

Three potted herbs are shown in the top section of the image. From left to right, they are parsley, rosemary, and mint, all in brown terracotta pots. The background is a bright window with white frames.

# Seasoned.

Royal College of  
Anaesthetists (RCoA)



Published October 2023



# INTRODUCTION

Seasoned has been the on-site catering partner at Royal College of Anaesthetists (RCoA) since 2018 and our team are committed to spreading our social goodness and creating extraordinary smile-inducing food and drink experiences that help foster sustainability.

Being a force for good is at the heart of everything that we do at Churchill House and is why we do the right thing through the decisions we make, by empowering our team, ethically sourcing our products, minimising our packaging, and respecting our planet.

General Manager, Gareth Wilson and his talented team consistently go above and beyond to ensure that our food and beverage experiences are first-class. Every day our mission is to connect with our clients and guests on a personal level and bring everyone together through our smile-inducing food and drink experiences.

The Seasoned team will work with you to ensure your delegates enjoy lovingly crafted, freshly baked seasonal goodness for their breakfast meeting, boardroom lunch, conference lunch, exhibition stand, or post conference reception.

Seasoned founded the [Social Goodness Foundation](#) to bring our people, partners and communities together on a shared mission to use their skills, knowledge, connections, resources and experience to make a difference and continuously grow and influence our positive social and environmental impact on our team and planet.

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OLD  
SPIKE

NEMI



# BREAKFAST & REFRESHMENTS

## DRINKS

Richly roasted Benedict Blend coffee from Old Spike Roastery in Peckham	£3.50
NEMI London ethical teas, semi-skimmed milk, honey and lemon	£3.50
Freshly pressed juices - orange, pink grapefruit per jug serves (6)	£13.00
Mixed berry & banana breakfast smoothie jug serves (6)	£16.50

## 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
Biscuits (1 packet per person)	£1.40

## FRUIT

Fresh fruit kebabs, passion fruit crème fraîche dip (gf)	£2.75
Raw energy bliss balls - apple & cinnamon; cacao & mint	£2.55
Granola, seasonal berries & yoghurt	£3.45
Sliced fruit platter (gf)	£3.70
Piece of fresh fruit (gf)	£2.90

## 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	£3.80
Vegetarian sausage	£4.25
Smoked salmon, cream cheese, cracked black pepper, lemon	£4.00
Scrambled egg, mushroom & beef tomato	

All prices are exclusive of VAT

(V) Vegetarian, (VG) Vegan, (GF) Gluten free, (H) hot

Our food may contain nuts, derivatives of nuts or other allergens. If you suffer from an allergy or food intolerance, please notify a manager. We are happy to cater for dietary requirements.



# WORK LUNCHES

## AUTUMN/WINTER MENU

### SIMPLE WORKING LUNCH

A choice of meat, fish or vegetarian sandwich, 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 option. Served with hand-baked crisps & fresh orange juice

£14.50

### LUXE WORKING LUNCH

One round of luxe sandwiches per person on homebaked breads & mini bagels filled with a variety of meat, fish & vegetarian options. Served with hand-baked crisps, fresh orange juice & a slice of lemon or carrot cake

£16.50

### SAVOURY FINGER FOOD ADD-ONS

Yorkshire Blue cheese & bacon tartlet (h)

Lemon & thyme chicken skewer (h)

Pork & sage sausage roll with mustard mayo (h)

Pork pie with piccalilli

Salmon & dill burger with wasabi crème fraîche (h)

Crispy sole goujon with tartare sauce (h)

Thai salmon skewer with sweet chilli & lime (gf)

Smoked haddock & watercress tartlet (h)

Atlantic cod fish cake with caper aioli (h) (gf)

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)

£2.60

### SWEET FINGER FOOD ADD-ONS

Mini assorted fruit tarts

Mini passion fruit tarts

Mini sugared doughnuts

Mini fruit macarons

£3.35

### 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

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# WORK FINGER BUFFET

## AUTUMN/WINTER MENU

Minimum 10 people. Select 6 items

£20.70

### SERVED HOT

Below is a sample selection but a chef's choice can 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 (gf)  
Chicken satay with peanut sauce (gf)  
Pulled confit duck roulade with winter fruit chutney (gf)  
Pork & sage Scotch egg with mustard mayo

### FROM THE FIELD

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

### SWEET BITES

Individual mini white chocolate forest fruit tarts  
Individual Victoria sponge  
Selection of fruit tarts

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# COLD FORK BUFFET

## AUTUMN/WINTER MENU

Our cold fork buffet includes 2 mains & 3 salads

Below is a sample selection however a chef's choice can 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 & sorrel yoghurt (gf)

Wild rice, peanuts, black grape, broccoli, chia seeds (v)

Broccoli, red & 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)

Goats' cheese, courgette & red onion frittata, watercress, fennel & orange salad (v, gf)

Quinoa & 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)

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# HOT FORK BUFFET

## AUTUMN/WINTER MENU

Our hot fork buffet includes 2 mains, 2 sides & 1 dessert, artisan bread selection, tea & coffee  
Below is a sample selection however a chef's choice can be provided on the day.

£33.63

### FROM THE FARM

Chicken thigh cooked in a Chasseur sauce

Chicken Jalfrezi

Breaded chicken with garlic & Mozzarella.

Lamb tagine with raisins, almonds & black pepper (gf) (£5 supplement pp)

Lancashire hotpot of slow-cooked lamb shoulder with rosemary potatoes (gf) (£5 supplement pp)

### FROM THE SEA

Fisherman's pie with sustainable fish, topped with crunchy Cheddar mash

Masala spiced cod with pickled carrots & coconut (gf)

Salmon & crab fish cakes, Asian tartare

### FROM THE FIELD

Planted based meat balls in a red pepper & tomato sauce (v)

Mushroom stroganoff with Dijon mustard (v) (gf)

Spiced aubergine & butterbean cassoulet (vg)

Plant alternative 'Shicken' tikka kebab skewer (v)

Korean meatballs & kimchi (ve)

### FROM THE VEGETABLE PATCH

Steamed rice

Steamed baby potatoes, with sea salt

Seasonal roasted vegetables

Giant couscous

Seasonal steamed vegetables

Chef's seasonal salad

### PUDDING DELIGHTS

Sticky toffee pudding & custard

Baked vegan apple tart

Chocolate profiteroles

Mocha tart with cream

Winter fruit crumble & custard

Key lime pie with cream

Seasonal fresh fruit salad

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# SHARING PLATTERS

## 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

£13.75pp

### PIE SHOP FAVOURITES

Kraft boxes of square pies

Chuck Chuck Chick - chicken, tarragon

The Cowshed - beef steak, cracked black pepper, British ale (gf)

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 its 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 (gf), Brick Lane potatoes (gf), classic kachumber, shredded cabbage, pomegranate seeds (gf), mayonnaise, vegetable samosas, naan & 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 (gf)

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

Cheese straws, handmade bread sticks

All prices are exclusive of VAT







## (Sharing Platters continued)

### **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 (gf), Pimm's jelly tea cups, chilled elderflower custard,

Strawberry & lemon verbena macaroons; white chocolate & raspberry cheesecake, raspberry pipettes;

Buckets of berries, cracked black pepper

### **ENGLISH HERB GARDEN**

Brûlée shots - Lemon thyme brûlée; blackberry & rosemary brûlée; basil brûlée (gf)

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 include: Hot chocolate sauce, berry coulis, chopped nuts, cinnamon sugar shakers, mini mallows

All prices are exclusive of VAT

# CANAPES

## AUTUMN/WINTER MENU

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

£3.50

### MEAT

Filo basket filled with Szechuan pulled pork  
Chicken liver parfait, red onion marmalade (gf)  
Chicken chorizo & Parma ham roulade with herb crème fraîche  
Smoked back bacon, Cheddar & onion tartlet  
Lamb kofta, raita

### FISH

Smoked salmon, nori, wasabi & cream cheese roulade  
Salmon & lemongrass fish cake with aioli  
Prawn sesame toast  
Smoked mackerel pate on melba toast with red onion & ginger marmalade  
Prawn & sesame gyoza with hot chili sauce & crispy seaweed (gf)  
Smoked haddock & dill croquettes

### VEGETARIAN & VEGAN

Mini vegetable spring rolls with dipping sauce (v)  
Tomato & basil bocconcini skewers (v) (gf)  
Macaroni cheese bites with a cool tomato salsa (v)  
Artichoke & sun blushed tomato tart (v)  
Vietnamese crispy salad rolls with sweet chili sauce (v)  
Hot & sour tempura tofu with sweet soy dip (v)  
Mushroom pâté with truffle mascarpone (v) (gf)  
Welsh rarebit, spring onion salad (v)

All prices are exclusive of VAT

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# 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	

All prices are exclusive of VAT

## 3 COURSE LUNCHES & DINNERS

Select one starter, one mains and one dessert

£60.50

### STARTERS

Pork rillettes, pickled pear, balsamic glaze, baby leaf & melba toast

Gin cured salmon with prawns, pickled salad & dill lime crème fraîche (gf)

Ham hock & pistachio terrine with an apple shallot & watercress salad, apple cider & Dijon dressing (gf)

Goats' cheese mousse, glazed figs, pea salad, toasted nuts & a sour-dough croute (v)

Pickled peaches, shaved fennel & radish salad, celeriac remoulade (vg)

All prices are exclusive of VAT







## 3 COURSE LUNCHES & DINNERS

### MAINS

Breast of chicken stuffed with smoked chorizo, rosti potatoes, garlic greens, charred baby corn, chicken leg bon bon, light jus (gf)

Grilled fillet of seabream, spinach, nutmeg, mixed peas, with lardons, minted new potatoes & beurre blanc (gf)

Pork fillet, Dijon mustard mash, Vichy chantenay carrots, wilted kale, white wine & tarragon sauce (gf)

Slow cooked duck leg with a saffron infused rice, pan-fried wild mushroom, buttered savoy cabbage & a black cherry sauce

Lamb rump, served pink with a carrot & caraway purée, kale & boulangère potatoes (gf) (£9.50 supplement pp)

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# 3 COURSE LUNCHES & DINNERS

## DESSERTS

Rich chocolate tart, espresso martini cream & black cherry, honeycomb

Shortbread tower filled with forest fruits, Chantilly cream & candied nuts

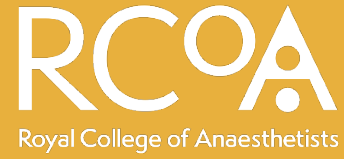
Apple & cinnamon cake with butterscotch sauce & vanilla ice cream, apple & ginger crisp

Plum & almond tart with a plum & cardamom jelly, mulled wine syrup

Locally sourced cheese board served with an apple chutney, pickled pear & mixed crackers (£6 supplement pp)







*Seasoned.*

[www.beseasoned.co.uk](http://www.beseasoned.co.uk)



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