Unity Main Menu Tutorial

New Scene

Create a new scene and call it MainMenu

In the hierarchy, right click and select UI > Canvas

(If the canvas is at an angle make sure to click 2D above the scene window)

Right click on the canvas in the hierarchy and select UI > Panel, and rename it to Background

This will create a child object that allows for the background to be changed to either a solid colour or an image you would like to use

Buttons

Go to Window > Package Manager and download TextMeshPro

Right Click on Canvas in the hierarchy and select UI > Text - TextMeshPro

Over on the Inspector you can type what you want the text to say change the alignment and colour

(If you want to use a gradient for the text, go to Assets > Create > TextMeshPro > Colour Gradient. You can then create a gradient and use it for multiple texts, instead of having to remake it again)

Create three separate texts: Play, Options, and Quit

Make sure they are laid out where you want them. Use the Anchor pre-sets on the top left of the inspector if you want to centre your text. (You must hold Alt before clicking on a position)

Right click on Canvas and select UI > Button

Create three buttons and line them up with the texts you have created. To change the colour of the buttons or to make them invisible go to the Inspector and select colour

Go to the hierarchy and select the Button drop down menu, delete the Text object that is there. Then grab the text you have made and drop them into the corresponding button

You make the text change when the mouse is hovering over it or when clicked, head to the inspected after selecting the Button in the hierarchy and click on the Button drop-down menu. Then you can change the highlighted or pressed colours

Make sure to change the navigation at the bottom of the drop-down menu to none otherwise after clicking a button the highlight colour change will stop working

Options Scene

Create a new scene for when the player selects the option menu called OptionsMenu

Put a text saying Options at the top using the same methods as in the previous scene. Create a button at the bottom for the player to return to the main menu

To create an audio slider right click on the canvas and select UI > Slider. You can customise it with the inspector

Game Scene

Create a new scene and call it GameScene

Go to File > Build Settings and drop all the scenes to the Scenes and Build box

Parent Object

For both the menu and option scenes go to the hierarchy right click on the canvas and select Create Empty. Name it either Main Menu or Options Menu and drop all the buttons and sliders into them

Script

Go to Assets at the bottom of unity and create a script folder by right clicking Create > Folder. Inside of that folder right click Create > C# Script. Drop that script into the Main Menu and Options Menu object in the hierarchy.

Inside the script write this:

Back in unity click on the button objects in the hierarchy and go to the inspector. Near the bottom you will see an On Click box, grab the Main Menu or Options Menu object from the hierarchy and drop it into the box below Runtime Only.

Click on No Function > MainMenu and depending on the button choose PlayGame (), Options (), Quit (), or Back ()

Run the MainMenu scene and everything should be working correctly