



Seasoned.

Seasoned.

Royal College of
Anaesthetists (RCoA)



Published June 2024

OLD
SPIKE

NEMI



BREAKFAST & REFRESHMENTS

DRINKS

| | |
|---|--------|
| Richly roasted Benedict Blend coffee from Old Spike Roastery in Peckham | £3.92 |
| NEMI London ethical teas, semi-skimmed milk, honey & lemon | £3.92 |
| Chilled juices – Orange , Apple , Cranberry per litre | £5.50 |
| Mixed berry & banana breakfast smoothie jug (serves 6) | £18.50 |

BAKERY

| | |
|---|-------|
| A selection of freshly baked mini Danish pastries | £3.50 |
| Freshly baked croissants | £3.50 |
| Morning muffins – blueberry; chocolate; lemon & poppy seed | £3.50 |
| Homemade fruity flapjacks | £3.95 |
| Chocolate brownie boards - chocolate & salted caramel; rocky road; dark chocolate | £3.95 |
| Home-baked giant cookies | £2.20 |
| Lemon & poppy seed cake or banana & toffee cake | £4.00 |
| Biscuits (1 packet per person) | £1.55 |

FRUIT

| | |
|---|-------|
| Fresh fruit kebabs, passion fruit crème fraiche dip | £3.10 |
| Granola, seasonal berries & yoghurt | £3.25 |
| Sliced fruit platter | £4.15 |
| Piece of fresh fruit. | £2.90 |

HOT OFFER

| | |
|--|-------|
| Floured bap, served with brown sauce or ketchup | |
| Farm-assured back bacon | £4.65 |
| Butcher's sausage | £4.65 |
| Vegetarian sausage | £4.25 |
| Smoked salmon, cream cheese, cracked black pepper, lemon | £4.75 |
| Scrambled egg, mushroom & beef tomato | £4.48 |

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.

WORKING LUNCHES

SPRING/SUMMER MENU

SIMPLE WORKING LUNCH

A choice of meat, fish or vegetarian sandwich, piece of fruit & Vegetable crisps £13.90

FRESH DELI WORKING LUNCH

A choice of meat, fish & vegetarian wraps and pitta pockets £15
Lightly salted vegetable chips (gf, v)
Lemon & garlic chicken skewer (gf) or marinated salmon skewer (gf) or Mozzarella, cherry tomatoes & fragrant basil leaves (gf,v)
Fruit kebabs with yoghurt (gf, v)
Selection of fruit juices (Orange, Apple or Cranberry)
Additional skewer, add £2.65pp

CLASSIC WORKING LUNCH

One round of classic sandwiches per person filled with a variety of meat, fish & vegetarian option. Served with vegetable crisps & orange juice, apple juice or cranberry juice £16.25

DELUXE WORKING LUNCH

One round of luxe sandwiches per person on home baked breads & mini bagels filled with a variety of meat, fish & vegetarian options and served with vegetable crisps. Selection of fruit juices (orange, apple or cranberry) & a slice of lemon & poppy seed or banana & toffee cake £18.50

All prices are exclusive of VAT

Gluten free & vegan sandwiches can be made on request

(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.



(Working Lunches continued)

SAVOURY FINGER FOOD ADD-ONS

- Smoked tofu & paprika lollipop with soya dipping sauce (vg, h)
- Mini spinach & feta filo parcels (v, h)
- Beetroot falafel with coconut yoghurt tzatziki (vg, h)
- Lemon & thyme chicken skewer (h)
- 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)
- Sweet potato & chickpea falafel with sweet chilli sauce (h, vg)
- Smoked tomato croquette with basil pesto (h, v)
- Butternut squash & sage arancini (h, v)
- Vegetable spring roll with sweet chilli sauce (h, v)

£2.90

SWEET FINGER FOOD ADD-ONS

- Mini assorted fruit tarts (v)
- Mini passion fruit tarts (v)
- Mini fruit macarons (v)
- White & dark chocolate dipped fruits (v)

£3.75

SOUP SHACK

- Chilled watermelon gazpacho (vg) or creamy roasted tomato gazpacho (vg)
- Served with artisan breads

£6.70

All prices are exclusive of VAT

Gluten free & vegan sandwiches can be made on request

(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 FINGER BUFFET SPRING/SUMMER MENU

Minimum 10 people. Select 6 items

£23.20

SERVED HOT

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

FROM THE SEA

Thai fish cake with sweet chilli dipping sauce (h)
Filo wrapped prawns with sweet Thai dressing (h)
Poached salmon & leek tart (h)
Arancini of cod with basil mayo (h)

FROM THE FARM

Chilli BBQ chicken in a mini brioche bun (h)
Mini beef burgers in a brioche bun with relish dipping sauce (h)
Mini cheeseburger in a brioche bun with relish dipping sauce (h)
Chicken satay with peanut sauce (gf, h)

FROM THE FIELD

Pea, spinach & mint arancini (v, h)
Vegetable pakora with coconut yoghurt tzatziki (vg, h)
Arancini of wild mushrooms (v, h)
Vegetable samosa (v, h)
Panko cauliflower with red pepper mayo (v, gf, h)
Vegetable spring rolls with plum dipping sauce (v, h)

SWEET BITES

Mini assorted fruit tarts (v)
Mini passion fruit tarts (v)
Mini fruit macarons (v)
White and dark chocolate dipped fruits (v)

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.

COLD FORK BUFFET

SPRING/SUMMER 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.

£31.75

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

Roast tender stem broccoli, cauliflower, red onion with half dried tomato & watercress (vg, gf)

Red quinoa tabbouleh (vg, gf)

Greek salad (v)

Caesar salad – baby gem lettuce, cherry tomatoes, toasted garlic ciabatta, shaved Parmesan

Mixed quinoa, cashew nuts, pomegranates, red onion, mint & parsley (vg)

Watermelon, cucumber, baby spinach, feta, mint & toasted almond flakes (v)

Grilled halloumi, rocket, orange & pine nuts (v)

Healthy slaw with raspberry vinaigrette (vg)

FROM THE FIELD

Vegetable samosas (vg)

Vegetable spring rolls (vg)

Potato and leek croquettes (v)

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.



HOT FORK BUFFET SPRING/SUMMER 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.

£37.65

FROM THE FARM

- Chicken Massaman with peanut curry (gf)
- Turkey madras (gf)
- Jerk chicken thighs with aromatic jerk sauce (gf)
- Summer lamb with cannellini & tomato stew (gf)
- Chicken, apricot & chickpea tagine (gf)

FROM THE SEA

- Coconut & lime fish curry (gf)
- Spanish seafood with cannellini & bean stew (gf)
- Oven baked salmon with velouté & tarragon Sauce (gf)

FROM THE FIELD

- Thai green tofu, red pepper & butternut squash curry (vg, gf)
- Plant based mince & chickpea tagine (vg, gf)
- Chunky ratatouille & cannellini bean (vg, gf)
- Lentil, cauliflower, baby spinach & coconut curry (vg, gf)
- Korean meatballs & kimchi (vg)

FROM THE VEGETABLE PATCH

- Scented lemon rice (gf)
- Thyme roast root vegetables (gf)
- Seasonal steamed vegetables (gf)
- Herb couscous
- Spring onion crushed new potatoes (gf)
- Chef's seasonal salad (GF)

PUDDING DELIGHTS

- Bakewell tart with Chantilly Cream
- Vanilla & Strawberry cheesecake with Coulis
- Black & Blueberry Eton mess with edible flowers
- Rhubarb & ginger trifle
- Seasonal fresh fruit salad
- Individual ice cream tubs served on ice

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.



SHARING PLATTERS

SPRING/SUMMER 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

£15.40

PIE SHOP FAVOURITES

Kraft boxes of square pies

Chuck Chuck Chicky - 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

(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.





(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

(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.

CANAPES

SPRING/SUMMER MENU

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

£3.90

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

(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.





DRINKS & NIBBLES

DRINKS

| | |
|--------------------|--------|
| House white wine | £29.00 |
| House red wine | £29.00 |
| Prosecco | £30.80 |
| Bottled lager | £6.85 |
| Selection of sodas | £2.55 |

NIBBLES

| | |
|-----------------------------------|-------|
| Each item is for six people | £5.85 |
| 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

(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.

3 COURSE LUNCHEES & DINNERS

Select one starter, one mains and one dessert

£67.75

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

(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.





3 COURSE LUNCHEES & 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)

(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.

3 COURSE LUNCHESES & 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)

(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.



RCOA
Royal College of Anaesthetists

Seasoned.

www.beseasoned.co.uk



SOCIAL GOODNESS
FOUNDATION