

A black and white photograph of a chef's hands garnishing a plate of food. The chef is wearing a ring on their left hand. The background is dark and out of focus, showing what appears to be a kitchen setting with some blurred lights.

RCCOA

Royal College of Anaesthetists

KUDOS

EXTERNAL MENU PACK
Autumn Winter 2019-20

HOT DRINKS, JUICES & SOFT DRINKS

Tea & coffee	£2.70
Tea, coffee, biscuits	£2.90
Dark chocolate	£3.50
Fruit juice (per litre) 5 glasses	£5.10
Filtered water (750ml) 4 glasses	£2.90

All of our food is prepared in a kitchen where nuts, gluten & other allergens are present. Full allergen information is available on request (please note that our menu descriptions do not include all ingredients). Menus are seasonal & subject to change. All rates are exclusive of VAT at 20%.

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BREAKFAST

Well-being Breakfast

Fresh orange juice, apple juice,
grapefruit juice
Bottled filtered water

Low fat fruit granolas
with honey
or
Hot steamy porridge
with blueberries & honey

Multigrain toast
served with low fat spread & fruit
preserve
Sliced array of seasonal fruits

Freshly ground Fairtrade coffee

Selection of teas & tisanes from the
London Tea

£13.70 per head

The Baker's Basket

Fresh orange juice, apple juice,
grapefruit juice
Bottled filtered water

Freshly baked croissants
served with butter & preserves
Selection of Danish pastries

Freshly ground Fairtrade coffee

Selection of teas & tisanes

£13.70 per head

Meeting Breakfast

Fresh orange juice, apple juice,
grapefruit juice
Bottled filtered water

Warm floured soft baps
With crispy bacon or Fredericks
Cumberland sausages, field mushroom
with fried egg
Served with ketchup, HP sauce &
mustard

Freshly ground Fairtrade coffee

Selection of teas & tisanes

£13.70 per head

Individual

Danish pastries £2.15

Croissant & jam £2.40

Yoghurt pots & granola £2.95

Warm soft baps with crispy bacon,
Cumberland sausages or scrambled
eggs £3.75

Fresh cut seasonal fresh fruits
(min x 10) per person £5.25



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WORKING LUNCHES

Bread Selection

Rustic bloomer | Farmhouse cob | Bagels | Spelt bread | Black rye | Poppy seed knots
| Ciabatta | Focaccia | Wraps (tomato, spinach, plain, unflower) | Sourdough | Soda bread | Artisan
stone baked

Fillings

From the sea & rivers

Smoked mackerel
with red radish and baby leaf

**Poached salmon, creamed cheese and
baby spinach**

Rod & pole caught tuna
with red onion

North Sea prawns
with Marie Rose sauce

Smoked salmon
with caper and dill cream cheese

From the land & air
Pastrami horseradish cream
and baby gem

Rare roast beef
with horseradish

Honey roast gammon
with sharp Cheddar, tomato chutney

Chicken Tikka
with sun-blushed tomato mayo

Pastrami
with pickles, rocket and horseradish mayo

From the vegetable patch

Candied beetroot
with soft goats' cheese curd

**Mozzarella
& vine tomato**
with basil pesto

Falafel
with humus & wild rocket salad

Free-range egg mayo
with mustard cress

Cheshire cheese
with tomato & baby gem



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WORKING LUNCHES

The Sandwich Platter

Chef's selection of freshly made triangle sandwiches on white, brown & multigrain bread, all lavishly filled with our selection of seasonal meats, fish & vegetarian fillings. One & a half rounds per person to include:

Kettle crisps

Seasonal fruit bowl

£9.65 per head

The Lux Sandwich Platter

Chef's selection of freshly made triangle sandwiches complemented by our range of freshly baked artisan breads, all lavishly filled with our selection of seasonal meats, fish & vegetarian fillings. One & a half rounds per person to include:

Two savoury finger food items as selected by chef

Kettle crisps

Seasonal fruit bowl

Sliced cakes

£13.15 per head

The Gourmet Sandwich Platter

A selection of freshly baked artisan breads & wraps lavishly filled with our selection of seasonal meats, fish & vegetarian fillings. One & a half rounds per person to include:

Three savoury finger food items as selected by chef

Kettle crisps & tortillas chips

Seasonal fruit bowl

Sliced cakes

£15.40 per head

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Why not add soup to your lunch for a hearty treat?

Choose from our tasty range of soups freshly prepared on site by our Chef

Spiced carrot & lentil

Broccoli & Stilton

Sweet potato & coconut

Tomato & roasted red pepper

£5.75 per head

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COLD BUFFET

6 Items per person

From the sea

Mini smoked haddock fish cake
with tartare sauce

Tempura prawns
with sweet Thai dressing

Poached salmon and leek tart

Smoked salmon and chive croquettes
with lemon crème fraiche

Smoked haddock and chive tartlets

From the farm

Chicken and Armagnac pate
On a sour dough croute

Ham hock
with white onion, mustard & parsley

Chicken satay
with peanut sauce

Pulled confit duck roulade
with winter fruit chutney

Pork and sage Scotch egg
with mustard mayo

Lamb samosa

From the field

Arancini of wild mushrooms

Vegetable samosa

Panko cauliflower
Red pepper mayo

Pumpkin, sage & red onion tartlet

Potato & leek croquette ball

Vegetable spring rolls
with plum dipping sauce

Sweet bites

Plum bakewell

Fruit macarons

Mini lemon tarts

Peanut butter, banana, chocolate
brownie bites

Winterberry crumble tart

Minimum 10 people
Includes water, juices and fruit skewers
£18.50 per head

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HOT BUFFET

From the farm

Cumberland sausage ring, whole grain mustard mash potatoes, rich gravy and chef's selection fresh seasonal vegetables

Shepherd's pie, topped with creamy mash potatoes, served with a chef's selection of fresh seasonal vegetables

Chicken, chorizo and chickpea casserole, served with parsley potatoes and garlic green beans

Harissa chicken breast, warm couscous salad, mixed peppers, aubergine served with a fresh yoghurt dressing

Roast topside of beef, roasted potatoes, honey glazed fresh vegetables rich gravy and Yorkshire pudding

Indian chicken curry, basmati rice, Asian salad, garlic and coriander naan bread and raita

From the sea

Smoked haddock, mashed potatoes mustard sauce, fresh seasonal vegetables

Oven baked tilapia in a creamy chive sauce, roasted smoked paprika potatoes, fresh seasonal vegetables

Roasted Atlantic salmon, basil sauce, steamed potatoes, sautéed courgettes and carrots

Smoked haddock and salmon fish cakes, croquette potatoes, warm tomato compote, garden peas

Thai red prawn and white fish curry, served with coconut rice and Asian slaw salad

Minimum 10 people

1 main (meat or fish), 1 main (vegetarian), 1 dessert

Tea & coffee

Bread rolls included with hot buffets

£20.90 per head

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Hot Buffet - continued

From the vegetable plot

Butternut squash and roasted cauliflower bake with pumpkin seeds, parsley potatoes and garlic beans

Wild mushrooms, courgette, feta and spinach lasagne served with parsley potatoes and seasonal vegetables

Cauliflower and vegetable curry, tzatziki sauce, naan bread and fragrant rice

Potato gnocchi with mushroom and red pepper sauce, garden peas and mixed leaves with Parmesan

Root vegetable and green lentil hotpot topped with potatoes and seasonal vegetables

DESSERTS

Spiced apple and fruits of the forest crumble, served with custard

Dark & white chocolate brownie, pecans, served with cream

Zesty lemon tart

Sticky toffee pudding with toffee sauce

Bread & butter pudding with vanilla custard

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HOT BUFFET EXTRAS

Salad

Super food salad, quinoa, spinach, squash, pumpkin seeds

Garden salad with summer leaves, tomato, cucumber, radish and parsley

Pasta salad with roasted pepper and olives

Potato salad with spring onion and mayo

Seasonal Chef's choice

Salad £2.45 per head if added to a buffet lunch

Fruit Bowl

Selection of seasonal whole fruit for your guests to enjoy with lunch to take back to your event

£25.60 serves 10

£45.90 serves 20

Cheeseboard

Selection of three British farmhouse cheeses with green apple celery, honey, chutney, served with biscuits. (Individual cheese plates are only available for dinners)

Cheeseboard £17.75 serves 5

Cheeseboard £35.50 serves 10



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AFTERNOON TEAS

Freshly ground Fairtrade coffee
Selection of teas & tisanes from
Jacksons of Piccadilly

Skimmed milk, sliced lemon & rough
cut sugars

Selection of loaf cake in two bite-size
pieces (2 per person) from

Dark rich chocolate
Lemon drizzle
Farmhouse fruit cake

or

Freshly baked scones with jam and
clotted cream

£6.50 per head

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