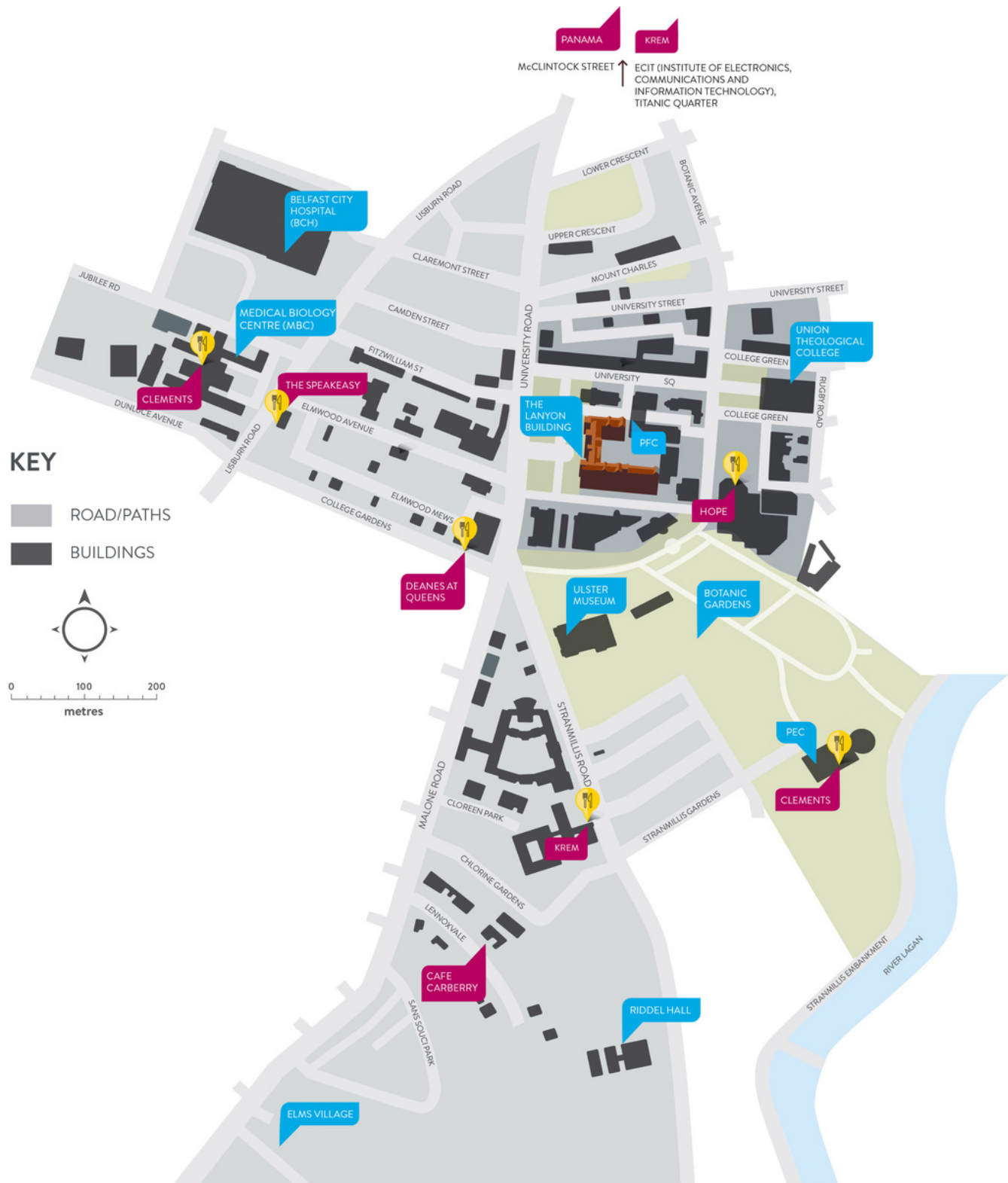


QFT BAR

UNIVERSITY SQUARE

The perfect space to relax before or after catching a movie, the QFT serves up fresh coffee, popcorn and confectionery and a selection of local beers, wines and spirits, currently the only licensed cinema in Northern Ireland!

CAMPUS CATERING MAP



EAT AT QUEEN'S

THE SPEAKEASY

92-96 LISBURN ROAD



FOOD, DRINK & FUN

Open seven days a week and sporting a wide mix of entertainment, food and drink, offers, sport and live music...

There is a place for everyone at The Speakeasy!

GO TEAM!

With six large screens, two projectors, drink promotions and hot dogs to keep your energy up, the Speakeasy is a perfect spot to catch all manner of matches throughout the week

Take up some friendly rivalry and challenge your friends with six pool tables downstairs, and snooker upstairs



SPEAKEASY KITCHEN

Serving up a wide range of bar and home comfort food, the Speakeasy is a favourite amongst students for lunch or a after class bite to eat!

With daily specials, and a price that can't be beat, The Speakeasy is sure to have an option for everyone!



FANCY A DANCE?

Check out our purpose built club space on the first floor. Regular nights include Air Punch, our power ballad night and Meltdown where you can rock out!

The ground floor bar hosts a range of entertainment all week long, from pub quizzes to bingo, live music to comedy and we can't forget the ever popular Good Friday!

CLUBS & SOCS

Fully equipped with all the AV equipment you could need, the first floor of the Speakeasy is the perfect spot to hold events, quizzes, fundraisers and even raves!

Drop us a message on facebook to enquire about booking the space!



drinkaware

Be sure to check out the wide range of cocktail and mocktails on offer!



CLUBS AND SOCIETIES HOSPITALITY

CATERING TO SUIT EVERY OCCASION



CAMPUS FOOD AND DRINK CAN CATER FOR ALL YOUR CLUB AND SOCIETIES NEEDS

Are you holding a meeting and require tea and coffee? Hosting a guest lecture and would like a wine and beer reception? Heading off on a fieldtrip and require a packed lunch? Getting together for an informal night over pizza? Looking for an iconic venue to hold your annual formal?

Campus Food and Drink can help with all these and more! Based in the Lanyon building we are able to deliver all around campus!

Drop the team a quick email on hospitality@qub.ac.uk or check out the website [here](#) and we can get started planning!

CAMPUS FOOD MARKETS

A TASTE FROM AROUND THE WORLD

The QUB Campus Food and Drink Market brings together a fantastic selection of hot food stalls showcasing Northern Irish produce and foods from around the world.

Nominated in the 'Best NI Local Market' category at the 2017 Northern Ireland Food & Drink Awards, the markets are designed to raise the profile of local producers and their products, and are aimed at University students and staff, as well as the local community.

Everyone is welcome, so make sure you pop down to say hello and grab something tasty to eat!

Restrictions allowing, we hope that markets will run from September through the year. Keep up to date with upcoming markets on our [Facebook](#) page.



SUSTAINABILITY

ONE PLANET, LET'S WORK TOGETHER

Campus Food and Drink recognise our responsibility to provide healthy, seasonal, local and responsibly sourced food to our students, staff and visitors, which will promote positive experiences of learning, working and visiting the University.

REUSABLE CUPS

All cafes on campus accept reusable cups

Clements and Junction sell reusable cups from their outlets

Clements are proud to say that zero waste is sent to landfill

Junction's used coffee grounds are turned into garden fertilizer

All catering partners on campus have an environmental policy



FAIRTRADE

We are a Fairtrade University and try to source and use as many Fairtrade products as possible, including tea, coffee, sugar, fruit, juice and wine.

YOUR NEW STUDENT CENTRE



This exciting new facility, being built in the space previously occupied by the Students' Union, is due to open in September 2022 and will become the home to over 24,000 students.

Our vision is to be a leading University and Students' Union and this project is a giant step towards achieving our ambition. We are creating a social, open and flexible space, which can cater for the changing needs of students and create a new heartbeat for life on campus.

The new Student Centre will transform the provision of student services and support offered by the University and the Students' Union, pulling these together into one central, state of the art facility.

The project will support enhanced student welfare, learning, development, entrepreneurship and employment opportunities. The new Students' Union building will include vibrant social and commercial spaces such as the SU Shop, the SU Bar, a Mandela Hall entertainment venue, and state-of-the-art facilities for our clubs and societies.

Supporting and developing our students is a key priority and the new facility will provide further opportunities for students to engage with and benefit from our representation, advice, student volunteering and entrepreneurship services, as well as being a social hub for the University to improve accessibility and student interaction in the heart of the campus.

Your New
**STUDENT
CENTRE**

STUDENT INSIGHT

HEAR FROM RECENT NURSING STUDENT ODHRAN



I had the pleasure of both attending Queen's University to study but also working for Campus Food and Drink.

During that time I got to experience a range of fantastic food outlets in & around campus. For three years I was based within the Medical Biology Centre & needed my daily coffee from Clements. I was also a huge fan of their panini selection & soup!

While on the main campus, there is the option of Junction cafe with their constant up to date & ever changing menu. There is also a lot of vegetarian dishes which is fantastic & it's very reasonable cost wise!

During my time in university, I spent many days & nights within McClay Library. At times the only thing that got me through those long hours was a break in Hope cafe. Their opening hours are very accommodating & they have loads to choose from in their menu.

Queen's University has a lot to offer on the food scene & I couldn't recommend it enough!

**ODHRAN
COPELAND**

BSc Children's Nursing

HEALTHY EATING AND YOU

Planning and preparing meals for yourself for the first time can be daunting, but very rewarding! Don't be afraid to branch out and try new ingredients and dishes!

Healthy eating can have a big impact on many areas of your life:

- Positive impact on your mental health
- Improved sleep
- Increased energy and stamina
- Better concentration



Why not hold a 'Come dine with me' competition over the course of the week with your housemates? It can be a great way to build connections and experience new and exciting dishes

Over the next few pages we have included some handy recipes to get the ball rolling! Or check out some additional recipes [here](#) and some nutritional advice [here](#).



CELERY SOUP

LIGHT AND DELICIOUS, LOW IN COST AND CALORIES

INGRIDENTS

- 2 Bunches celery
- 1 Carrot
- 2 Large potatoes
- 4 Cloves garlic
- 1 Onion
- 1 Vegetable stock pot



METHOD

1. Wash the celery, being sure to get deep down into the central blub. Cut each stem into inch sized chunks.
2. Wash and peel the carrots, potatoes and onion into large chunks.
3. Peel and crush the garlic cloves.
4. Place all ingredients in a large saucepan and add the stock pot.
5. Pour over 1.5 litre water and bring to the boil. Once boiling turn down the heat and simmer for appox. 25 minutes or until the vegetables are cooked and tender.
6. Allow to cool slightly, then carefully use a blender to blitz the soup.
7. Serve into bowls and enjoy with some bread!

For some heat add some chopped chillies to the soup while cooking and top with some dried chillie flakes

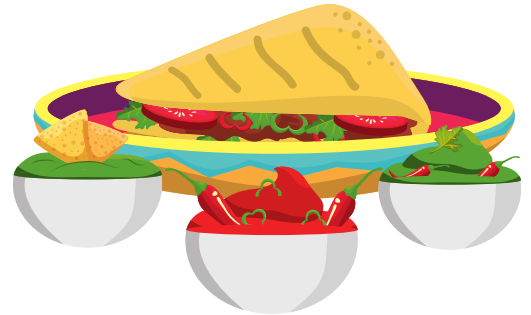


QUESADILLAS

PACKED FULL OF FLAVOUR, THESE ARE SURE TO BE A HIT

INGREDIENTS

- | | |
|---|-------------------------------------|
| 1 x 400g can black beans, drained, rinsed | 80g cheddar, grated |
| ½ tsp ground cumin | 4 x flour tortillas |
| ½ tsp dried oregano | 1 garlic clove, peeled, cut in half |
| 1 tsp dried chilli flakes | 1 tbsp vegetable oil |
| 2 spring onions, sliced | |
| 1 red pepper, chopped | |



METHOD

1. In a bowl, mix together the black beans, cumin, oregano, dried chilli flakes, sliced spring onions, chopped pepper and grated cheese until well combined, using your hands to squash the beans. Season, to taste, with salt and freshly ground black pepper.
2. Lay the tortillas out on a clean work surface. Rub the cut sides of the garlic clove vigorously all over the tortillas.
3. Divide the bean mixture between two of the tortillas, spreading the mixture out using a spoon to completely cover the tortillas.
4. Place the remaining two tortillas on top of the mixture, making sure the sides you rubbed with garlic are facing inwards. Gently press down to form two sandwiches.
5. Heat a little oil in a large frying pan over a medium heat. Add one of the quesadillas to the pan and fry for 3-4 minutes on each side, pressing the quesadillas down from time to time using a spatula, until the tortillas are crisp and golden-brown on both sides and the filling has melted. Remove from the pan carefully and set aside to drain on kitchen paper. Keep warm.

Repeat the process with the remaining oil and tortillas.



RASPBERRY ETON MESS

NOTHING BEATS AN INDULGENT DESSERT TO FINISH OFF AN EVENING

INGREDIENTS

For the Eton mess:

500g raspberries
400ml double cream
3 7.5cm ready made
meringue nests, crushed
1 tbsp ginger cordial

For the shortbread:

125g caster sugar
230g butter
125g cornflour
250g plain flour



METHOD

1. Preheat the oven to 145°C and crush the pre made meringue nests
2. Mix the sugar and butter in a stand mixer until combined. Sift in the flour and cornflour until just incorporated.
3. Roll out the dough and cut into shapes using a cutter or knife. Place on a lined baking tray and into the fridge for 15 minutes to chill.
4. Bake in the oven for 15-20 minutes or until golden brown. Cool on a wire rack and dust with sugar if desired.
5. Whip the cream until thick, stir in the raspberries, crushed meringue and ginger cordial.



For a change
swap the
raspberries out
with strawberries



LOCAL SHOPS/SERVICES

JUST CLICK THE NAME FOR A MAP WITH DIRECTIONS

FOODS FROM AROUND THE WORLD

Asia Supermarket, 40 Ormeau Embankment, BT6 8FZ

Lee Foods Oriental Supermarket, 98 Donegall Pass, BT7 1BX

Karolina Shop, 325 Ormeau Road, BT7 3GL

Delikatesy, 235 Lisburn Road, BT9 7EN



FRESH FRUIT AND VEG

CJ Foods, 201 Lisburn Road, BT9 7EJ

Ward & Co., 7 Lockview Road, BT9 5FH

Michel's, 435 Ormeau Road, BT7 3GQ

Jackson Greens, 15 Bridge Street, Belfast BT1 1LT

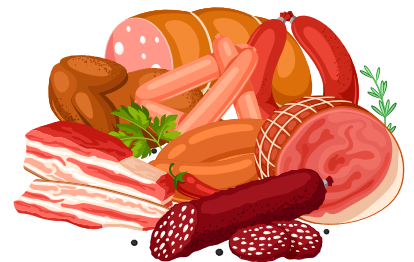
BUTCHERS

Abbotts Meats, 211 Lisburn Road, BT9 7EL

C Mallon, 82 Castle Street, BT1 1HE

Premier Meats, 50 Castle Street, BT1 1HB

Bangla Bazar, 175-177 Ormeau Road, BT7 1SQ (sells halal meat)



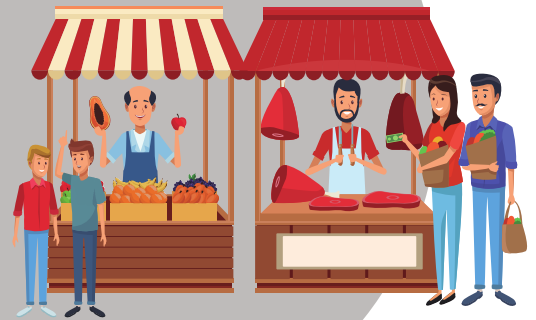


POST OFFICE

MACE, 95 University Road, BT7 1NG
Post Office, 12-16 Bridge St, Belfast BT1 1LT
Post Office, 16 Howard St, Belfast BT1 6PA

MARKET (FRI-SUN)

St George's Market, 12-20 East Bridge Street, BT1 3NQ



SUPERMARKET

Tesco Express: 36 University Rd, BT7 1NH
Centra, 42-46 Malone Rd, BT9 5BQ
Tesco Superstore, 369 Lisburn Rd, BT9 7EP
SPAR, 70-74 Malone Road, BT9 5BU
Tesco Express 20 Great Victoria St, BT2 7BA
Centra, 2-4 Great Victoria St, BT2 7HR
Centra Quick Shop 28-30 Wellington Pl, BT1 6GF