



RCP | events
LONDON

Day Delegate Packages

Spring / Summer 2026

Fuel not feed DDR

Minimum numbers of 50 apply

The idea of fuelling not feeding is a concept that will appeal to many of our clients who want to book an all-day DDR package. Guests that have breakfast, lunch and sugary snacks through all-day conferences will often feel sluggish and tired as the day goes on. This in turn means concentration levels and focus can drop, especially after meals.

Our flexible packages will fuel your guests throughout the day, keeping them revitalised, fresh and engaged. Fuel your delegates' potential with our fantastic day delegate packages including a diverse range of options using quality fresh and sustainable products.

Traditional DDR

9am – 5pm

Fuel the start of the day with a selection of freshly baked goods, yoghurt and granola pots, and freshly cut fruit

Energise your morning with fresh fruit and energising bite

Refuel yourself at lunch time with our delicious hot fork buffet, bento box, sharing board or bowl food options (please choose from our menus)

Rejuvenate your afternoon with some sweet treats including a selection of mini cake bites

Freshly brewed coffee, a selection of ethically sourced teas, still and sparkling water and 100% pure seasonal fruit juice will be served throughout each break.

Why not have a healthy swap and choose fresh apples in the afternoon? You know what they say, 'an apple a day keeps the doctor away'.

Flexible DDR

9am – 3pm

The traditional DDR but with a flexible twist.

Finish the event at 3pm with a later hot fork buffet, bento box or bowl food lunch, and **replace your afternoon break refreshments with a glass of wine, beer or soft drink alternative** (one drink per person).

Extend event up to 5pm with our drink packages and food options.





Refreshments and Lunch

Day Delegate Refreshments

Arrival Refreshments

Continental Breakfast

302kcal

- Seasonal fruit salad **(VE)(NGCI)**
- Selection of freshly baked mini-Danish pastries and croissants (two per person) **(V)**
- Vanilla Greek yoghurt **(V)** with fruit purée, maple syrup, pineapple and banana crunch granola **(VE)**
Vegan yoghurt available upon request

Mid-morning break

Bowl of whole fruit **(VE)** and chef's choice of one energising bite.

Afternoon break

Chef's choice of **two** delicious loaf cake bites.

Well Grounded: transforming lives through coffee

With every cup of coffee you enjoy at our venue, you are supporting your local and global community. Our catering partner Company of Cooks works with Allpress Espresso to support Well Grounded in their mission to help Londoners into work in the speciality coffee industry, providing training, qualifications, work placements, mentorship and employment to those who need it most.

Healthy Swaps

Replace your mid-morning or afternoon breaks with any one of the following healthy swap options:

- Seasonal fruit bowl **(VE)(NGCI)** 80kcal
- Banana bread **(V)** 326kcal
- Red pepper hummus, raw vegetable sticks **(VE)(NGCI)** 122kcal



Day Delegate Lunch

Fork Buffet

Our fork buffet menus are designed to be enjoyed while standing up, allowing your guests to mingle and network. All buffets include three main, seasonal and chef's salads, bread, butter and dessert.

Choose your menu from the options below or let our chef team curate your menu.

Add ons

British cheese board by Paxton & Whitfield, chutney and oat crackers (V) 286kcal **£11.00pp**

Seasonal fruit platter (VE) 58kcal **£8.50pp**

Daffodil (fully VE and NGCI menu)

- Lemon tofu and spring vegetable rice noodles, sugar snap peas, carrots and fresh herbs (VE)(NGCI) 360kcal
- Miso-glazed aubergine and edamame bibimbap (VE)(NGCI) 310kcal
- Green coconut and courgette korma (VE)(NGCI) 245kcal
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- Quinoa, tomato, cucumber and mint salad (VE)(NGCI) 340kcal
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- Vegan coconut and mango mousse (VE)(NGCI) 220kcal

Poppy

- Tomato and white bean stew, courgette and basil (VE)(NGCI) 370kcal
- Seasonal fish pie, leeks, creamed potatoes, herb crumb 592kcal
- Chicken thighs, spring onions, confit tomato, pearl barley, romesco dressing 860kcal
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- Grain pilaf, coriander, mint, spring onion and preserved lemon (VE) 151kcal
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- Apple crumble tart, vanilla cream (V) 718kcal

Foxglove

- Roasted aubergine, tomato, vegan feta, crushed green herbs (VE)(NGCI) 557kcal
- Roasted cod, new potatoes, braised spring greens and peas, tartare sauce (NGCI) 469kcal
- Slow roasted shoulder of lamb, harissa, chickpeas and piquillo pepper (NGCI) 401kcal
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- Rainbow slaw (VE)(NGCI) 69kcal
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- Eton Mess, blueberry and lime (V)(NGCI) 180kcal

Periwinkle

- Ricotta tortellini, pea puree, mint and olive oil (V) 719kcal
- Sea bass fillet, crushed new potatoes, spinach, lemon and caper dressing (NGCI) 546kcal
- Pork stew, white bean ragout, pickled red cabbage (NGCI) 393kcal
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- Tomato, pickled red onion, rocket and olive salad (VE)(NGCI) 355kcal
~
- Chocolate crèmeux and raspberry (V)(NGCI) 311kcal

Marigold

- Summer vegetable Thai green curry (VE) (NGCI available upon request) 267kcal
- Spiced cod, red lentil, spinach and coconut dhal (NGCI) 420kcal
- Tandoori chicken, chickpeas, minted yoghurt (NGCI) 348kcal
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- Corn, courgette, feta and lime salad (NGCI) 285kcal
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- Summer fruits cheesecake (VE) 359kcal

Chef's choice

Take the stress away from choosing your lunch menu. Let our chef team curate your menu, using the best of British, seasonal ingredients.

(VE) Vegan (V) Vegetarian (NGCI) Non Gluten Containing Ingredients

For those with special dietary requirements or allergies who wish to know about the food and drink ingredients used, please ask your event planner.

All prices are per person and exclude VAT.



Day Delegate Lunch

Bento Box Lunch

Maximum 300 people

A fantastic all-in-one lunch option for networking or those with not long for lunch! Served with freshly brewed coffee, a selection of ethically sourced teas, still and sparkling water and 100% pure seasonal fruit juice.

Please choose **one option** for the group.

Summer Garden (fully VE and NGCI)

- Heritage cherry tomato, marinated baby courgette ribbons, black olive tapenade, whipped vegan feta, basil and lemon oil (VE)(NGCI) 465kcal
- Grilled courgettes and asparagus, quinoa and herb tabbouleh, roasted red pepper hummus, pomegranate molasses (VE)(NGCI) 510kcal
- Beetroot and avocado tartare, capers, spring onions, dill, cashew mayonnaise, radish crunch (VE)(NGCI) (contains nuts) 320kcal
- Summer berry compote, vanilla coconut cheesecake mousse, toasted almond crumble (VE)(NGCI) (contains nuts) 420kcal

Spring Harvest

- Potato and spring onion salad, lemon crème fraiche, watercress, soft quail egg (V)(NGCI) 300kcal
- Atlantic prawn and shaved fennel salad, little gem, cucumber, classic Marie Rose dressing (NGCI) 255kcal
- Rare roasted beef and heritage tomatoes, herb remoulade, cornichons, toasted brioche croutons 800kcal
- Strawberry and elderflower fool, vanilla sable biscuit (V) 460kcal

Taste of Tokyo

- Teriyaki glazed shiitake and baby courgette, chilled vermicelli glass noodle salad, spring herbs, sesame dressing (V) 410kcal
- Sesame and chilli salmon, seaweed, cucumber and radish salad, citrus ponzu 295kcal
- Yakitori chicken, charred spring onions, pickled cucumber, light kimchi dressing 730kcal
- Coconut sticky rice, black sesame, fresh mango and passion fruit and lime syrup (VE)(NGCI) 270kcal

Tropical Delight

- Charred baby corn and lime, smoked paprika butter, whipped feta, chilli drizzle (V)(NGCI) 185kcal
- Citrus salmon, avocado, cucumber, coriander, tortilla crisps (NGCI) 350kcal
- Grilled chicken, chipotle roasted peppers, pico de gallo, soft corn tortilla 460kcal
- Strawberry and roasted pineapple, vanilla clotted cream, dark rum and raisin syrup (V)(NGCI) 465kcal

Garden of Spices

- Crispy chickpea and courgette fritters, carrot and cabbage slaw, green chilli and mint chutney (VE)(NGCI) 140kcal
- New season potato and grilled spring onion, turmeric, mustard seed, crispy shallot, fresh coriander (VE)(NGCI) 330kcal
- Lemon grain, charred cauliflower, saffron, green olive, rose harissa, herbs (VE) 360kcal
- Coconut rice pudding, yellow raisin, cardamom and pistachio (VE)(NGCI) 260kcal

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Day Delegate Lunch

Sharing Boards

Allow us to take you on a culinary journey around the world. Our boards are a great option for a wide variety of food items, ideal for networking.

Please choose a maximum of **2 sharing board options** for your event, standard split 50/50.

Served with freshly brewed coffee, a selection of ethically sourced teas, still and sparkling water and 100% pure seasonal fruit juice.

Coast and Garden

- Hummus and flatbread (V) *cold | 280kcal*
- Soft crispy egg, mushroom ketchup (V) *cold | 180kcal*
- Halloumi, pomegranate molasses, toasted sesame, min and coriander salad (V)(NGCI) *cold | 230kcal*
- Crispy squid, lime aioli *hot | 310kcal*
- Potted shrimp, pickled cucumber and rye bread *cold | 320kcal*
- Glazed mini chorizo (NGCI) *hot | 250kcal*
- Buttermilk fried chicken, blue cheese mayo *hot | 340kcal*

The Countryside Table

- Sausage rolls, pickled walnuts *hot | 260kcal*
- British cheese selection – Cheddar, Somerset brie, blue cheese, chutney, grapes and celery (V) *cold | 410kcal*
- British charcuterie (NGCI) *cold | 300kcal*
- Ham hock terrine, piccalilli and soda bread *cold | 280kcal*
- Grilled vegetable salad – courgettes, aubergines, artichokes, roasted peppers (VE)(NGCI) *cold | 210kcal*
- Romesco dip (V)(NGCI) *cold | 150kcal*
- Fresh bread (V) *cold | 200kcal*

Flavours of the Season

- H. Forman & Sons cured salmon, pickled cucumber, lemon cress and yuzu mayo *cold | 240kcal*
- Whipped chicken liver pate, poached cherry and brioche *cold | 260kcal*
- Loaded nachos, beef chilli, avocado, sour cream and tomato salsa *hot | 480kcal*
- Grilled mango, tomato and burrata platter (V)(NGCI) *cold | 320kcal*
- Heritage tomato salad, avocado, goats cheese and Bloody Mary dressing (V)(NGCI) *cold | 280kcal*
- Kale Caesar salad, parmesan, anchovy dressing and croutons (V) *cold | 300kcal*
- Crispy pork belly bites, smoked paprika glaze, apple and fennel slaw *cold | 360kcal*

Bites of the Sea

- Salt cod croquettes, tarragon mayo *hot | 210kcal*
- Merguez sausage, red wine glaze, gremolata dressing (NGCI) *hot | 250kcal*
- Whipped taramasalata, black olive tapenade, sumac onions, warm pitta *cold | 200kcal*
- Beetroot and cucumber tzatziki, caperberries, dill oil (V)(NGCI) *cold | 180kcal*
- Roasted rainbow carrots with lemon and thyme, London ricotta, chilli and honey (V)(NGCI) *cold | 220kcal*
- Grilled little gem lettuce, shaved radish herb truffle vinaigrette (VE)(NGCI) *cold | 150kcal*
- Tiger prawns, smoked chilli butter, lemon and parsley (NGCI) *hot | 230kcal*

Street to Yard

- Crispy porchetta slider, toasted bun, fennel slaw, apple sauce, watercress *hot | 310kcal*
- Panko crusted cod cheeks, Kewpie mayo, furikake seasoning *hot | 240kcal*
- Baked Cheddar dough balls, confit garlic and parsley butter (V) *hot | 280kcal*
- Charred hispi cabbage, ranch dressing, crispy bacon, chives (NGCI) *cold | 190kcal*
- Giant cous cous salad, roasted peppers, spinach and pine nut pesto (VE) *cold | 220kcal*
- Shaved fennel and rocket salad, sun-blushed tomatoes (VE)(NGCI) *cold | 130kcal*
- Harissa roasted aubergine, tahini yoghurt, pomegranate, crispy chickpeas (VE)(NGCI) *cold | 210kcal*

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Day Delegate Lunch

Networking Bowl Food Lunch

Maximum 300 people

Please choose **4 options** from the below. We recommend a combination of cold and hot bowl options to deliver a seamless lunch service.

Plant Based

- Spiced aubergine salad, confit tomato, plant based stracciatella, basil **(VE)(NGCI)** *cold | 351kcal*
- Coal-roasted heritage carrots, pomegranate, toasted hazelnuts, crematta **(VE)(NGCI)** *cold | 296kcal*
- Chole chickpea curry, pickled red onion, coriander chutney, poppadum **(VE)(NGCI)** *hot | 390kcal*
- London ricotta, courgette, broad beans, pea and mint **(V)(NGCI)** *cold | 147kcal*
- Spring vegetable risotto, roasted tomato, basil oil **(V)(NGCI)** *hot | 414kcal*

Fish

- Niçoise salad with tuna confit **(NGCI)** *cold | 247kcal*
- Grilled seabass, olive oil mash, sauce vierge **(NGCI)** *hot | 294kcal*
- Cod cheeks, Cobble Lane nduja, white beans, sea vegetables **(NGCI)** *hot | 276kcal*
- Confit Chalk Stream trout, broad beans, peas and mint, citrus dressing **(NGCI)** *cold | 294kcal*
- Prawn and coconut curry, Jasmine rice **(NGCI)** *cold | 326kcal*

Meat

- Crispy duck and watermelon salad **(NGCI)** *cold | 193kcal*
- Rare roast beef, Thai-style slaw, nam jim **(NGCI)** *cold | 79kcal*
- Buttermilk fried chicken, gochujang, rainbow slaw *hot | 444kcal*
- Sticky lamb neck, aubergine, pomegranate, crispy chickpeas **(NGCI)** *hot | 304kcal*
- Confit chicken, gnocchi, gremolata *hot | 250kcal*

Dessert

- Plant based cheesecake, strawberries **(VE)** *cold | 342kcal*
- Grilled peach, London ricotta, frangipane crisp **(V)** *cold | 148kcal*
- Apple crumble tart, vanilla cream **(V)** *cold | 718kcal*
- Coconut pudding, blueberry and mango **(VE)(NGCI)** *cold | 234kcal*
- Dark chocolate pot, candied almonds, London honey cream **(V)(NGCI)** *cold | 538kcal*

The London Larder

The London Larder brings together our London-based suppliers for a bespoke approach. From high-end British charcuterie from Cobble Lane, cheeses from Paxton & Whitfield or the finest tapenade from Belazu, our Larder delivers exceptional quality food with a story to tell.

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Day Delegate Enhancements

Package Add-Ons

Fuel not Feed Breakfast £17.00 pp

- Chia seed, date and coconut pot (VE)(NGCI) 223.7kcal
- Bircher muesli with apple, banana and toasted nuts (V) 602.9kcal
- Super green smoothie (VE)(NGCI) 356.7kcal
- Soya bean crush, chilli, lime and mint, sour dough toast and blushed tomatoes (V) 300.6kcal

Working Rolls Breakfast £6.50 pp

Selection of warm brioche rolls, served with tomato sauce, brown sauce and English mustard. Non gluten containing rolls available.

Choose **three options**:

- Roasted Portobello mushroom and spinach bap, tomato and mushroom ketchup (VE) 471kcal
- Avocado and vegan feta bap (VE) 368kcal
- Fried free-range egg (V) 422kcal
- Grilled Cumberland sausages 568kcal
- Crispy Wiltshire cured bacon 576kcal

Fuel not Feed Break £4.75 pp

Please select **two items** from the menu below:

- Chia seed, date and coconut pot (VE)(NGCI) 209kcal
- Bircher muesli with apple, banana and toasted nuts (V) 602kcal
- Super green smoothie (VE)(NGCI) 356kcal
- Soya bean crush, chilli, lime and mint, sour dough toast and blushed tomatoes (V) 300kcal

Seasonal Salads £21.00 pp

- Greek salad (V)(NGCI) 283kcal
- Tomato, pickled red onion, rocket and olive salad (VE)(NGCI) 150kcal

Seasonal Soups £4.25 pp

- Broccoli and Blue cheese (V)(NGCI) 174kcal
- Tomato and basil (VE)(NGCI) 107kcal

Soft Drinks £1.65 per item

A selection of 330ml cans based on 2 per person over the course of the day.

Seasonal Smoothies £4.20 pp

Our smoothies are a great addition to any event and are served in individual glass bottles:

- Coconut and banana (VE)(NGCI) 224kcal
- Super berry (VE)(NGCI) 200kcal

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