



Royal College of Physicians
Meetings and Events

Autumn/Winter menu

WORKING LUNCH



Healthy body,
healthy mind.



Work and Eat lunch

Work and Eat menus are suitable for 6 – 80 delegates.

All menus are served with premium ethically-sourced freshly ground coffee, decaffeinated blends, fruit, herbal and black tea infusions, filtered water and juices

Sandwich lunch £17.00

A selection of sandwiches (chefs choice) made on white, brown and granary bread (one and half rounds per person) served with crisps, seasonal fruit platter and chefs choice dessert. Our sandwich fillings change to reflect the seasons.

Gluten-free sandwich lunch £17.00

A selection of freshly made sandwiches and wraps in speciality breads, served with crisps, seasonal fruit platter and chefs choice dessert. Our sandwich fillings change to reflect the seasons.

Why not enhance your working lunch with one of the below supplementary tasty options.

Lunch supplements

Mug of House-made winter vegetable soups: £2.00

Hot soups

- Squash and sage
- Scotch broth
- Leek and potato

Artisan breads, oils, vinegar, unsalted butter £2.00

College herb and garlic olives £2.00

Vegetable and potato crisps £1.50

Hot and cold bites

Hot or cold bites are an ideal add on to any sandwich lunch

Two choices £7.50

Three choices £11.25

Supplementary hot and cold bites

£3.75 per item, per person

Hot

Thai fish cakes

Crab and prawn sesame toast

Breaded prawn, sweet chilli dipping sauce

Free range crispy buffalo wings, blue cheese sauce

Lingfield hot dogs, caramelised red onion and American mustard

Mini beef burger, smoked cheddar, tomato chutney and baby gem

Triple cooked fat chip, béarnaise sauce, smoked rock salt 

Mini Avocado and Hummus Quesadilla 

Nachos, sour cream, guacamole and salsa 

Halloumi fries, tomato salsa dip 

Cold

Charred chicken, tandoori flat bread, carrot and cumin raita

Sardines on toast, tomato jam, pickled shallots

Forman's smoked salmon tarts, watercress salad

Beetroot falafel, carrot hummus dip  

Parmesan and sticky fig "jammy dodgers" 

Vegan spinach rolls  

Avocado bruschetta, confit smoked tomato 

Cinnamon custard tart 

Key:  Suitable for vegetarians  Suitable for vegans

All prices are quoted per person and exclude V.A.T.

Ethically farmed, sustainable and locally sourced produce is used where possible. When unavailable, named ingredients will be replaced with similar products. Our menu dishes are prepared in environments that are not totally free from allergen ingredients. Our hygiene practices are designed to reduce the risk of allergen contamination and our catering teams receive training to help ensure that these standards are met. Our recipes do change from time to time. Should you have any concerns about the ingredients in our dishes; please do not hesitate to ask a member of our catering team who will happily assist you.

Seasonal salads

£4.50

Chefs choice, or pick one from the below menu:

Pearl barley and lentil salad, soaked golden raisins, English apple, grated carrot and lemon vinegar ✓🌱

Linguine pasta, smoked chilli, fresh burst tomatoes, roasted squashes and chives ✓🌱

Orzo pasta with roasted sweet peppers, courgette and aubergine ✓🌱

Roasted squash, chestnut pesto, rocket and chive ✓

Trio of Bedfordshire beetroot, Curney ash goats cheese and baby leaf salad ✓

Curried cauliflower, almonds, raisins and spinach ✓🌱

Individual Salad Jars

£4.50

Built in jars with a choice of dressings and accompaniments to enhance the dish

Please select two:

Caesar salad, shaved parmesan, focaccia croutons, oak smoked chicken

Red quinoa, roasted beets, aged feta, edamame beans ✓

Toasted spelt, heritage carrots, iron bark pumpkin, tomato jam ✓🌱

Asian greens, kimchi, crispy noodles, spiced salmon

Roasted peppers, burrata, wild rocket, avocado, black olive crumb ✓

Sharing boards

Serves 10 people

per board £90

Choose a maximum of two different boards:

Cheeseboard

A selection of British cheeses served with toasted fruit crackers, dried fruits, walnuts and celery.

British board

Honey and mustard cocktail sausages

Heritage beetroot and goats cheese tart ✓

Gloucester old spot pork pie and onion marmalade

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Farm house cheddar, Somerset apple chutney

Scotched egg

Foremans' smoked salmon on Hoxton rye bread

Mediterranean

Olive straws with Parma ham and oregano

Sliced bresaola with peppered pears

Buffalo mozzarella with honey roasted figs ✓

Dolma ✓🌱

Cured sardines on pan con tomate, pickled shallots

Rosemary focaccia with olive oil and balsamic vinegar ✓

Moroccan

Spiced chicken skewers with mint and cucumber yoghurt

Roasted harissa lamb with tomato and coriander salsa

Chickpea and carrot hummus, chilli oil and Moroccan flatbreads ✓

Chargrilled Tangier spiced octopus carpaccio

Merguez sausages

Moroccan spiced cauliflower and almond soup ✓🌱

Caribbean

Jerked chicken skewer, mango salsa

Jamaican patties ✓🌱

Fried plantain ✓🌱

Curried goat croquettes

Salt cod fritters, chilli lime yoghurt

Corn bread ✓

Indian

Tikka lamb, cucumber and mint yoghurt

Vegetable samosas ✓🌱

Tandoori chicken bites

Shami kebab and lime pickle

Masala Dosa

Mini poppadum, mango chutney (NF)

Sushi*

Sushi platters are created to meet your requirements and produced by our own company sushi chef

Served with soy sauce, pickled ginger, wasabi and chopsticks.

Choose four options from the menu below:

Seared salmon sashimi

Premium salmon sashimi

Smoked mackerel and chive maki

Tamago Japanese omelette maki

Ebi sushi nigri  

Crunchy prawn and avocado reversed roll

Spicy salmon and dill reversed roll

Cucumber maki

Japanese omelette maki

***All served with soy sauce, pickled ginger, wasabi and chopsticks. Edamame beans can be added at £4.00 per 500gr (five persons).**

*Minimum order of 10 people and 72 hours' notice is required. Cancellation 24 hours within the due date will incur full charges.



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Refreshment Breaks

Beverages

Served with filtered water, premium ethically-sourced freshlyground coffee, decaffeinated blends, fruit, herbal and black tea infusions

Served with either:

Biscuits £3.60

Cookie selection £4.20

Finger pastries £5.20

RCP filtered water (750ml) *per bottle* £4.00

Pure juices (1ltr) *per jug* £5.00

Freshly squeezed orange juice (1ltr) *per jug* £12.00

Infused waters

Add to refreshment and lunch breaks

Please select two: 2 x 5ltr Kilner dispensers £5.00

Grapefruit, orange, lemon and lime

Ginger, lime, lemongrass and coriander

Blackberry and sage

Pineapple and raspberry

Rhubarb, pomegranate and mint

Orange and mango

Cucumber and rosemary

Cold tea infusions

Add to refreshment and lunch breaks

Please select two: 2 x 5ltr Kilner dispensers £5.00

Passion fruit, mango and blood orange

Pineapple and green tea

Blueberry, apple and blackcurrant

Lemon, orange and ginger

Elderflower, strawberry and rose

Refreshment break supplements

All prices are per person, per serving (+ VAT) and subject to minimum numbers.

FUEL your breakfast

Selection of warm mini bread rolls filled with: £5.00

- grilled Cumberland sausages
- crispy Wiltshire-cure bacon
- oven-dried thyme, rosemary tomatoes and smoked cheddar
- fried free-range eggs

All served with tomato sauce, brown sauce and English mustard.

Selection of mini Danish pastries and croissants £3.00

Mini chocolate and blueberry muffins £3.00

Seasonal fruit platter £2.75

Vanilla Greek yoghurt, honey, oat granola £3.00

Chia seed, figs and coconut pot £5.50

Bircher muesli with apple, banana and toasted nuts £5.50

Super green smoothie £3.00

Served plated.

Bistro style breakfast pots: £5.50

Poached plums on brioche toast, crème fraîche

Griddled grapefruit, pistachios, Greek yoghurt

Avocado bruschetta, confit cherry tomato

Wilted spinach, crushed avocado, toasted sourdough croûte, poached eggs, hollandaise sauce

Pulled ham hock, wilted spinach, toasted sourdough croûte, poached egg, truffle hollandaise

Formans' smoked salmon, sweet potato hash, fried Cotswold blue duck egg

INVIGORATE your lunch

Artisan breads, oils, vinegar, unsalted butter £2.00

College herb and garlic olives £2.50

Vegetable and potato crisps £1.50

Upgraded cheeseboard:

Five artisan British cheeses £3.50

ENERGISE your evelenses or REJUVENATE your afternoon

Blueberry Bakewell £2.75

White chocolate and cranberry shortbread £2.75

Butterscotch and pecan shortbread £2.75

Flapjack £2.75

Chocolate and caramel shortbread £2.75

Lemon curd shortbread £2.75

Lemon drizzle £2.75

Jewelled fruit and seed flapjack £2.75

Chocolate and praline brownie £2.75

Homemade cookies £2.75

Please select one:

Double chocolate

Cranberry and oat

Oatmeal and raisins



INVIGORATE Why not take your lunch to Regent's park in a deli box for a breath of fresh air? Ask your planner for details

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Why not boost your delegates' energy with these healthy options

Available for any of the refreshment breaks

Seasonal fruit platter	£2.75
Bowl of apples	£1.00
Vegetable crudités with beetroot hummus	£2.75
Mixed fruit and seeds	£3.00

A selection of two energy bites from the following:

- Raw chocolate and hazelnut brownie
- Cacao, date and coconut energy truffles
- Raw apple, date and cranberry flapjack
- Oatmeal and peanut butter bars

RCP high tea £20.50

Our traditional afternoon tea complements any event. Served with Fairtrade coffee and a selection of classic and herbal teas.

Finger sandwiches including:

- smoked salmon
- free-range egg and cress
- cucumber and cream cheese
- Suffolk ham and English mustard

Buttermilk scones with Devonshire clotted cream and raspberry jam

Selection of mini traditional cakes examples including:

- Victoria sandwich
- coffee and walnut cake
- macaroons
- mini éclairs
- fruit cake

“ Everything worked exceptionally well, the food was amazing and the team an absolute dream to work with. ”

– B Braun Medical



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healthy mind.

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Tariff

Working lunch

REFRESHMENT BREAKS

BEVERAGES

Premium ethically-sourced filter coffee and decaffeinated blends, and fruit, herbal and black tea infusions with:

Biscuits	£3.60
Cookie selection	£4.20
Finger pastries	£5.20
RCP filtered water (750ml) per bottle	£4.00
Pure juices (1ltr) per jug	£5.00
Freshly squeezed orange Juice (1ltr) per jug	£12.00
Infused water and cold tea (2 x 5ltr kilners)	£5.00

FUEL YOUR BREAKFAST

Selection of warm mini bread rolls filled with grilled Cumberland sausages, crispy Wiltshire-cure bacon, oven-dried thyme and rosemary tomatoes and smoked cheddar or fried free range eggs	£5.00
Seasonal fruit platter	£2.75
Chia seed, date and coconut pot	£5.50
Bircher muesli with apple, banana and toasted nuts	£5.50
Avocado, salmon and egg pots	£5.50
Super green smoothie	£3.00
Bistro style breakfast pots	£5.00

ENERGISE YOUR ELEVENSES OR EJUENATE YOUR AFTERNOON

Blueberry Bakewell	£2.75
White chocolate and cranberry shortbread	£2.75
Butterscotch and pecan shortbread	£2.75
Chocolate and caramel shortbread	£2.75
Jewelled fruit and seed flapjack	£2.75

Why not boost your delegates' energy with these healthy swaps or additions

Seasonal fruit platter	£2.75
Bowl of apples	£1.00
Vegetable crudité's with beetroot hummus	£2.75
Mixed fruit and seeds	£3.00

REFRESHMENT BREAKS CONTINUED

A selection of two energy bites from the following:

– Raw chocolate and hazelnut brownie	£3.00
– Cacao, date and coconut energy truffles	
– Raw apple, date and cranberry flapjack	
– Oatmeal and peanut butter bars	

RCP high tea

£20.50

Afternoon tea served with Fairtrade coffee and a selection of classic and herbal teas

Finger sandwiches – smoked salmon, free-range egg and cress, cucumber and cream cheese, Suffolk ham and English mustard

Buttermilk scones with Devonshire clotted cream and raspberry jam

Mini traditional cakes – Victoria sandwich, coffee and walnut cake, macaroons, mini éclairs, fruit cake

WORK AND EAT LUNCH

ALL PRICES ARE PER PERSON, PER SERVING (+ VAT) UNLESS STATED OTHERWISE. WORK AND EAT MENUS SUITABLE FOR 6 – 80 DELEGATES.

A CHOICE OF SANDWICH LUNCH OR GLUTEN-FREE SANDWICH LUNCH

Sandwich lunch	£17.00
Gluten-free sandwich lunch	£17.00

LUNCH SUPPLEMENTS

Mug of House-made winter vegetable soups – Squash and sage, Scotch broth, Leek and potato	£2.00
Artisan breads, oils, vinegar, unsalted butter	£2.00
College herb and garlic olives	£2.00
Smoked pecans and honey peanuts	£2.00
Vegetable and potato crisps	£1.50
Cheeseboard with five British cheeses, oatcakes, chutney, celery, grapes	£9.00

HOT AND COLD BITES

Two choices	£7.50
Three choices	£11.25
Additional bites	£3.75

SEASONAL SALADS

One bowl	£4.50
Two bowls	£7.50

INDIVIDUAL SALAD JARS

Two choices	£4.50
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SHARING BOARDS PRICES PER BOARD

Serves 10 people	£90.00
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