RCP LONDON | events

Day Delegate Packages

Autumn / Winter 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 freshly cut fruit
Energise your morning with seasonal smoothies
Refuel yourself at lunch time with our delicious hot fork buffet or bowl food options (please choose from our menus)
Rejuvenate your afternoon with some sweet treats including a selection of loaf cake bites

Freshly brewed Fairtrade 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.

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.

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, apple, raisin and cinnamon 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

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*

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 Union Hand-Roasted Coffee 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. It also supports farmers and cooperatives in Peru via the Union Direct Trade sourcing initiative, ensuring that a fair price is paid for our great coffee so that the communities at both ends of the supply chain benefit.

(VE) Vegan (V) Vegetarian (NGCI) Non Gluten Containing Ingredients (DF) Dairy Free
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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**

Gold (fully VE and NGCI menu)

- Stir-Fried Noodles with Tofu, carrots, cabbage, peppers and bean sprouts **(VE)(NGCI)** *375kcal*
- Korean-Style Kimchi & Roasted Seitan Rice Bowl **(VE)(NGCI)** *300kcal*
- Mild vegetable and Cashew Curry **(VE)(NGCI)** *256kcal*
- Penne salad with Pomegranate and Feta **(VE)(NGCI)** *350kcal*
- Chocolate and raspberry ganache slice **(VE)(NGCI)** *432kcal*

Amber

- Pumpkin, spinach and coconut curry, steamed rice, coriander **(VE)** *366kcal*
- Moroccan lamb tagine, almond and herb cous cous, preserved lemon *543kcal*
- Baked salmon, crushed new potatoes lemon and dill butter **(NGCI)** *252kcal*
- Sweet potato, kale and cranberry salad, watercress pesto **(NGCI)** *392kcal*
- Chef's salad *89kcal*
- Banoffee pie *406kcal*

Sapphire

- Smoky three bean chilli, rice, sour cream, nachos **(VE) (NGCI)** *347kcal*
- Sweet and sour pork, egg fried rice *979kcal*
- Sea bass, roast potatoes, broccoli, mustard and dill cream **(NGC)** *355kca*
- Smoked chilli and honey roast squash, chickpeas, preserved lemon, jewelled cous cous **(VE)** *349kcal*
- Chef's salad *89kcal*
- Treacle tart, vanilla cream *362kcal*

Emerald

- Chestnut mushroom and artichoke stroganoff, crushed potatoes **(V)** *167kcal*
- Roast chicken and root vegetable stew, garlic and parsley mash **(NGCI)** *349kcal*
- Baked lemon cod, tomato, olives, butternut squash and roast courgette **(NGCI)** *244kcal*
- Winter slaw, apple, cabbage, cranberry and wholegrain mustard dressing **(VE)(NGCI)** *184kcal*
- Chef's salad *89kcal*
- Apple and cinnamon crumble tart **(V)** *373kcal*

Ruby

- Lentil Bolognese, oregano, fusilli, plant-based Parmesan **(VE)** *359kcal*
- Tarragon chicken, roasted gnocchi, leeks, truffle oil *419kcal*
- Fish gratin with spinach, leeks & peas *527kcal*
- Waldorf Salad **(VE)(NGCI)** *235kcal*
- Chef's salad *89kcal*
- Coffee Opera cake **(V)** *418kcal*

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.

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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.

Roots (fully plant based)

- Grilled courgette, mint and chickpea salad with tahini dressing **(VE)(NGCI)** *201kcal*
- Charred hispi cabbage with plant-based yoghurt and basil **(VE)(NGCI)** *528kcal*
- Fregola, squash, and pomegranate molasses **(VE)(DF)** *449kcal*
- Mango and passionfruit Eton mess **(V)(NGCI)** *(VE available on request)* *326kcal*

Coast and Pasture

- Atlantic prawn with fennel, baby gem, classic Marie Rose sauce *222kcal*
- Slow-roasted beef, served rare, with remoulade, pickled cornichons and brioche *650kcal*
- Curried heritage potato with spring onion, watercress and quail egg **(NGCI)** *251kcal*
- Gooseberry set with elderflower cream and sable biscuit *535kcal*

Eastern Fire

- Coconut rice with ripe mango, passion fruit syrup and black sesame **(VE)(NGCI)** *291kcal*
- Shiitake mushrooms in teriyaki with glass noodles salad **(VE)(NGCI)** *448kcal*
- Cured salmon with toasted sesame, fresh chilli, seaweed and ponzu **(NGCI)** *422kcal*
- Chargrilled chicken yakitori with pickled cucumber and fermented chilli glaze *333kcal*

Sol

- Salmon with avocado and sweet potato crisps **(NGCI)** *393kcal*
- Smoked chicken taco with chipotle peppers and pico de gallo **(NGCI)** *252kcal*
- Charred corn ribs with lime, smoked paprika and whipped feta **(NGCI)** *262kcal*
- Caramelised pineapple with vanilla cream, rum and raisin syrup **(NGCI)** *308kcal*

Sheaf

- Roasted courgette with quinoa, roasted pepper and pomegranate molasses **(VE)(NGCI)** *494kcal*
- Beetroot tartare with capers, spring onion and cashew cream **(VE)(NGCI)** *320kcal*
- Heirloom cherry tomatoes with black olive, whipped feta and basil oil **(V)(NGCI)** *317kcal*
- Poached pear with vanilla custard, almond crumble and soft cream *566kcal*

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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.

Sea and Share Board

- Cured salmon gravadlax with fennel ribbons, dill and sweet mustard glaze **(NGCI)** *556kcal*
- Prawn cocktail with baby gem leaves and avocado cream **(NGCI)** *82kcal*
- Smoked salmon pâté with toasted rye and pickled cucumber *256kcal*
- Open bagel with beetroot-cured salmon, horseradish crème and watercress salmon jerky *174kcal*
- Sourdough loaf **(VE)** *253kcal*
- Selection of crackers and blinis **(VE)** *88kcal*

Mezze Feast

- Creamy butterbean hummus with warm flatbread **(VE)** *394kcal*
- Charred aubergine with whipped feta and pomegranate seeds **(VE) (NGCI)** *300kcal*
- Roasted carrots with tahini dressing and warm pitta bread **(VE)** *126kcal*
- Crispy spring onion and herb fritters with garlic yoghurt **(V)** *304kcal*
- Fresh chopped salad of tomato, cucumber and red onion **(V)** *50kcal*
- Spiced lamb kofta with pickled red onion, mint and cucumber salad **(NGCI)** *231kcal*

Grazing Board

- Baked cheese with smoked chilli preserve **(VE) (NGCI)** *425kcal*
- Caramelised figs with whipped goat's cheese and honey **(V)** *217kcal*
- Whipped feta with roasted pepper and spice **(V) (NGCI)** *218kcal*
- Smoked trout with toasted bread and cress *405kcal*
- Fresh mozzarella with Parma ham **(NGCI)** *219kcal*
- Lemon-dressed artichokes with cured meats **(NGCI)** *115kcal*
- Assorted breads and crisp crackers **(VE)** *354kcal*

Mediterranean Feast

- Orzo pasta salad with feta **(VE)** *329kcal*
- Bresaola with caramelised pear, rosemary and chilli honey glaze **(NGCI)** *79kcal*
- Pepper and olive tapenade with golden cheese straws **(V)** *295kcal*
- Pan con tomato bread with basil and smoked sea salt **(V)** *181kcal*
- Beetroot tzatziki with dill and smoked paprika **(V)(NGCI)** *766kcal*
- Freshly baked focaccia **(V)** *206kcal*
- Nduja sausage roll with roasted garlic and saffron aioli *757kcal*

English Garden Lunch

- Honey and mustard glazed ham with piccalilli and cornichons **(V)** *273kcal*
- Caramelised onion tart with thyme and black olive **(V)** *673kcal*
- Savoury cheddar and cream cheese scones with chutney **(V)** *418kcal*
- Herb frittata with ricotta and mint **(V)(NGCI)** *177kcal*
- New potatoes with spring onion dressing **(V)(NGCI)** *181kcal*
- Coronation chicken slider with fresh watercress **(V)** *442kcal*
- Courgettes with sun-blushed tomatoes and balsamic glaze **(V)(NGCI)** *134kcal*

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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

- Kale and charred corn salad, ranch dressing, crispy onions **(VE)(NGCI)** *253kcal*
- Ajo Blanco, orange, fried almonds, chives, extra virgin olive oil **(VE)(NGCI)** *419kcal*
- Smoked Tofu and roasted pumpkin Laksa, tamarind and coconut **(VE)(NGCI)** *312kcal*
- Wild mushroom arancini, wild rocket, porcini mayonnaise **(VE)** *687kcal*
- Coronation chickpea, paneer, baby spinach, sour cream, coriander **(V)(NGCI)** *302kcal*

Fish

- H.Forman & Son's hot smoked salmon, cucumber, potato, sour cream, dill tartare **(NGCI)** *26kcal*
- Smoked haddock and potato brandade, crisp bread, smoky pepper sauce *324kcal*
- Salmon teriyaki, red cabbage slaw, toasted sesame, soy caramel **(NGCI)** *146kcal*
- Poached flaked pollock, spicy tomato, chilli, capers, olives **(NGCI)** *141kcal*
- Keralan king prawn masala, steamed basmati rice, coriander **(NGCI)** *683kcal*

Meat

- Torn chicken cobb, chopped egg, crouton, Cropwell Bishop, sherry vinaigrette *403kcal*
- Duck confit, shaved celeriac & endive salad, grain mustard, chives **(NGCI)** *372kcal*
- Keema Chicken, yoghurt, poppadum, chaat masala *389kcal*
- Lamb tagine, aromatic couscous, orange, coriander *436kcal*
- Beef shin and red wine ragu, potato gnocchi, crispy sage *388kcal*

Dessert

- Plant based panna cotta, apple caramel, grappa **(VE)(NGCI)** *348kcal*
- Dark chocolate cremeux **(VE)** *285kcal*
- Pineapple carpaccio, coconut yoghurt, crystalised pistachio **(VE)(NGCI)** *194kcal*
- Dark chocolate pot, candied almonds, London honey cream **(V)** *539kcal*
- Winter fruit compote, streusel biscuit, blackberry diplomat cream **(V)** *693kcal*

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

- Berry compote yoghurt pot **(NGCI)** *216kcal*
- Banana and chocolate overnight oats **(VE)** *211kcal*
- Mixed berry smoothie **(VE)(NGCI)** *151kcal*
- Smashed no-avocado on toast with savoury seeded granola **(VE)** *680kcal*

Working Rolls Breakfast £6.50 pp

Selection of warm brioche rolls, served with tomato sauce, brown sauce and English mustard. Gluten free 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:

- Berry compote yoghurt pot **(NGCI)** *216kcal*
- Banana and chocolate overnight oats **(VE)** *211kcal*
- Mixed berry smoothie **(VE)(NGCI)** *151kcal*
- Smashed no-avocado on toast with savoury seeded granola **(VE)** *680kcal*

Seasonal Salads £21.00 pp

- Green goddess potato salad with tarragon **(VE)** *540kcal*
- Chickpea and roasted vegetable salad, cumin maple dressing *410kcal*
- Poached pear salad, iceberg lettuce, pomegranate, blue cheese *350kcal*

Seasonal Soups £4.25 pp

- Leek and potato **(VE)(NGCI)** *125kcal*
- Iron Bark pumpkin soup *390kcal*
- Tomato and basil soup *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:

- Winter Glow apple- ginger**(VE)(NGCI)** *186kcal*
- The frosty berry blend **(V)(NGCI)** *194kcal*

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