

A close-up photograph of a dark grey bowl filled with a vibrant quinoa salad. The salad consists of fluffy white quinoa, bright green lima beans, sliced almonds, and small pieces of white cheese. A fresh lime wedge is placed on the right side of the bowl. In the background, there are fresh green herbs and purple microgreens. A black rectangular box with a white border is overlaid on the center of the image, containing the text 'KUDOS WE BRING THE KNOW HOW' and 'Royal College of Anaesthetists (RCoA)'.

KUDOS

WE BRING THE KNOW HOW

**Royal College of
Anaesthetists (RCoA)**

Introduction

KUDOS 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.

Please be advised all orders must be for a minimum spend of £100.



HOT DRINKS, JUICES, PRESSÉS & SOFTS

We only use coffee that is Fairtrade and made using traditional roasting and blending methods. Our premium quality Arabica beans have a dark and intense roast which produces a rich dark chocolate and caramel flavor with a hint of roasted hazelnuts; perfect when blended with milk. All our teas are from India, East Africa and Ceylon.

Tea & coffee, £2.70pp

Freshly brewed Fairtrade coffee and a selection of Fairtrade tea and herbal infusions

Tea, coffee & biscuits, £3.10pp

Freshly brewed Fairtrade coffee and a selection of Fairtrade tea and herbal infusions

Spring Water (750ml), £2.50

Tea, coffee & Danish, £6.80pp

Freshly brewed Fairtrade coffee and a selection of Fairtrade tea and herbal infusions, Danish and muffins, fruit juice and chilled tap water

Fruit juices (per litre), £3.00

A choice of: orange, apple, pineapple or cranberry

Freshly squeezed juice (per litre), £10.00

A choice of: orange, apple or grapefruit

Sodas (330ml cans), £2.40

Pepsi, Tango orange, Sprite





BREAKS & EXTRAS

On arrival, £6.80pp

Freshly brewed Fairtrade coffee and a selection of Fairtrade tea and herbal infusions, orange juice, chilled tap water, mini Danish and muffins

Add bacon or sausage bap, £5.00pp

Fresh baked 5" baps with British best back bacon or Lincolnshire sausage and tomato ketchup or brown sauce. Served on a platter.

Mid-morning, £4.10pp

Freshly brewed Fairtrade coffee and a selection of Fairtrade tea and herbal infusions, chilled tap water, biscuits, apples, bananas

Afternoon break, £5.20pp

Freshly brewed Fairtrade coffee and a selection of Fairtrade tea and herbal infusions, chilled tap water, cake

Breakfast buffet, £10.30pp

Ham and cheese croissant, smoked salmon and cream cheese bagels, wholemeal muffin and fruit skewers

Selection of Danish pastries. £2.40pp

Fresh fruit Basket x 10 People. £25.00

PICNIC IN THE OFFICE PACKAGE

A menu designed with the present climate in mind. Each item is sealed at point of production to reduce the risk of contamination and with our customers' safety in mind. All items will be served in a brown bag and can be named and labelled for reduced hand contact.

The sandwich lunch bag, £9.60

An individually packaged baguette or sandwich (a selection of the following five fillings; Ham and tomato, Cheese and pickle, Coronation chicken, Egg mayo and cress, Tuna mayo and cucumber)

Packet of crisps,
Health bar
Fresh fruit juice

The pasta lunch bag, £9.60

Tuna, dill and sweetcorn pasta pot or Chicken coriander and bacon pasta pot

Packet of crisps
Health bar
Fresh fruit juice

The salad lunch, £9.60

A honey roast ham and piccalilli or Smoked mackerel and celeriac slaw or Roasted Mediterranean vegetables and line grilled halloumi box salad

Packet of crisps
Health bar
Fresh fruit juice

The ploughman's lunch, £10.60

Chefs quiche with fresh garden salad or Cheese and pickle sausage roll with fresh garden salad

Packet of crisps
Health bar
Fresh fruit juice

See our extras page for additions to your selected package.



BENTO BOXES

Our in house bento boxes are produced with you in mind. Careful consideration given to hygiene at all times of production.

Roasted chicken breast, £11.20

Baby gem, bacon lardons, croutons, Caesar dressing

Roasted Mediterranean vegetables, £11.20

Crisp garden leaves, orzo pasta in pesto dressing, line grilled halloumi

Peppered mackerel, £11.20

Lime and coriander noodles, pickled vegetables, Soy dipping sauce

Smoked chicken, £11.80

Vegetable ribbons in lemon oil, Edamame bean and Garden pea salad, tomato dressing

See our extras page for a selection of additions to your package.



THE SANDWICH LUNCH

This package includes four delicious sandwiches made from our finest sliced bread, £11.20

Simple old school lunch box sandwich fillings: two slices of fresh white or brown bread and a trip down memory lane.

Just the finest sliced Cheddar cheese and pickle, half with just cheese no pickle (one piece per person)

Roasted ham and mustard, half just ham (one piece per person)

Egg mayonnaise (one piece per person)

Tuna and sweetcorn (one piece per person)

Cucumber and chicken (v) (one piece per person)

Sliced roasted turkey and sweet mustard (one piece per person)

Served with:
Tortilla chips
Health bar
Fruit basket

See our extras page for a selection of additions to your package.
VF/GF/NF available on request.

All packages will be prepared and served on a covered platter or each food item can be individually pre wrapped at 50p extra per person.



SANDWICH LUNCH WITH FANCY BREADS

This package includes 1.5 rounds of sandwiches per person made with our finest artisan bread and the following delicious fillings, £11.20

package includes four delicious pieces made with our finest artisan bread, £9.95

Selection of filled artisan breads and sandwiches:

Sliced chicken , English mustard mayo, served in a demi baguette

Baked English ham, rocket salad, served in a multigrain loaf

Tuna flakes, sweetcorn, dill mayonnaise, served in a tortilla

Hummus, shredded red peppers, falafel, served in a ciabatta (vg)

Cajun mixed beans, iceberg lettuce, lime dressing, served in a spinach tortilla wrap (v)

Mature Cheddar, farmhouse tomato relish, served in rosemary scented focaccia (v)

Served with:
Tortilla chips
Flapjack

VF/GF/NF available on request.

Packages will be prepared and served on a covered platter or each food item can be individually pre wrapped at 50p extra per person.



VEGETARIAN MENU

This package includes three pieces per person, two vegetarian light bites, mixed leaf salad, chocolate brownie and popcorn, £16.50

Selection of sandwiches:

Compressed cucumber and minted cream cheese, served in a white loaf (v)

Chickpea, iceberg lettuce, harissa dressing, served in a tortilla wrap (v)

Mature Cheddar cheese, sun-dried tomatoes, served in a wholemeal loaf (v)

Light bites:

Baby plum tomatoes, black olive and Mozzarella skewers (v)

Mini vegetable tartlets (v)

Mixed chef's salad

Chocolate brownies

Sea salt popcorn

[Vegan menu available on request](#)

Selection of sandwiches:

Roasted red pepper, hummus, cucumber ribbons, served on ciabatta (VG)
vegan cheese, pickle, tomatoes, served in seeded baguette (VG)

Cheese (vegan cheese), tomato chutney, cucumber, served in a baguette

Hummus, grated carrot, falafel, served in a tortilla wrap (VG)

Light bites:

Selection of falafel bites (one per person)

Roast vegetarian skewers (one per person)

Fruit platter

Vegan crisps

Slice of cake (VG)

All packages will be prepared and served on a covered platter or each food item can be individually pre wrapped at 50p extra per person.



SANDWICHES & LIGHT BITES

This package includes four delicious pieces per person with a mixture of bread with a choice of six fillings, two light bites, seasonal fruit platter, tortilla crisps with dips and one slice of cake per person, £16.00

Selection of filled artisan breads & sandwiches: (one piece per person)

Baked gammon ham and Cheddar cheese ploughman's, served in a demi baguette

Salami, mayonnaise, sliced gherkin, wholegrain mustard, seasonal leaves, served in multigrain loaf

Peppered mackerel, lemon mayonnaise, baby gem, served in a tortilla

Roast turkey, apricot jam, bacon, baby spinach, served in ciabatta

Beetroot, hummus, cucumber, mixed leaves, served in stone baked white bread (v)

Egg mayonnaise, mustard cress, rosemary scented focaccia (v)

Light bite options:

A selection of marinated BBQ chicken breast spears (one per person)

Vegetable crudité's and dips (VG) (four pieces per person)

Crispy baked tortilla crisps

Seasonal fruit platter for the group (two pieces per person)

A slice of cake (one per person)

VF/GF/NF available on request.

All packages will be prepared and served on a covered platter or each food item can be individually pre wrapped at 50p extra per person.





BREADLESS PACKAGE

This package includes a selection of three delicious protein salads, smoothies and raw nuts, £15.80

THREE SALADS

Rainbow roasted beetroots with goats' cheese crumble, torn mint leaves, roasted red pepper

Mackerel, cucumber, radish and black pepper with edamame beans, tomatoes, basil and lemon oil

Poached chicken with kale, dried cranberry and cracked wheat salad, toasted walnuts

All salads are served with a side of dressing.

Add protein to any of the above salads

Lemon thyme smoked chicken - £2.50 per person

Roasted salmon - £3.50 per person

New York deli beef pastrami - £1.95 per person

SMOOTHIE OPTION:

Guava, carrot and melon smoothie or
Kiwi fruit, spinach, cucumber and lime smoothie shot glass

Undressed, raw mixed fruit and nuts

Really feel like you need that bread? Add artisan bread and butter for only £1.95 per person.

All packages will be prepared and served on a covered platter or each food item can be individually pre wrapped at 50p extra per person.

FINGER FOOD

The Finger Buffet £18.20pp

Please choose 7 items

MEAT

Spiced chicken skewers with dipping sauce

Duck spring rolls with dipping sauce

Mini filled Yorkshire pudding

Mini pork pies

Mini sausage roll

Selection of quiche tarts

FISH

Marinated salmon and prawn wrap

Mini fish cakes with tartare sauce

Mini smoked salmon bagels

Salmon goujons

Mini fish and mushy pea rösti

VEGETARIAN

Little pizza bites

Vegetable samosas

Selection of quiche tarts

Vegetable spring rolls

Falafel with yoghurt and mint dip

SWEET

Mini assorted fruit tarts

Selection of macaroons

Mini cheesecake selection

Mini brownie bites

Fresh fruit skewers

Chocolate dipped strawberries

VF/GF/NF available on request.





COLD BUFFET

One main course (including vegetarian option), £21.90 pp

Minimum 10 persons. Our cold fork buffet is a choice of one main item and includes one seasonal salad, a selection of freshly baked breads and one dessert.

Three main course (including vegetarian option), £27.30 pp

Minimum 10 persons. Our cold fork buffet is a choice of three main items and includes one seasonal salad, a selection of freshly baked breads and one dessert.

MAIN - FROM THE FARM

Thai spiced marinated beef in a light chilli and ginger dressing on a bed of noodles
Baked Wiltshire ham with homemade fruit chutney
Poached chicken strips, marinated in a curry mayonnaise with apricots and raisins
Chargrilled chicken tikka breast on a bed of sweet potato with chunky tomato salsa
Watercress, sundried tomato, smoked bacon tart
Strips of turkey pan-fried in sesame oil, served on a bed of bean shoot salad

MAIN - FROM THE SEA

Smoked haddock, leek and shallot quiche
Salmon fillets with ginger, lemongrass and coriander dressing
Sweet chilli king prawns on a noodle salad, served in a Chinese bowl
Poached salmon fingers, beetroot wedges, watercress dressing
Coley fillet with salsa verde, mixed salad

VF/GF/NF available on request.

COLD BUFFET

MAIN - FROM THE FIELD (V)

Roasted butternut squash, red onion and mozzarella (V)

Pea, leek, feta and mint frittata squares (V)

Stilton, broccoli and banana tart (V)

Chargrilled Halloumi and roasted vegetable skewer with pesto dip (V)

Spiced potato, lentil and mustard seed filo parcels (V)

FROM THE SALAD PATCH

Roasted beetroot, baby pousse, shallots, finished with feta (V)

Coleslaw with a light mayonnaise, topped with
sesame seeds and coriander (V)

New potato, rocket, spring onion, wholegrain mustard dressing (V)

Classic Greek salad, topped with pumpkin seeds (V)

Penne pasta, red pesto, Mediterranean vegetables (V)

Roasted Conference pear, wild rocket and fennel salad (VG)

Tomato and red onion salad with a herb dressing (VG)

Orange scented tricolour couscous with dried raisins (VG)

SWEET TOOTH DESSERTS

Chocolate orange tart, candied orange peel (V)

Passion fruit panna cotta, crème Anglaise (V)

Strawberry mousse, strawberry jelly, fresh strawberry slice (V)

Seasonal fresh fruit bowls (VG)

Raspberry and white chocolate cheesecake, mixed berry sauce (V)

Chocolate toffee trifle served in glasses (V)

Fruits of the forest Eton mess (V)

VF/GF/NF available on request.





HOT BUFFET

One main course (including vegetarian option), £26.00 pp
Minimum 10 persons. Our hot fork buffet includes one main item and two accompaniments, a selection of freshly baked breads and one dessert.

Three main course (including vegetarian option), £31.30 pp
Minimum 10 persons. Our hot fork buffet includes three mains and two accompaniments, a selection of freshly baked breads and one dessert.

FROM THE FARM

Beef steak, leek and onion pie
Fragrant Thai green chicken curry, roasted peanuts and coriander
Moroccan lamb tagine, coriander, flaked almonds
Beef lasagne

FROM THE SEA

Fisherman's pie topped with creamy Cheddar mash
Teriyaki salmon pieces on a bed of bean shoots, pak choi, plum dressing
Pan-fried cod fillet, lemon zest and dill

FROM THE FIELD (V)

Chickpea and potato chat samosas on a bed of herbed lentils (V)
Sweet potato and lentil spiced curry in coconut milk (VG)
Macaroni, Cheddar cheese and tomato bake (V)

FROM THE VEGETABLE PATCH

Steamed new potatoes with chopped chives (VG)
Herbed couscous (V)
Vegetable medley – carrot, swede, cabbage, broccoli (VG)
Mixed Chef's salad (V)

SWEET TOOTH DESSERTS

Sticky toffee pudding, toffee sauce (V)
Triple chocolate mousse, popping candy, chocolate shard (V)
Seasonal fresh fruit bowls (VG)

VF/GF/NF available on request.



Available on request

HOT & COLD CANAPÉS
(Minimum 20 people)

BOWL FOOD
(Minimum 30 people)



EVENING DRINKS

J De Telmont Grand Reserve NV, France, £43.00

One of the few remaining, family owned Champagne houses, De Telmont produces this excellent non-vintage in a medium bodied, soft and fruity, classically yeasty style.

Philippe Dublanc Sparkling Brut Blanc De Blanc, France £27.30

Characterised by its elegance of bouquet and finessed palate, Philippe Dublanc is a wonderful French bubbly for any light-hearted gathering, proving Champagne doesn't have the monopoly on fizz.

Marques De Caldo Macabeo, Vino De La Tierra Castilla, Spain £18.30

Fresh, floral aromas reminiscent of aromatic herbs such as anise and fennel, the smooth and velvety palate is fruit driven.

Marques De Caldo Tempranillo, Vino De La Tierra Castilla, Spain, £18.30

Classic Tempranillo notes of dark cherry and blackcurrant are lifted by a hint of dried flowers and spice. Superbly balanced, the fruits of the forest flavours are perfectly complemented by soft tannins.

Beck's beer, £4.80

Fruit juices (per litre), £3.00

A choice of: orange, apple, pineapple or cranberry

Freshly squeezed juice (per litre), £10.00

A choice of: orange, apple or grapefruit

Spring water (750ml), £2.50

A choice of still or sparkling

Coconutwater (per litre), £7.90

Sodas (330ml cans), £2.40

Pepsi, Tango orange, Sprite



FORCE MAJEURE

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



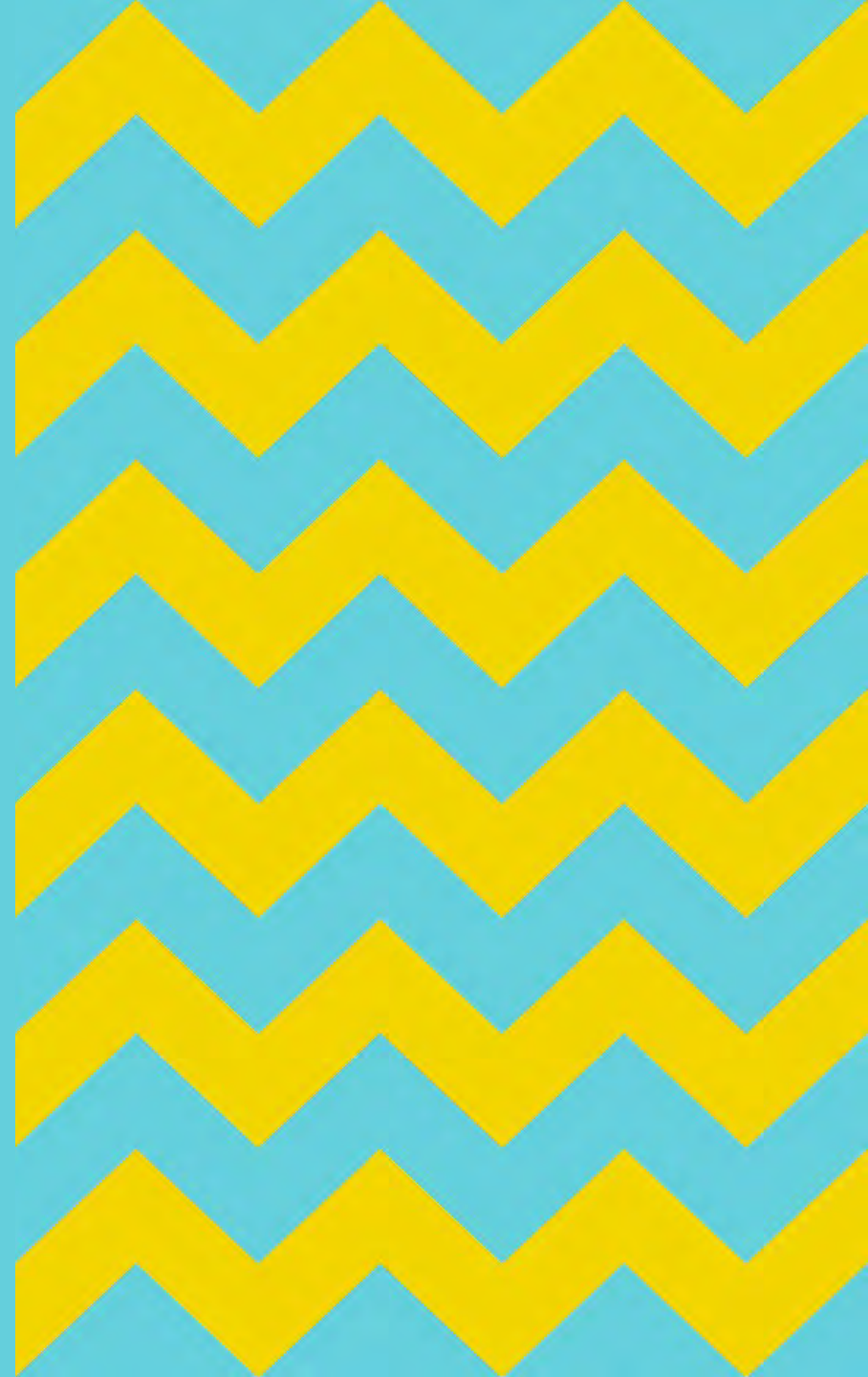
A close-up photograph of a dark grey bowl filled with a healthy salad. The salad consists of bright green edamame beans, fluffy white quinoa, and sliced almonds. A wedge of fresh lime is placed on the right side of the bowl. Fresh green herbs, including cilantro and purple microgreens, are scattered around the bowl. A black rectangular box with white text is overlaid in the center of the image.

**C19 ADDITIONAL
INFORMATION**

THE NEXT NORMAL

Helping you navigate
beyond COVID-19 and
redefining service for
the workplace, venues,
restaurants, cafes and
events.

KUDOS
WE BRING THE KNOW HOW





Society, business and industry have always operated in a highly rigid manner.

Something is right or wrong, good or bad, a success or a failure, and so forth.

The COVID-19 pandemic has changed the world and we must rewrite the rules and challenge this limited way of thinking. If we play by the old rules we simply won't adapt to or overcome life's new challenges as we chart our way through life's 'next normal.'





Our mission at KUDOS is to reimagine, recreate and innovate our business and strike a new balance in this unfamiliar post-lockdown world between public health, sustainable growth and how we manage our partnerships, relationships, emotions and wellbeing.



We have been working hard in preparation for the safe return to business and it is our priority to ensure a safe working environments for your employees, visitors and clients and our staff, suppliers and customers.



Not surprisingly, everyone's perceptions of hygiene and safety standards have recently changed and it is our responsibility to give staff and customers confidence that things can get back to the next normal in a safe manner.

We have teamed up with the experts at Safer Food Scores who are environmental health experts with more than 40 years' experience in the field of infection control and legal compliance.





Together we have covered all eventualities and levels of risk and we are implementing a COVID-SAFE UK Standard in our venues, workplaces, restaurants and cafes which is primary authority assured.

The safety of visitors, your employees, and our teams is our number one priority and we have created a systematic and comprehensive approach to help prepare for and implement changes to your daily operations and ensure our teams have had full training prior to re-opening.



We will work closely with all of our partners to implement best practice to reduce the risk of COVID-19 spread and create a tailored plan that gives reassurance to returning workers, staff and customers for when you reopen.

To inspire confidence and spread knowledge, all of our COVID-19 HSE documentation is available for our partners to review and includes the following information:

- Safe Operating Methods
- Risk Assessments
- Fitness and Return to Work Procedures
- Venue Templates
- Self Audits
- Mandatory Posters and Display Information including physical distancing
- COSHH information
- HSE Signage and screening
- IT and Technology information including pre-ordering/payment



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