

A top-down view of a grey bowl filled with a quinoa salad. The salad consists of cooked quinoa, green beans, almonds, and a lime wedge. The background is a light-colored surface with some green herbs. A semi-transparent yellow banner is overlaid on the middle of the image, containing the text.

Seasoned.

Royal College of
Anaesthetists (RCoA)

INTRODUCTION

Seasoned is the on-site catering company at Royal College of Anaesthetists (RCoA) and we are committed to providing food and refreshments for your events in a safe manner for both you and your staff. Some of the options we have considered for mitigating the risks are as follows:

- Touch free food options; pre-packed food to avoid contact
- All staff trained on Covid-19 safety methods
- Enhanced cleaning schedules
- The purchase of goods from authorised suppliers with controls in place to reduce the risk of contamination

We are happy to send you the C19 Risk Assessment we undertake when preparing your order.

May we advise you that whilst the menu is correct at the time of printing, there may be a need to change certain sandwich fillings and items as seasons and availability allow.

Our team are always on hand to discuss bespoke catering events you may wish to hold. Do not hesitate in asking us how we can assist you in whichever event it is you have in mind.





BREAKFAST & REFRESHMENTS

DRINKS

Richly roasted Fairtrade Arabica coffee	£3.50
Tea, semi-skimmed milk, honey, lemon, Earl Grey, English breakfast, Herbal infusions	£3.50
Soya or coconut milk	£0.75
Freshly pressed juices - orange, pink grapefruit per jug serves (6)	£13.00
Mixed berry & banana breakfast smoothie per jug serves (6)	£2.75
British 'Life' water - original & ethical British still & sparkling spring water	£2.75
Biscuits (1 per person)	£1.40

BAKERY

A selection of freshly baked mini Danish pastries	£3.10
Freshly baked croissants	£3.10
Morning muffins - Blueberry, Chocolate, Lemon & poppy seed	£3.10
Homemade fruity flapjacks	£3.50
Chocolate brownie boards - Chocolate & salted caramel, Rocky road, Dark chocolate	£3.50
Home-baked giant cookies	£1.95
Lemon drizzle cake	£3.55

FRUIT

Fresh fruit kebabs, passion fruit crème fraîche dip	£2.75
Raw energy bliss balls - Apple & cinnamon, Cacao & mint	£2.55
Granola, seasonal berries and yoghurt	£3.45
Sliced fruit platter	£3.70
Piece of fresh fruit	£3.20

HOT OFFER

Traditional Scottish porridge, honey or berry compote	£3.60
Breakfast bowl - Spiced beans, button mushrooms, baby chipolatas, bacon lardons, cherry tomatoes, fried potato, soft poached free-range hen's egg, tomato dressing	£8.25
Floured bap, served with brown sauce or ketchup	£4.15
Farm-assured back bacon	£4.15
Butcher's sausage	£4.15
Vegetarian sausage	£3.80
Smoked salmon, cream cheese, cracked black pepper, lemon	£4.25
Scrambled egg, mushroom & beef tomato	£4.00

Exclusive of VAT

WORK LUNCHES

AUTUMN/WINTER MENU

SIMPLE WORKING LUNCH

A choice of meat, fish or vegetarian sandwich, a bottle of water, piece of fruit, hand-baked crisps

£12.42

CLASSIC WORKING LUNCH

One round of classic sandwiches per person filled with a variety of meat, fish & vegetarian options. Served with hand-baked crisps, fresh orange juice, bottled water.

£14.50

LUXE WORKING LUNCH

One round of luxe sandwiches per person filled with a variety of meat, fish & vegetarian options. Served with hand-baked crisps, fresh orange juice, bottled water.

£16.50

SAVOURY FINGER FOOD ADD-ONS (SAMPLE)

£2.60

Yorkshire Blue cheese & bacon tartlet (h)

Lemon & thyme chicken skewer (h)

Pork & sage sausage roll with mustard mayo (h)

Lamb & mint samosa with mango chutney (h)

Pork pie with piccalilli

Honey & mustard mini sausages (h)

Salmon & dill burger with wasabi crème fraîche (h)

Crispy sole goujon with tartare sauce (h)

Thai salmon skewer with sweet chilli & lime

Smoked haddock and watercress tartlet (h)

Atlantic cod fish cake with caper aioli (h)

Sweet potato & chickpea falafel with sweet chilli sauce (h) (vg)

Smoked tomato croquette with basil pesto (h) (v)

Butternut squash & sage arancini (h)

Vegetable spring roll with sweet chilli sauce (h) (v)

Raw vegetables with baba ganoush & tzatziki (v)

SWEET FINGER FOOD ADD-ONS

£3.35

Decadent chocolate brownie (v)

Mini lemon tart (v)

Vanilla cheesecake bites with blueberries (v)

SOUP SHACK

A bowl of warming soup, bread basket- Chefs seasonal choice on the day

Butternut squash, Moroccan spiced cauliflower, Leek & potato (v)

£6.00

Exclusive of VAT





WORK FINGER BUFFET

AUTUMN/WINTER MENU

Minimum 10 people. Select 6 items

£20.70

SERVED HOT

Below is a sample selection, but chef's choice will be provided on the day

FROM THE SEA

Mini smoked haddock fish cake with tartare sauce
Tempura prawns with sweet Thai dressing
Poached salmon & leek tart
Arancini of cod with basil mayo
Poached salmon & chive croquettes with lemon crème fraîche
Smoked haddock & chive tartlets

FROM THE FARM

Chicken & Armagnac pâté on a sourdough croute
Ham hock with white onion, mustard & parsley
Chicken satay with peanut sauce
Pulled confit duck roulade with winter fruit chutney
Pork & sage Scotch egg with mustard mayo
Lamb samosa

FROM THE FIELD

Arancini of wild mushrooms (v)
Vegetable samosa (v)
Panko cauliflower with red pepper mayo (v)
Pumpkin, sage & red onion tartlet (v)
Potato & leek croquette (v)
Vegetable spring rolls with plum dipping sauce (v)

SWEET BITES

Plum Bakewell (v)
Fruit macaroons (v)
Mini lemon tarts (v)
Peanut butter, banana, chocolate brownie bites (v)
Winter fruit crumble tart (v)

Exclusive of VAT

COLD FORK BUFFET

AUTUMN/WINTER MENU

Our cold fork buffet includes 2 mains and 3 salads
Below is a sample selection, but chef's choice will be provided on the day.

£28.33

FROM THE FARM

Grilled chicken, broccoli, red gem, raisin, walnut pesto (gf)
Peri-peri chicken, cauliflower rice salad, piquillo pepper sauce (gf)
Asian shredded duck salad, purple carrots, buckwheat noodles
Korean spiced pork, kimchi, brown rice, Asian greens (gf)

FROM THE SEA

Maple mackerel, lentils, courgette noodles, butternut squash (gf)
Salmon tataki, Asian vegetables, buckwheat soba noodles
Miso salmon, rice noodles, sugar snaps, ginger, chicory, mixed seeds

SALAD SELECTION

Waldorf salad, apple, celery, walnuts, red gem (v,gf)
Sweet potato, kale, maple glazed pecans (vg,gf)
Roast squash, carrot, barley, mint, pomegranate (vg)
Kale, red quinoa, confit tomato, lemon and sorrel yoghurt (gf)
Wild rice, peanuts, black grape, broccoli, chia seeds (v)
Broccoli, red and black quinoa, red gem (vg,gf)
Brown rice, grilled pineapple, roast pepper, coriander (vg,gf)
Couscous, fennel, confit tomato, mango salsa, sumac (vg)
Orzo pasta, parsley, artichoke, tomato, lemon (vg)
Goat's cheese, courgette and red onion frittata, watercress, fennel and orange salad (v,gf)
Quinoa and halloumi stuffed aubergine (v,gf)
Curried cauliflower, wild rice, broad bean, mint, chia seed (vg,gf)
Pearled spelt, Swiss chard, aubergine, blue cheese dressing (v)
Crispy sushi rice, watermelon steak, cashews, herbs (vg,gf)

FROM THE FIELD

Vegetable samosas (v)
Vegetable spring rolls (v)
Potato and leek croquettes (v)

Exclusive of VAT





HOT FORK BUFFET

AUTUMN/WINTER MENU

Our hot fork buffet includes 2 mains and 1 dessert, artisan bread selection, tea & coffee

Below is a sample selection, but chef's choice will be provided on the day.

£33.63

FROM THE FARM

Prime cut beef meatballs, rich red pepper, oregano & tomato sauce with penne pasta
Sweet chilli chicken, borlotti beans & chorizo ragout, tomato compote with rice,
Lemon and garlic chicken, lentils, baby spinach, red peppers, steamed potatoes & chive oil
Lamb kofta, aubergine, red pepper, couscous, parsley & roasted cumin yoghurt

FROM THE SEA

Steamed hake, broccoli & cauliflower giant couscous, chive & lemon oil
Spiced salmon fillet, light curry & coconut sauce, basmati rice & plum tomato,
Oven baked tilapia fillet, creamy tarragon sauce, paprika & garlic Jersey Royals

FROM THE VEGETABLE PLOT

Sweet potato edamame beans, garden peas, asparagus & goats' cheese risotto, grana Padano & truffle oil (v)
Cauliflower, chickpea butternut squash curry, fragrant rice, tzatziki & garlic naan bread (v)
Broccoli, sweet corn, red chilli & spinach fritters, roasted new potato, green beans & garlic yoghurt sauce (v)
Mushrooms, butternut squash and feta tart, tahini sauce, fine beans, Jersey Royals & capers (v)

FROM THE VEGETABLE PATCH

Steamed rice
Giant couscous
Steamed baby potatoes, with sea salt
Seasonal stemmed vegetables
Seasonal roasted vegetables
Chef's Seasonal salad

PUDDING DELIGHTS

Tropical fruit salad with cream (v)
Chocolate mousse(v)
Winter fruit crumble and custard (v)
Winter fruits Eton mess (v)
Orange posset & butter biscuit (v)

Exclusive of VAT

THEATRE TABLES

AUTUMN/WINTER MENU

All of the following menus offer a more interactive guest experience with some added food theatre. Below is an example of some creative ideas

One station for a minimum of 50 guests

£13.75

SEASIDE FAVOURITES

Slow buckets of steamed mussels with chilli, garlic, lemongrass, ginger
Peeled prawns & crab fish cakes, green Thai sauce or sun-blushed tomato pesto
Served with Samphire, Soda bread, Iced gazpacho, baby gem salad buckets,
Red chicory leaves, Crab & mango chilli salsa
Mini glass o' prawns. Bloody Mary dip, grilled baby gems
Mini cones of beer battered cod, chips
Sea herb salad cups, gremolata

THE BANH MI BAR

Chicken breast, marinated in coconut milk, lemongrass
Pork sesame balls, honey & ginger
Butternut macerated with lemongrass simmered in sweet & sour sauce (v)
Served with Grated carrots & Daikon slaw, Coriander leaf, Crusty sub rolls, Crispy shallots

THE LOUISIANA PO BOY

Cajun & lime prawns, Louisiana tartare
Slow cooked Creole beef brisket, Dr. Pepper chutney
Grilled aubergine, sweet potato, mint & roasted aubergine (v)
Served with Submarine rolls, Southern Cajun slaw, Baby gem leaves, Cajun prawn pipette,
chilli pepper sauce shots, Mini corn grab bites (v), BBQ spice sprinkle

RAMEN BAR

Teriyaki braised pork, soy, ramen, mustard leaves
Chicken, ginger & soy, spiced ramen, spring onions
Mushroom ramen bok choy, mushroom butter (v)
Topped with a light drizzle of one of our steaming broths:
10 hour chicken bone broth, Spiced root vegetable broth (v)
Served with pots, bowls and tubs of Crispy shallots, Bean sprouts, Roasted cashews

Exclusive of VAT





THEATRE TABLES

AUTUMN/WINTER MENU

All of the following menus offer a more interactive guest experience with some added food theatre.

One station for a minimum of 50 guests

£13.75

PIE SHOP FAVOURITES

Kraft boxes of square pies

Chuck Chuck Chicky - chicken, tarragon

The Cowshed - beef steak, cracked black pepper, British ale

Farmer's Trug - butternut squash, spinach, Feta, piped cheesy mash, minted garden peas, kimchi (v)

Served with East End parsley liquor, Cheeky chappy gravy

BRICK LANE CURRY PITSTOP

Murgh Makhani - otherwise known as Butter Chicken with it's mild gravy & aromatic fragrance

Lamb Rogan Josh - originating in Persia with Kashmiri chillies, garam masala, green cardamom

Lasooni Bhindi - Tender okra, garlic, aromatic Indian spices (v)

Served with Saffron rice, Brick Lane potatoes, Classic kachumber, shredded cabbage,

pomegranate seeds, mayonnaise, Vegetable samosas, Naan and poppadom stacks

with punchy mango chutney, fresh mint, coriander raita

THE BOROUGH BAR

Selection of cured meats including; Chorizo, Iberian ham & Serrano ham

Mixed flavoured arancini ball baskets

Griddled artichokes, baby peppers filled with cream cheese (v)

Selection of marinated olives in garlic rosemary, lemon

Selection of artisan breads - Ciabatta, focaccia & ficelle, tapenade, flavoured oil

Cheese straws, handmade bread sticks

THE BRITISH GAME

Slow roasted & spice rubbed venison (Supplement POF)

Roasted rosemary scented pumpkin with goats' cheese crumble (v)

Served with Parsnip röstis, Cinnamon red cabbage, Blackberries, Roasted kale chips,

Doverhouse chutney, Toasted pumpkin seeds

Also choose two from the below options: Pulled wild boar, BBQ Scotch egg,

Mini rabbit & cider pies, rosemary lids, Duck pâté toasts, blue cheese crumble,

Mushroom toast, Port & thyme jelly

Exclusive of VAT

THEATRE TABLES

AUTUMN/WINTER MENU

All of the following menus offer a more interactive guest experience with some added food theatre.

One station for a minimum of 50 guests

£13.75

CEVICHE BAR

Slow salmon, orange, soy, sesame
Sea bass, fresh lime juice, chilli
Champagne cured king prawns
Pepper, lima bean, tomatoes in lime juices, nectarines, chilli (v)
Served with Sweet potato crisps, Coriander leaf, Red onion,
Chilli & honey cashew nuts, Avocado shots

GARDEN FORAGE STATION

Build your own Eton mess hampers
Classic strawberry swirl, chocolate dipped meringues
Bowls of clotted cream, lemon verbena crème fraîche, trugs of summer berries
Choose three options from the following options:
Shots strawberry & basil fool, Pimm's jelly tea cups, chilled elderflower custard,
Strawberry & lemon verbena macaroons, White chocolate & raspberry cheesecake,
raspberry pipettes, Buckets of berries, cracked black pepper

MAD HATTER'S TEMPTATION

Raspberry brownie squares, sparkling chocolate
Rhubarb & custard tea fools
Lemon curd choux buns, iced tops, edible flowers
Summer consommé bottles, "Drink Me" tags
Strawberry & rose macaroons, gold dust
Strawberry & blackberry tarts

ENGLISH HERB GARDEN

Brûlée shots - Lemon thyme brûlée, Blackberry & rosemary brûlée, Basil brûlée
Balsamic strawberries, lavender shortbread
Lemon curd & raspberry mousse, edible petals
Violet macaroons with a honey, lavender ganache

THE DOUGHNUT WALL

Custard filled doughnuts, Classic ring doughnuts, Diddy Nutella doughnuts
Toppings to fight over include: Hot chocolate sauce, Berry coulis, Chopped nuts,
Cinnamon sugar shakers, Mini mallows

Exclusive of VAT





CANAPES

AUTUMN/WINTER MENU

Minimum of 20 people. Minimum of 5 bites per person. Price per bite:

£3.50

MEAT

Ploughman's - granary toast topped with ham hock, piccalilli gel, Parmesan slither
Harissa spiced confit chicken, compressed watermelon
Bresaola & pickled pear roulade, Parmesan, rocket Verde
Sesame seed mustard, macaroon, beef carpaccio, tomato jam, Parmesan slither
Rare roast beef with Yorkshire pudding, baby watercress, horseradish cream
Serrano wrapped chicken, pepper salsa
Chorizo & chicken ravioli, tarragon burnt butter
Confit duck, savoury cone, wasabi mayo, crispy mouli salad
Ham hock, minted pea purée on toast
Cumin & chilli roasted lamb, minted yoghurt, pomegranate
Fillet of beef, rosemary carrot tops & gremolata

FISH

Ceviche of sea bass, coriander & pineapple salsa on sesame tuile
Ginger tuna tartare, compressed cucumber, nori flakes
Seared polenta, avocado purée, marinated crayfish, keta pearls
Whipped salmon mousse, keta pearls on black charcoal toasts
Lime cured salmon, shaved salt cod, pickled baby dill pickle
Mini bagel with salmon, cream cheese, compressed cucumber
Scottish smoked salmon blini, soft cheese, keta pearls
Sea trout & black quinoa cake, lemon crème fraîche, caviar
Ginger & lemongrass king prawn, red pepper pipette
Seared sea bass spoon, minted pea, pepper powder
Ficelle toast, mackerel, pickled beetroot, horseradish foam
Gin cured salmon on black rice cracker, Avruga caviar, dill

VEGETARIAN & VEGAN

Lemon zested courgette, red pepper hummus, crispy carrot (vg)
Oregano baked polenta, smoked aubergine purée, shredded piquillo pepper (vg)
Cucumber macaroon filled, cream cheese, compressed cucumber (v)
Gorgonzola mousse, crispy toast, smoked garlic pesto, yellow sultanas, pine kernels (v)
Beetroot glazed goats' cheese bonbon lollies in toasted nut dip-dab bowls (v)
Savoury scone filled with goats' cheese mousse, balsamic onions (v)
Minted pea pâté on toast, torn mozzarella, basil & lemon oil (v)
Basil infused goats' cheese wrapped in courgette, black olive & Parmesan wafer (v)
Truffled Mascarpone, Rushford Estate asparagus, baked Parmesan on brioche (v)
The Edible Garden - crisp cone, buffalo ricotta, tomato & shallot chutney, edible olive soil, baby sprouting herbs (v)

Exclusive of VAT

DRINKS & NIBBLES

DRINKS

House white wine	£26.00
House red wine	£26.00
Prosecco	£27.50
Bottled lager	£6.85
Selection of sodas	£2.55

NIBBLES

Each item is for six people	£5.25
Marinated mixed olives (gf)	
Lightly salted kettle crisps (gf)	
Chilli rice crackers	
Smoked almonds	
Wasabi peas	
Japanese rice crackers	
Mature Cheddar cheese straws	
Vegetables crisps	
Black pepper cashew nuts	
Mexican chilli peanuts	

Exclusive of VAT





3 COURSE LUNCHEES & DINNERS SAMPLE

Select one starter, one mains and one dessert

£60.50

STARTERS

Sweet Norfolk summer pea mousse, with Feta crumble, minted peas, grilled Norfolk asparagus, black truffle & lemon dressing (v)

Thyme dusted baby beets in toasted cashew crumb with goats' curd mousse, candy stripe carpaccio, black olive soil (v)

Trio of tomato: heritage tomato & red pepper mousse, Thai basil set tomato, sun-dried tomato & black olive shortbread, tomato & peach tartare (vegan)

Salmon tasting plate - hot smoked Kenmare salmon with horseradish foam, City of London Dry Gin cured tartare, dill gravlax with avocado sorbet

Smoked mackerel & dill mousse, pickled & cured mackerel, grilled asparagus spears, compressed fennel & tartare purée

Fennel crusted farmed sea trout with crispy skin, cauliflower & almond purée, pickled cauliflower & cucumber jelly

Smoked Kenmare Salmon, Cromer crab & prawn tian, with lemon crème fraîche, compressed cucumber & gin sorbet

Wye River trout - trout tartar, trout mousse, fresh dill & trout caviar, smoked potato velouté, leek oil

Matcha tea smoked chicken, avocado purée, Parma ham crisp, asparagus & lemon salad

Shaved Serrano ham & aged Manchego, home-dried tomatoes, chargrilled globe artichokes, truffle aioli & summer herbs

Slow-cooked Tamworth ham & chicken terrine, piccalilli gel, pancetta powder & brioche toast

3 COURSE LUNCHES & DINNERS

MAINS

Roasted fennel & chargrilled asparagus, butternut squash filled shallot petals, rainbow Swiss chard, gremolata dressing (vegan)

Golden beetroot & quinoa cake, grilled rainbow cauliflower, kale & coconut purée, heritage carrot ribbons, mint Verde (vegan)

Layers of flat mushrooms & creamed leeks, potato terrine, wild mushrooms, summer squash velouté, Parmesan disc (v)

Pan-fried guinea fowl breast & confit leg croquette, rosemary & potato terrine, vine roasted baby plum tomatoes, gremolata dressed pea salad

Treacle baked belly & roasted fillet of Old Spot pork, carrot & cumin purée, potato terrine, grilled asparagus spears, cider jus

Romney Salt Marsh braised lamb shoulder filled fondant potato, heritage carrots, long stemmed English broccoli

Slow-cooked pork belly, roasted sea scallops, sautéed black pudding, apple purée, crispy fried shallot rings

Seared stone bass, potato & saffron terrine, tomato & caper salsa, squash purée, sautéed radish, sea samphire





3 COURSE LUNCHEES & DINNERS

DESSERTS

Below is a sample selection

Fairtrade chocolate pavé with raspberries, lemon sherbet meringue kisses, Sudbury strawberry & basil sorbet

Sticky toffee pudding, black treacle and caramel sauce, clotted cream

Champagne & summer berry jelly, lavender shortbread, rhubarb & elderflower macaroon

Cleansing tasting plate - St. Clement's tart, lemon curd macaroon, raspberry sorbet

Rhubarb cheesecake, lemon crème, topped with rhubarb & custard macaroon

Plum & basil bavarois, chocolate tuile, berry compote, lavender shortbread

FORCE MAJEURE

1. Seasoned shall not be liable for any delay or for non-performance of its obligations under this agreement for as long as this is due to a Force Majeure event.

2. Force Majeure event means "Force Majeure Event" means any event or circumstance which is beyond the reasonable control of the affected party and which is not attributable to any wilful act, neglect, or failure to take reasonable preventative action by the affected party and includes (insofar as it is beyond such control and not so attributable) an event which falls into one or more of the following categories:

- (a) lock out, work stoppages, slowdowns or any other industrial or labour dispute (excluding, in all cases, any such circumstances to the extent such circumstances involves the employees, agents, subcontractors and/or other suppliers of the affected party);
- (b) act of God, fire, explosion, collapse of buildings, flood, storm, earthquake, extreme adverse weather conditions;
- (c) war, hostilities, military action, riot, civil commotion, terrorism;
- (d) epidemic or pandemic;
- (e) nuclear, chemical, or biological contamination or sonic boom;
- (f) explosion or malicious damage;
- (g) any action taken by a government or public authority, including imposing a lockdown, an embargo, export or import restriction, quota or other restriction or prohibition, or the failure to grant any necessary licence or consent.

3. Where Seasoned is delayed or prevented from performing its obligations under this agreement by a Force Majeure Event, then Seasoned shall as soon as reasonably possible inform the other party of the Force Majeure Event and of its impact. Seasoned shall use best endeavours to mitigate the effect of the Force Majeure Event.



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