



Royal College of Physicians
Meetings and Events

Autumn/Winter menu

DAY DELEGATE PACKAGE
CATERING



Healthy body,
healthy mind.



Day Delegate Package

Fuel your delegate's potential with our fantastic day delegate package including a diverse range of options using quality fresh ingredients and sustainable products.

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'.

These menus are best suited for numbers over 50 and may also be ordered as stand-alone buffets. Food allergies and special dietary needs can be catered for as required and are available on request.

Premium ethically-sourced freshly grounded coffee and decaffeinated blends, fruit, herbal and black tea infusions, as well as filtered water and pure juices are available with all breaks.

Healthy body, healthy mind

FUEL your morning

Freshly baked mini Danish pastries and croissants

Vanilla Greek yoghurt little Hyde honey, maple and banana oat granola

ENERGISE your elevenses

Chocolate and caramel shortbread

Jewelled fruit and seed flapjack

INVIGORATE your lunch time

A choice of hot fork buffet or bowl food (both served standing), seasonal fruit platter and English cheeseboard with artisan breads, biscuits, fruit and chutneys

REJUVENATE your afternoon

Blueberry Bakewell

Butterscotch and pecan shortbread

Why not boost your delegates' energy with these healthy swaps:

Available for any of the refreshment breaks:

Seasonal fruit platter

Bowl of apples

Vegetable crudité with beetroot hummus

Mixed fruit and seeds

A selection of two energy bites from the following:

– Raw vegan flapjack

– Raw chocolate and hazelnut brownie truffle

– Cacao, date and coconut energy truffle

– Raw apple, date and cranberry flapjack

– Apricot, ginger and cashew

– Oatmeal and peanut butter bars



**Healthy body,
healthy mind.**

Hot and cold fork buffets

Our menus are named after herbs, fruits and plants grown in our very own medicinal garden here at the RCP and are regularly used to enhance our dishes.

All menus are accompanied by a seasonal fruit platter and a delectable cheese board containing three artisan British cheeses. Premium ethically-sourced freshly ground coffee, decaffeinated blends, fruit, herbal and black tea infusions, as well as filtered water and pure juices are available with all breaks.

Hot fork buffets

Sage

Lornhorn beef lasagne

Parsnip gnocchi, walnut cream, crispy onion ✓

Wilted spinach and nutmeg ✓

Ratatouille ✓

Red rice, roasted squashes, cranberries and kale ✓

Mixed leaf ✓

Blueberry cheese cake

Thyme

Chicken coq au vin

Bean and tomato ragout, cheese and chive crumble ✓

Rosemary and thyme new potatoes ✓

Roasted celeriac and carrots ✓

Green bean, butternut and almond salad ✓

Mixed leaf ✓

Cox apple tart, chilled custard ✓

Ginger

Beef bourguignon

Root vegetable Shepherd's pie, sweet potato topping ✓

Olive oil mash ✓

Roasted turnip and swede ✓

Red chicory, pear and toasted nut salad ✓

Mixed leaf ✓

Rhubarb and ginger lattice pie ✓

Mint

Tandoori, roasted salmon, cherry tomatoes and baby spinach

Chana masala, chickpeas and spinach ✓

Bombay potatoes

Poppadoms, mango chutney, mint yoghurt ✓

Cumin Roasted cauliflower, butternut salad ✓

Mixed leaf ✓

Nimish with crushed pistachios and dried mango ✓

Wild Garlic

Cajun chicken gumbo

Vegetable Feijoad ✓

Tomato rice

Creamed spinach ✓

Red slaw with sweet corn and peppers ✓

Mixed leaf ✓

Rum baba, passion fruit cream ✓

Parsley (vegan)

Sweet potato and black bean stew ✓

Pearl barley and winter vegetable wellington, vegan gravy ✓

Roasted cauliflower ✓

Crushed parsley new potatoes ✓

Apple, walnut, celery and spinach salad ✓

Mixed leaf ✓

Coconut and passion fruit panna cotta ✓

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.

Bowl food

Our bowl food menus are designed to be eaten standing up and circulated around the room and are suitable for 50 guests or more. These are only suitable for service in the Platt room and Osler and Long Rooms.

Please select from one meat, one fish, two vegetarian and one dessert.

All menus are accompanied by a seasonal fruit platter and a delectable cheese board containing three artisan British cheeses. Premium ethically-sourced freshly ground coffee, decaffeinated blends, fruit, herbal and black tea infusions, as well as filtered water and pure juices are available with all breaks.



Meat

Chorizo and butterbean stew toasted buck wheat (*hot*)

Honey roasted Cumberland sausage, grain mustard mash, crispy shallot ring (*hot*)

Five-spice beef with sesame greens (*hot*)

Chargrilled Chicken Caesar salad with a homemade dressing (*cold*)

Fish

Seared salmon on Pesto mash, semi dried tomatoes (*hot*)

Breaded plaice fingers, triple cooked chips, homemade pea purée, tartare sauce (*hot*)

Smoked mackerel, horseradish, beetroot, new potatoes and watercress salad (*cold*)

Coconut prawn laksa, sticky rice and coriander (*hot*)

Vegetarian

Thai yellow vegetable curry, sticky rice and mini poppadoms (*hot*) ✓ 🌱

Super food salad, quinoa, spinach, butternut squash, beetroot, mung beans, alfalfa (*cold*) ✓ 🌱

Wild mushroom risotto, truffle oil and parmesan biscuite (*hot*) ✓

Vegetable biryani, mango chutney and poppadum shard (*hot*) ✓

Dessert

Warm vanilla rice pudding, strawberry jam (*hot*) ✓

Almond and Plum frangipane vanilla custard (*hot*) ✓

Chocolate panna cotta, sweet rosemary biscuit crumb (*cold*)

Sherry trifle verrines (*cold*)

Key: ✓ Suitable for vegetarians 🌱 Suitable for vegans

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Refreshment Breaks

Beverages

Served with premium ethically-sourced freshly ground 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

Bistro-style breakfast pots: £5.00

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

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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 evenings 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

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: £3.00

– Raw vegan flapjack

– Raw chocolate and hazelnut brownie truffle

– Cacao, date and coconut energy truffle

– Raw apple, date and cranberry flapjack

– Apricot, ginger and cashew

– 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

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Tariff

Buffet, bowl food, refreshments and supplements

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

BUFFET, BOWL FOOD AND REFRESHMENT BREAK SUPPLEMENTS

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

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

BUFFET, BOWL FOOD AND REFRESHMENT BREAK SUPPLEMENTS

ENERGISE YOUR ELEVENSES OR REJUVENATE 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
Chocolate and praline brownie	£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
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	£3.00

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, macarons, mini éclairs, fruit cake

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