

# ROYAL COLLEGE OF PSYCHIATRISTS HOSPITALITY BROCHURE

AUTUMN & WINTER 2025/2026

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HOUSTON & HAWKES



RC  
PSYCH  
ROYAL COLLEGE OF  
PSYCHIATRISTS



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## RCPSYCH HOSPITALITY MENU

Discover a variety of hospitality menus to suit your event needs. The food offering is designed to help drive productivity and enjoyment in the workplace, created with nutritious seasonal fresh produce.

### HOW TO ORDER

Please place your catering order at least seven working days before the event by emailing:

**[Facilities.events@rcpsych.ac.uk](mailto:Facilities.events@rcpsych.ac.uk)**

When ordering any food, it is important that you let us know if any attendees have allergies, intolerances or specific dietary requirements.

If you have any questions in relation to our food or allergens, please contact facilities by emailing:

**[Facilities.events@rcpsych.ac.uk](mailto:Facilities.events@rcpsych.ac.uk)**

## FOOD ALLERGIES & DIETARY REQUIREMENTS

Please be advised that the food we prepare may contain allergens. Should you require any information about the ingredients we use please contact a member of our team or via email to facilities on **[Facilities.events@rcpsych.ac.uk](mailto:Facilities.events@rcpsych.ac.uk)**

We prepare food in an open kitchen and therefore cannot guarantee that our products do not contain trace elements of additional allergens. If you suffer from severe food allergies, please speak to a member of the team.

**Please note the allergens confirmed in this brochure may be subject to change due to changes in a manufacturer's product or product availability. Always check the allergens on the day for absolute clarity.**

## MEETING REFRESHMENTS

Prices are charged per person.

Tea, coffee & jug water

Tea, coffee, jug water & biscuits

**Price £6.00pp**

**Price £6.80pp**

## SMOOTHIES AND COLD PRESSED

Blueberry, blackberry, and banana smoothie (Milk) (V)

Cold press carrot, orange, and ginger juice (VE)

Cold press kale, apple, spinach, and mint (VE)

Ginger & turmeric kombucha (VE)

Mango, coconut, and passion fruit smoothie (VE)

**Price per litre £6.50**

## FRESHLY SQUEEZED ORANGE OR APPLE JUICE

**Price per litre £4.00**



## BREAKFAST

### SIMPLE BREAKFAST

A selection of mini croissants, pain au chocolate and Danish pastries (Gluten, egg, milk, soya, nuts, pecan) (V)

Price £1.75pp (2 pastries pp)

### HEALTHY BREAKFAST SET MENU

Coconut yoghurt with pineapple & passion fruit compote, toasted coconut (VE/GF)

Foreman's smoked salmon and smashed avocado on English muffin (Gluten, fish)

Smashed avocado and oven dried tomatoes on toasted sour rye bread, fresh

chilli, and toasted seeds (Gluten) (VE)

Seasonal cut fruit platter (VE)

Price £12.00pp (minimum ten covers)

### HOT BREAKFAST ROLLS

Lake District farm maple cured bacon in a Brioche roll (Gluten)

Cumberland pork and leek sausage in a Brioche roll (Gluten, sulphites)

Wood farm free range scrambled egg in a Brioche roll (Gluten, egg, milk)

Roasted Portobello mushroom, oven dried plum tomato and baby spinach in

Vegan brioche roll (Gluten) (VE)

Price £3.75 each (minimum ten covers, maximum of two choices)

### CONTINENTAL SET MENU

Selection of artisan croissants and Danish pastries (Gluten, soya, milk, egg, nuts, pecan, sulphites) (V)

Greek yoghurt with maple and banana granola, fruit compote (Milk) (V)

Selection of British cheese & charcuterie (Milk, sulphites)

Freshly cut fruit platter (VE)

Price £14.00pp (minimum ten covers)

### BREAKFAST & LUNCH EXTRAS

Seasonal fruit platter (VE)

Fresh fruit bowl (VE)

Seasonal side salad (VE)

Price £3.65pp

Price £2.50pp

Price £2.25 per portion

## SANDWICH LUNCHES

### CLASSIC SANDWICH SET LUNCH

Pesto chicken mayonnaise and wild rocket on white bread (Gluten, soya, egg)

Herb vegan cream cheese & cucumber on wholemeal bread (Gluten, soya) (VE)

Poached Scottish salmon, cucumber, lemon, and dill cream cheese on wholemeal bread (Gluten, fish, milk, soya)

Mature cheddar with Branston pickle on wholemeal bread (Gluten, milk, soya) (V)

Free range egg mayonnaise & watercress on white bread (Gluten, soya, egg) (V)

**Gluten free bread options can be incorporated into this lunch option.**

**Includes hot beverages, crisps, fruit bowl & water**

**Price £17.50pp**

### GOURMET SANDWICH SET LUNCH

Coronation chicken, cos lettuce, mango, and nigella seed chutney in a wrap (Gluten, mustard, egg)

Foreman's smoked salmon, horseradish cream, cucumber, baby spinach on rye (Gluten, egg, fish, mustard, milk)

Herb cream cheese, pickled cucumber & rocket in a multi seed bagel (Gluten, mustard, sulphites, milk, egg) (V)

Mozzarella, basil, roast peppers, rocket, herb mayonnaise on focaccia (Gluten, milk, egg) (V)

Spinach falafel, sundried tomato, pickled red onion, rocket, red pepper houmous in a wrap (Gluten, sulphites, sesame) (VE)

**Includes hot beverages, crisps, fruit platter & water**

**Price £18.50pp**

### GLUTEN FREE OR BREADLESS LUNCH

Baby gem filled with a vegan feta Greek salad, pickled red onion, oven dried tomato and kalamata olive (Sulphites) (VE)

Nori wrapped chalk stream farm trout with pickled cucumber, wasabi crème fraiche and pickled ginger (Fish, soy, sesame, mustard, milk)

Beetroot falafel scotch egg with beetroot hummus (sesame, soya, egg, sulphites) (V)

Coronation chicken with mango, cos lettuce and fresh mint in a gluten free wrap (Egg, mustard, sulphites)

Pumpernickel rye bread with roasted red peppers, coriander and lime cream cheese and baby spinach (milk, sesame, soy, sulphites) (V)

**Includes hot beverages, crisps, fruit bowl & water**

**Price £19.50pp**



## HOT FORK BUFFET

Choose one meat option plus two others from the fish and vegan/vegetarian options + one dessert

**Price £32.00pp (minimum twenty covers)**

### MEAT

Beef massaman curry with lemongrass and coconut rice

(Fish, peanuts)

Roast lamb, smoked garlic mash, peas, broad beans, charred baby gem with salsa Verde (Fish, milk, sulphites)

Pesto chicken thighs, saffron orzotto, peas, cherry tomatoes & pea shoots (Gluten)

### FISH

Roast Haddock, English peas, green beans, roasted new potatoes with tartare sauce (Fish, sulphites, egg, milk)

Scottish salmon, roast spinach gnocchi, spinach, basil pesto and parmesan (Fish, gluten, milk)

Red Thai tiger prawn curry, Asian vegetables, braised lemongrass & coconut rice (Fish, soya, crustacean)

### VEGETARIAN & VEGAN

Mac & cheese with BBQ jackfruit with crispy shallots and spring onion (Gluten, milk) (can be made vegan on request)

Panko sweet potato katsu curry, steamed rice, pickled cucumber (Gluten, soya) (VE)

Vegan chorizo, saffron new potatoes and butterbean cassoulet with roasted leeks, crispy kale (Soya) (VE)

### DESSERTS

Classic Tiramisu (Milk, eggs, wheat, gluten)

Vegan frosted carrot cake (Wheat, gluten)

Fresh fruit salad

Sticky date & banana pudding, maple whipped cream (Sulphites, wheat, gluten, eggs, milk)



## COLD FORK BUFFET

Choose one meat option plus two others from the fish and vegan/vegetarian options + one dessert

**Price £32.00pp (minimum twenty covers)**

### MEAT

Sesame crusted beef sirloin, Asian noodles, crispy onions, spring onion and pickled chilli (Sesame, sulphites, soy)  
Chermoula spiced chicken breast, tabbouleh salad, radish, lemon, mint, and pickled chilli (VE) (Gluten, sulphites)  
Smoked Gressingham duck breast, french beans, puy lentils, pomegranate, baby spinach, pomegranate molasses dressing.

### FISH

Forman's flaked salmon, new potatoes, spring onion, whole grain mustard, crème fraiche and baby watercress (Fish, mustard milk)  
Miso glazed tiger prawns with Asian slaw, avocado, chilli, and mango salsa (Crustacean, soya, sesame, sulphites)  
Smoked mackerel, fennel, beetroot, and apple salad with creamy horseradish dressing (Fish, mustard, milk, egg)

### VEGETARIAN & VEGAN

Burrata, heritage tomato, basil, pine nuts, Pesto, and balsamic glaze (milk)  
Moroccan falafel, giant cous-cous, mint, pomegranate, sultanas, charred tender stem broccoli, sweet rose harissa dressing (VE) (Gluten, sulphites)  
Grilled courgettes, lemon and chilli dressing, vegan feta, and artichokes (VE)

### DESSERTS

Classic Tiramisu (Milk, eggs, wheat, gluten)  
Vegan frosted carrot cake (Wheat, gluten)  
Fresh fruit salad  
Sticky date & banana pudding, maple whipped cream (Sulphites, wheat, gluten, eggs, milk)



## HOMEMADE CAKES SET MENU

Lemon and poppy seeds loaf cake (Gluten, egg, milk) (V)  
Raspberry Bakewell tart (Gluten, egg, nuts, milk) (V)  
Vegan salted caramel brownie (Soya, nuts) (VE, GF)

**Price £3.65pp (minimum ten covers)**



## FORMAL DINING

Choose two starters (one veggie/vegan and one meat/fish), two main courses (one veggie/vegan and one meat/fish) and two desserts.

**Price (three courses) £70.00pp (minimum six covers)**

**Price (two courses) £52.50pp (minimum six covers)**

### STARTERS

Honey braised ham hock terrine, quail eggs, piccalilli, and watercress (Mustard, sulphites)

Cured sea bream ceviche, tomato dashi, pea shoots, tomato relish, pickled onion, saffron emulsion (Sulphites, fish, egg)

Foreman's smoked salmon, cornichons, avocado mousse with crispy capers and lemon dressing (Fish, sulphites)

Heritage tomato salad, feta cheese, balsamic pearls with pickled shallots and basil (V) (Milk, sulphites)

Salt baked heritage beetroot carpaccio, whipped vegan cheese, toasted pine nuts, watercress, cabernet sauvignon vinaigrette (Sulphites) (VE)

### MAINS

Roast chicken breast, creamed potato, English peas, broad beans, charred crispy cabbage, chicken jus (Milk, sulphites)

Grilled sirloin steak, triple cooked chips, green beans, watercress, and bearnaise sauce (Milk, egg)

Scottish salmon, shellfish risotto and sea herbs (Fish, milk, gluten, crustaceans)

Spinach and ricotta tortellini, charred courgettes, white truffle emulsion, charred baby leeks (Gluten, eggs, milk) (V)

Charred polenta, wild mushroom ragu, truffle, and sage crisps (Soya) (VE)

### DESSERTS

Vanilla pannacotta, raspberry puree, macerated raspberries, and shortbread (Milk, gluten, egg)

Salted caramel chocolate tart, chocolate crumb, Madagascan vanilla ice cream (Gluten, egg, milk, soya, sulphites)

Muscovado glazed pineapple, coconut sorbet, passion fruit puree with toasted coconut (VE)

Selection of British cheese with chutney and biscuits (Milk, gluten)

Seasonal fruit platter (VE)



## CANAPES

**Price (four choices) £23.00pp (minimum fifty covers)**

**Price (six choices) £28.00pp (minimum fifty covers)**

### MEAT

Chicken liver pate, red onion marmalade on brioche toast (Gluten, milk, egg, sulphites)

Nduja frittata with paprika emulsion (Egg, sulphites, milk)

Coronation chicken, mango chutney, pickled red chilli in a croustade (Gluten, milk, egg, sulphites, mustard)

Jerk pork sausage rolls, smoked chilli jam (Gluten, egg, milk, mustard)

### VEGETARIAN & VEGAN

Pumpkin & sage arancini with roasted pepper aioli (Gluten, egg, milk)

Lentil & mushroom "sausage roll," smoked chilli jam (Gluten)

Pressed potato, onion, and red pepper tortilla with saffron aioli (Egg)

Whipped vegan cream cheese and truffle oven roasted cherry tomato croustade (Gluten) (VE)

### FISH

Smoked Scottish mackerel rillette, horseradish cream, caviar, and dill blini (Fish, gluten, egg, milk)

Forman's & Sons salmon and dill cream cheese roulade, rye toast with keta caviar (Milk, fish)

Brixham crab and gruyere cheese tarts with lemon mayonnaise (Crustacean, milk, gluten, egg)

Sesame crusted king prawns, mango & sweet chilli dip (crustacean, sesame)

### NIBBLES

#### BAR SNACKS SET MENU

Mixed herb marinated olives (Sulphites) (VE)

Vegetable crisps (VE)

Japanese rice crackers (Sesame, soya) (V)

Cheese Picos (Milk, gluten, egg) (V)

**Price £5.50pp**



## SMALL BITES SET MENU

Price £29.50pp (minimum twenty-five covers)

### MEAT

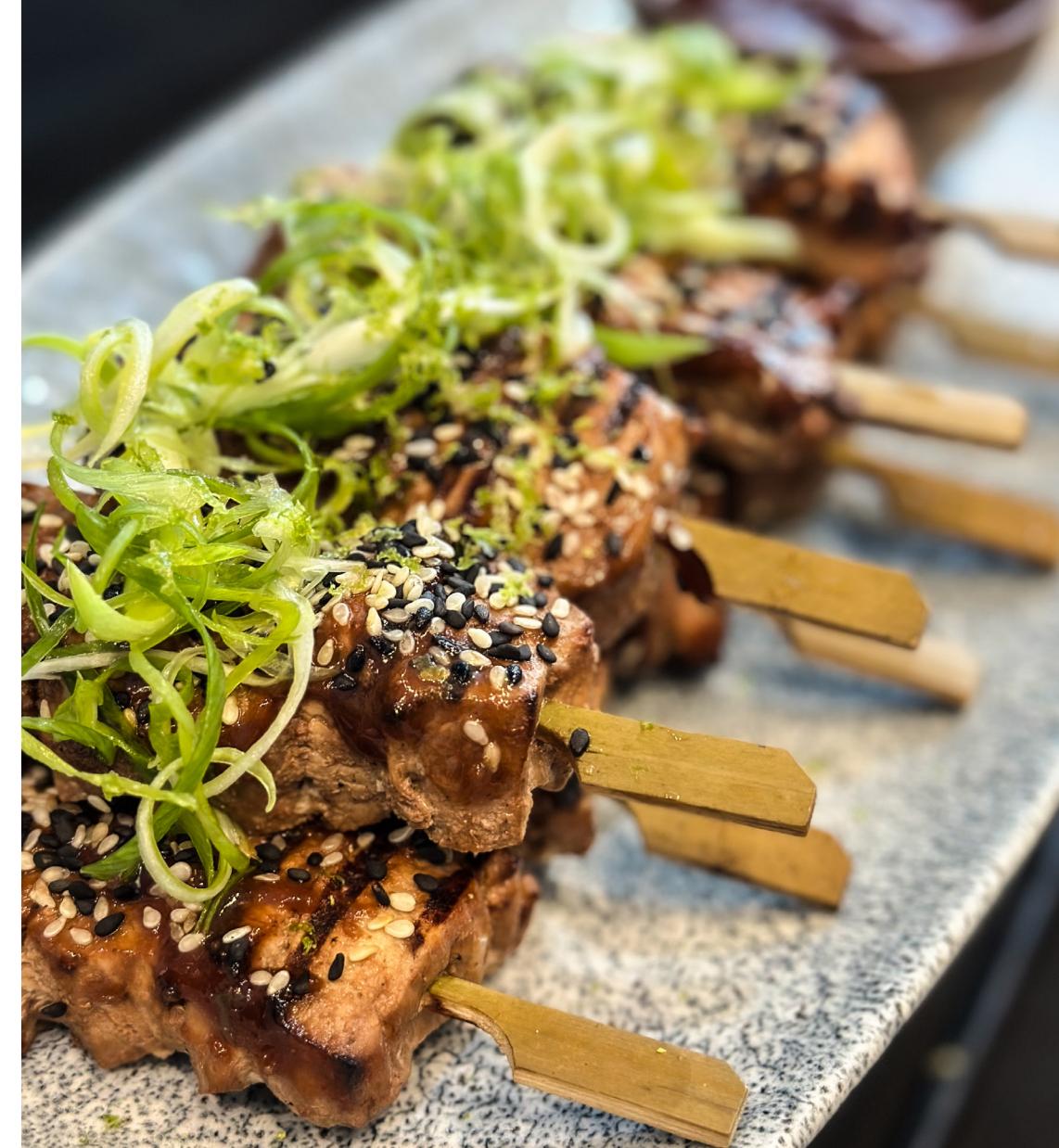
Chicken tandoori skewers with curry aioli (Egg, mustard)  
Beef Sliders served with applewood smoked cheese, tomatoes, and lettuce in a brioche bun (Gluten, egg, milk)

### FISH

Salmon satay skewers with lime & coriander emulsion (Fish, soy, egg)  
Breaded tiger prawns, cos lettuce, Maryrose sauce in mini brioche bun (Crustaceans, egg, milk, gluten)

### VEGETARIAN & VEGAN

Godminster cheddar cheese and beetroot quiche with chive cream cheese (Gluten, egg, milk) (V)  
Spicy vegetables gyoza, ponzu spring onion dipping sauce (Gluten, soy, sesame) (VE)  
Cucumber wedge, pesto, vegan cream cheese, sundried tomato, and mint (GF, VE)  
Mini vegetable samosas with lime pickle coconut yoghurt & coriander (Gluten, mustard) (VE)



## BOWL FOOD MENU

**Price £32.50pp (choice of four options, minimum twenty-five covers)**

### MEAT

Crispy braised lamb shoulder, baba ghanoush, pickled chilli and chimichurri sauce (Sulphites)

Grilled chicken, cos lettuce, shaved parmesan, soft quail egg, crouton with Caesar dressing (Milk, egg, gluten, mustard, fish)

Char sui pork belly, coconut rice, kimchi, furikake (Soya, sesame, egg)

### FISH

IPA battered cod, crushed peas, seaweed tartare sauce (Fish, gluten, egg, sulphites)

Sesame crusted tuna loin, Asian veg, spring onion and pickled red chilli (Sesame, fish, sulphites, soya)

Hot honey glazed Scottish salmon, pickled fennel with salsa Verde (Fish, sulphites)

### VEGETARIAN & VEGAN

Spiced falafel scotch egg with a sweet and sour beetroot chutney (Egg, gluten, sulphites, milk) (V)

Charred purple sprouting broccoli, houmous, harissa chickpeas, pomegranate molasses dressing (Sesame) (VE)

Heritage tomato, vegan mozzarella, pickled shallots, and focaccia croutons (Milk, sulphites, gluten) (VE)

### DESSERT - COLD

Lemon curd, Italian meringue, gluten free granola, candied lemon, and mint (Egg, milk) (V)

Vanilla pannacotta, macerated berries, shortbread (Milk, gluten, egg) (V)

Muscovado glazed pineapple, toasted coconut, mango puree (Sulphites) (VE)



## DRINKS

**Prices are charged per bottle:**

### SPARKLING WINE & CHAMPAGNE

Prosecco Azzilo  
Vauban Freres Brut Nv Special Cuve

**Price £25.50**  
**Price £40.00**

### WHITE WINE

El Zafiro Blanco, Spain  
Sauvignon Blanc Ruta 90, Chile  
Picpoul Du Pinot, France

**Price £15.75**  
**Price £21.00**  
**Price £21.00**

### RED WINE

El Zafiro Tinto, Spain  
Cabernet Sauvignon Ruta 90, Chile  
Primitivo Second Piano, Italy

**Price £15.75**  
**Price £21.00**  
**Price £21.00**

### ROSE WINE

Pinot Blush, Italy

**Price £15.75**

**Prices per 330ml bottle:**

### BOTTLE BEERS

Peroni  
Punk IPA  
Tiger

**Price £4.00**  
**Price £5.00**  
**Price £4.00**

**Prices per serving:**

### SOFT DRINKS

Coke, Diet Coke, Coke Zero  
Lemonaid  
Blood Orange or Passion Fruit & Ginger

**Price £2.75**  
**Price £3.25**

## NON-ALCOHOLIC WINE

**Prices charged per bottle:**

### PROSECCO

Nought sparkling Chardonnay Thompson & Scott

**Price £25.50**

### WHITE WINE

Bianco Alternativa Doppio Passo Botter Puglia

**Price £15.75**

### RED WINE

Rossa Alternativa Doppio Passo Botter Puglia

**Price £15.75**

### MOCKTAILS

Raspberry Bellini  
Passion Bellini  
Nojito  
Passion Fruit Sunrise  
Elderflower Spritz  
Mimosa

**Priced at £6.50 per cocktail**  
**(minimum of five cocktails of the same type)**

### NON-ALCOHOL BEER

Peroni 0.0% Alcohol

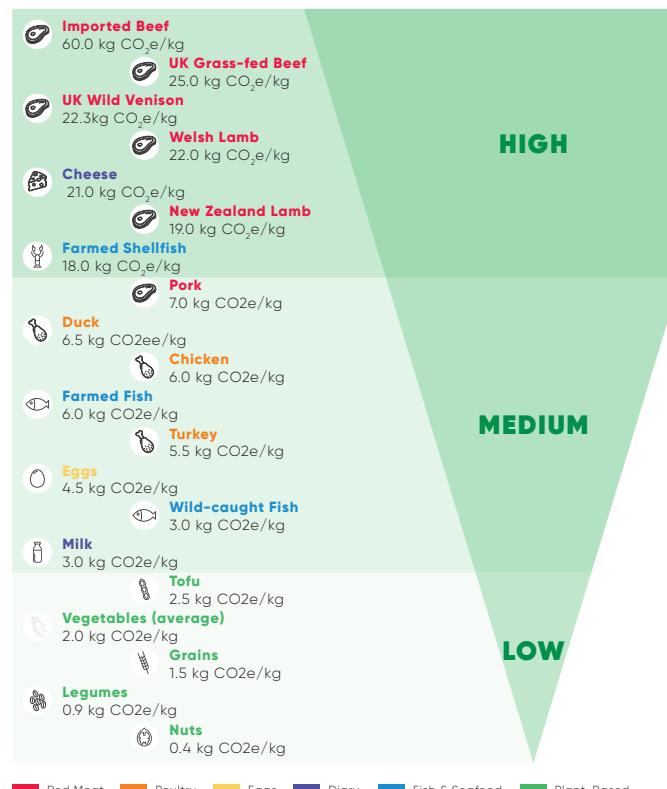
**Price £3.50 per bottle**

## CARBON LADDER

When choosing your menu, you may wish to reference the below carbon ladder for more sustainable choices.

# CARBON FOOTPRINT HIERARCHY OF FOODS

This diagram displays a carbon footprint hierarchy of foods, ranking them from highest to lowest CO<sub>2</sub>e emissions per kilogram.



**Note:** Carbon footprint values are based on average estimates from sources including Our World in Data, Poore and Nemecek (2018) and UK-based studies, and actual emissions can vary by production method, geography and supply chain. All values shown are based on the carbon footprint of producing and distributing 1 kilogram of each food, measured in kilograms of CO<sub>2</sub> equivalent (kg CO<sub>2</sub>e).

Our carbon footprint hierarchy helps guide customers to make conscious choices about the environmental impact of the food we eat.





HOUSTON & HAWKES

