

ROYAL COLLEGE OF PSYCHIATRISTS HOSPITALITY BROCHURE

AUTUMN & WINTER 2026/2027



HOUSTON & HAWKES





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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

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

Please note - all prices quoted within this brochure are inclusive of equipment hire, labour, and service costs, but do not include VAT.

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**

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, mint & citrus-infused water	£6.00pp
Tea, coffee, mint & citrus-infused water & biscuits	£6.80pp

SMOOTHIES AND COLD-PRESSED JUICES

Cold-pressed carrot, orange & ginger juice (VE)
Cold-pressed kale, apple, spinach & mint juice (VE)
Mango, coconut & passion fruit smoothie (VE)

£6.50 per litre (maximum of two choices)

FRESHLY SQUEEZED ORANGE OR PRESSED APPLE JUICE

£4.00 per litre

BREAKFAST AND LUNCH EXTRAS

Seasonal fruit platter (VE)	£3.65pp
Fresh fruit bowl (VE)	£2.50pp
Seasonal side salad (VE)	£2.25 per portion



BREAKFAST

SIMPLE BREAKFAST

A selection of mini Danish pastries (gluten/wheat/barley, egg, milk, soya, nuts/ almonds/hazelnuts) (V)

£1.50 per pastry

HOT BREAKFAST ROLLS

Smoked maple-cured bacon in a brioche roll (gluten/wheat)

Cumberland pork sausage in a brioche roll (gluten/wheat, sulphites)

St Ewe's free-range scrambled egg in a brioche roll (gluten/wheat, egg, milk)

Roasted Portobello mushroom, oven-dried plum tomato & baby spinach in a vegan brioche roll (gluten/wheat) (VE)

£3.75 each (maximum of two choices)



SANDWICH LUNCHES

All include hot beverages, crisps, fruit platter & water.

CLASSIC SANDWICH SET LUNCH

Peri-peri chicken, Greek yoghurt & baby leaf salad on white bread (gluten/wheat, milk, soya, sulphites)

Tuna Caesar, Parmesan & baby gem on wholemeal bread (gluten/wheat, egg, milk, fish, soya)

Fire-roasted peppers, whipped vegan cheese & mixed leaves on wholemeal bread (gluten/wheat, soya) (VE)

Mature Cheddar with Branston pickle on white bread (gluten/wheat, milk, soya, sulphites) (V)

£17.50pp

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

GOURMET SANDWICH SET LUNCH

Hot-smoked Chalk Stream trout & dill cream cheese in a mini sesame seed bagel (gluten/wheat, sesame, milk, fish)

Beetroot falafel, confit garlic, hummus, baby gem, gherkins & Kalamata olives in a tomato wrap (gluten/wheat, sesame, sulphites) (VE)

Beef pastrami, sauerkraut, baby leaf & mustard mayonnaise in a dark rye bloomer (gluten/rye/wheat, soya, sesame, sulphites, egg, mustard)

Mini baguette filled with St Ewe's free-range egg mayonnaise (gluten/wheat, soya, egg, sesame)

Barrel-aged feta, basil pesto, baby spinach & sun-blushed tomato focaccia (gluten/wheat, milk, sulphites)

£18.50pp

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

GLUTEN FREE OR BREADLESS LUNCH

Baby gem filled with roasted chickpeas, crispy onion & coconut tzatziki (sulphites) (VE)

Mini gluten-free brioche bun with prawns, Marie Rose sauce & shredded lettuce (crustaceans, fish, egg)

Oven-baked frittata with caramelised red onion, broccoli & Brie (egg, milk) (V)

Coronation chicken with mango, cos lettuce & fresh mint in a gluten-free wrap (egg, mustard, sulphites)

Crisp corn tostada with tomato & coriander salsa, smashed avocado & toasted sunflower seeds (sulphites) (VE)

£19.50pp

(Minimum of 10 covers)



HOT FORK BUFFET

Choose one meat option plus two others from the fish and vegan/vegetarian options + one dessert. (Over 50 attendees)

Choose one meat/fish option and one vegan/vegetarian options + one dessert. (Under 50 attendees)

£32.00pp

(Minimum 20 covers)

MEAT

Slow-cooked lamb, crushed herb & garlic potatoes, grilled artichokes, baby plum tomatoes & salsa verde (sulphites)

Za'atar-spiced chicken, toasted seeds, jewelled fruit couscous, nut-free romesco dressing, coriander & pomegranate (gluten/wheat)

Baked turkey & rosemary meatballs, roasted tomato sauce, courgettes, gluten-free gnocchi & Parmesan (milk)

FISH

Roast haddock, crushed herb & garlic potatoes, grilled artichokes, baby plum tomatoes & salsa verde

Chalk Stream trout, macaroni, three-cheese & chive sauce, roasted leeks & savoury crumble (gluten/wheat, fish, milk, egg)

Tiger prawn curry with coconut, lemongrass & stir-fried vegetables, served with saffron-steamed basmati rice (soya, sesame, crustaceans)

VEGETARIAN & VEGAN

Mac & cheese, BBQ jackfruit, crispy shallots & spring onion (gluten/wheat, milk) (Can be made vegan on request)

Zhoug-roasted butternut squash, crispy chickpeas, jewelled fruit couscous, nut-free romesco dressing, coriander & pomegranate (gluten/wheat)

Vegan chorizo, roasted root vegetable & butter bean cassoulet with saffron-steamed basmati rice (VE)

DESSERTS

Vegan frosted carrot cake (gluten/wheat, nuts) (VE)

Fresh fruit salad (VE)

Sticky toffee pudding with butterscotch sauce (gluten/wheat, egg, milk, sulphites)

Gluten-free New York baked cheesecake with passion fruit (nuts, milk, egg)



COLD FORK BUFFET

Choose one meat option plus two others from the fish and vegan/ vegetarian options + one dessert. (Over 50 attendees)

Choose one meat/fish option and one vegan/ vegetarian options + one dessert. (Under 50 attendees)

£25.50pp

(Minimum 20 covers)

MEAT

Rare roast beef, French beans, Puy lentils, marinated beetroot, orange & shaved fennel

Zhoug-roasted chicken, jewelled fruit couscous, nut-free romesco dressing, coriander & pomegranate (gluten/wheat)

Crispy duck, soya vegetable noodles, kimchi & wasabi mayonnaise (sesame, egg, sulphites, soya)

FISH

Sautéed tiger prawns, courgette, orzo pasta, cherry tomato, parsley, maple & lemon dressing (gluten/wheat, crustaceans)

Smoked haddock, new potatoes, spring onion, dill pickles, Greek yoghurt & baby spinach (fish, milk, sulphites)

Hot-smoked Chalk Stream trout, French beans, Puy lentils, marinated beetroot, orange & shaved fennel (fish, sulphites)

VEGETARIAN & VEGAN

Bocconcini, ratatouille vegetables, Genovese pesto pasta, toasted seeds & balsamic glaze (gluten/wheat, milk, sulphites) (V)

Sweet potato falafel, fregola, mint, pomegranate, charred Tenderstem broccoli & vegan 'nduja (gluten/wheat, sulphites) (VE)

Grilled artichokes & lemon-marinated courgettes, baby gem, pickled chilli & vegan feta (VE)

DESSERTS

Vegan frosted carrot cake (gluten/wheat, nuts) (VE)

Fresh fruit salad (VE)

Sticky toffee pudding with butterscotch sauce (gluten/wheat, egg, milk, sulphites)

Gluten-free New York baked cheesecake with passion fruit (nuts, milk, egg)



AFTERNOON CAKES SELECTION

Millionaire's ruby chocolate shortbread
(milk)

Orange & almond drizzle cake
(milk, egg, nuts/almonds)

Vegan frosted carrot cake
(gluten/wheat, nuts/pistachios) (VE)

£3.65pp

(Minimum 10 covers, menu items are subject to change.)



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.

£70.00pp (three courses)

£52.50pp (two courses)

(Minimum 6 covers)

STARTERS

Duck liver pâté, confit duck leg, toasted hazelnuts & orange gel (milk, gluten/wheat, nuts/hazelnuts, sulphites)

Smoked haddock, puffed quinoa, cauliflower purée, pickled shallots, quail's egg & mustard oil (egg, fish)

Whipped labneh & harissa-roasted aubergine, toasted hazelnuts & honey dressing (milk, gluten/wheat, nuts/hazelnuts, sesame, sulphites)

Chalk Stream trout gravlax, baby beetroot, horseradish & dill dressing, pickled shallots & crispy capers (fish, sulphites, milk)

Glazed baby parsnip tartlet, pickled wild mushrooms, chicory salad & pear chutney (gluten/wheat, sulphites) (VE)

MAINS

Treacle-glazed beef cheek, pistachio crumb, pomme purée, roasted sandy carrot & blackcurrant jus (gluten/wheat, sulphites, nuts)

Pan-roasted Chalk Stream trout, honey-glazed salsify, Jerusalem artichoke purée, samphire & fennel salsa (fish, sulphites)

Roasted spiced delicata pumpkin, Bombay mix, coconut curry sauce, fondant aloo & tempura okra (gluten/wheat, sulphites, nuts) (VE)

Scottish grilled hake fillet, olive oil mash, braised leeks, parsley & mussel cream sauce (fish, sulphites, milk, molluscs)

Free-range Sutton Hoo chicken, grilled king oyster mushroom, cavolo nero, fondant potato & roast chicken jus (sulphites, soya, celery, milk)

Cacio e pepe tortellini, charred Tenderstem broccoli, pistachio & lemon pesto, toasted sunflower seeds (gluten/wheat, egg, milk, nuts)

DESSERTS

Blackcurrant trifle, vanilla custard, polenta sponge, blackcurrant jelly & Chantilly cream (milk, egg)

Dark chocolate mousse, salted honeycomb & chocolate cookie crumble (gluten/wheat, egg, milk, soya)

Lime & maple-roasted pineapple, coconut sorbet, mango purée & toasted mango (VE)

Baked treacle tart with clotted cream ice cream (gluten/wheat, egg, milk, sulphites)

Selection of British cheeses with chutney & biscuits (milk, gluten/wheat, celery)

Seasonal fruit platter (VE)



CANAPES

£23.00pp (four choices, minimum 50 covers)

£28.00pp (six choices, minimum 50 covers)

MEAT

Ham hock terrine, Bramley apple purée on a rye crostini (gluten/wheat, rye, mustard, sulphites)

Korean crispy chicken, kimchi mayonnaise & furikake (soya, sesame, sulphites)

Lamb, feta & Kalamata olive sausage roll with honey harissa (gluten/wheat, milk, sulphites)

Mini brioche beef burger, secret sauce & American cheese (milk, mustard, sulphites)

FISH

Chalk Stream smoked trout, keta caviar, crème fraîche & blini (fish, gluten/wheat, egg, milk)

Smoked haddock kedgeree quail Scotch egg with mustard mayonnaise (fish, gluten/wheat, egg, milk, sulphites, mustard)

Lemon & chive-dressed Cornish crab, bisque mayonnaise in a tomato cone (crustaceans, gluten/wheat, nuts, soya, sulphites)

Nori-cured Scottish salmon, pickled ginger & wasabi mayonnaise (fish, mustard, egg, sulphites, soya, sesame)

VEGETARIAN & VEGAN

Spanish tortilla, caramelised onion & fried potato with black garlic aioli (egg, milk) (V)

Mini quiche with confit leeks, Colston Bassett Stilton & fig chutney (milk, egg) (V) (GF)

Crisp plum & sweet chilli tofu, peanut satay & pickled chilli (nuts/peanuts, soya, sesame, sulphites) (VE)

Spiced aubergine caviar, coriander & coconut yoghurt, mango chutney in a spinach cup (gluten/wheat) (VE)



GRAZING BOARDS

£27.50pp

(Minimum 20 covers, choose three from the four options)

FROM THE RIVER TEST

Chalk Stream trout, hot-smoked, gravlax & pâté, with blinis, seeded crispbread, capers, cream cheese & dill (gluten/wheat, sesame, fish, milk, sulphites)

CURED & COOKED MEAT CHARCUTERIE

Salami Milano, pastrami, mini chorizo, prosciutto, baby gherkins, pico de gallo, mixed marinated olives & grilled pitta bread (gluten/wheat, sesame, sulphites)

VEGETARIAN & VEGAN

Chargrilled courgette, piquillo peppers & artichokes, sweet potato falafel, confit garlic hummus, mini quiche with confit leeks & Colston Bassett Stilton, pico de gallo, mixed marinated olives & grilled pitta bread (gluten/wheat, sesame, milk, egg, sulphites)
(More vegan options available on request.)

BRITISH CHEESEBOARD SELECTION

Barbers Farmhouse Mature Cheddar, Colston Bassett Stilton & Sussex Brie, fig chutney, chilli jam, celery, seeded crispbread & Peter's Yard sourdough crackers (gluten/wheat, sesame, sulphites)

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)

£5.50pp



DRINKS

Prices are charged per bottle:

SPARKLING WINE & CHAMPAGNE

Prosecco Azzilo	£25.50
Vauban Freres Brut Nv Special Cuve	£40.00

WHITE WINE

El Zafiro Blanco, Spain	£15.75
Sauvignon Blanc Ruta 90, Chile	£21.00
Picpoul Du Pinot, France	£21.00

RED WINE

El Zafiro Tinto, Spain	£15.75
Cabernet Sauvignon Ruta 90, Chile	£21.00
Primitivo Second Piano, Italy	£21.00

ROSE WINE

Pinot Blush, Italy	£15.75
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Prices per 330ml bottle:

BOTTLE BEERS

Peroni	£4.00
Punk IPA	£5.00
Tiger	£4.00

Prices per serving:

SOFT DRINKS

Coke, Diet Coke, Coke Zero	£2.75
Lemonaid	
Blood Orange or Passion Fruit & Ginger	£3.25

NON-ALCOHOLIC WINE

Prices charged per bottle:

PROSECCO

Nought sparkling Chardonnay Thompson & Scott	£25.50
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WHITE WINE

Bianco Alternativa Doppio Passo Botter Puglia	£15.75
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RED WINE

Rossa Alternativa Doppio Passo Botter Puglia	£15.75
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MOCKTAILS

Raspberry Bellini
Passion Bellini
Nojito
Passion Fruit Sunrise
Elderflower Spritz
Mimosa

£6.50 per cocktail

(Minimum of five cocktails of the same type)

NON-ALCOHOL BEER

Peroni 0.0% Alcohol	£3.50 per bottle
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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 CO₂e emissions per kilogram.

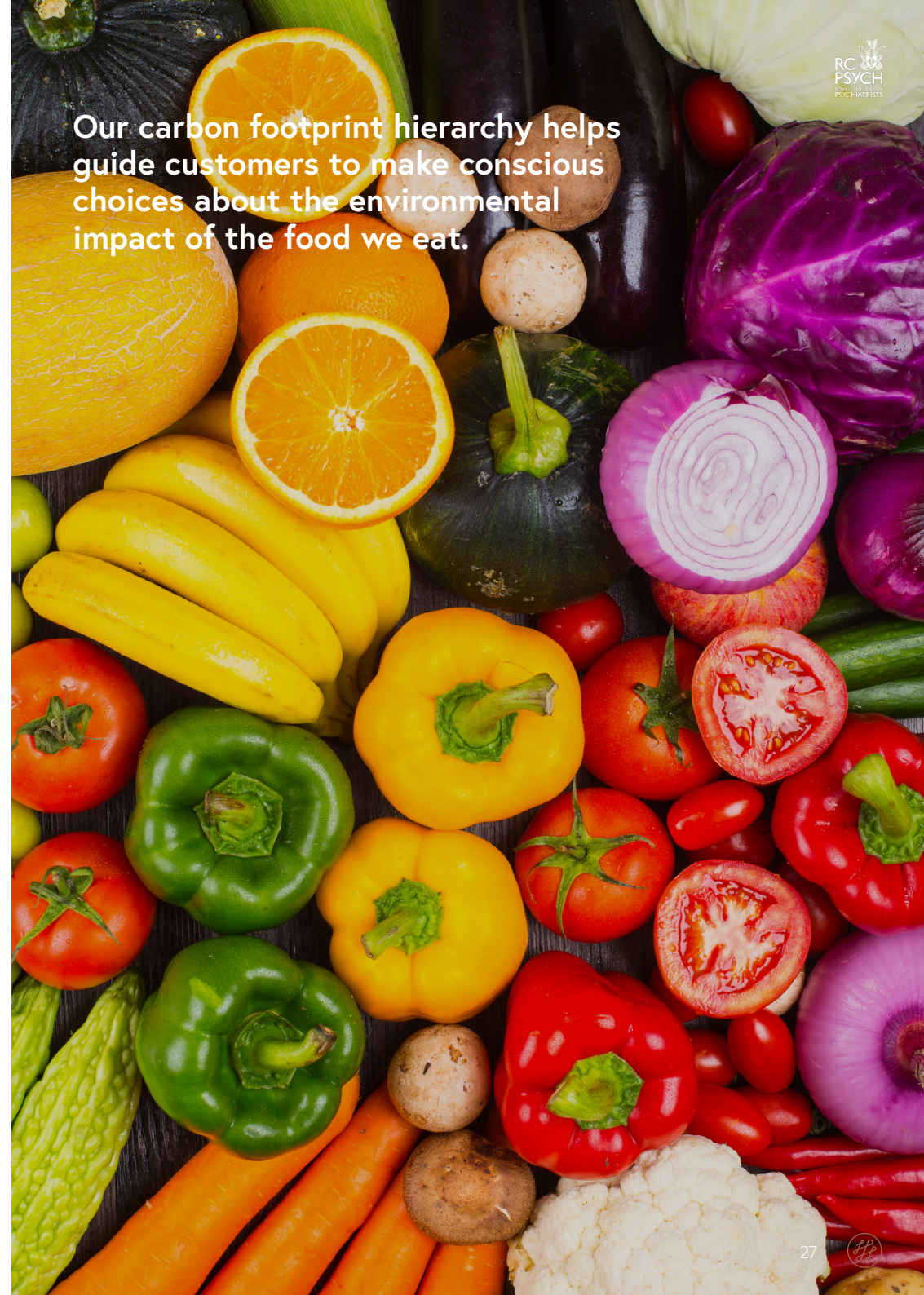


Red Meat Poultry Eggs Dairy Fish & Seafood Plant-Based

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 CO₂ equivalent (kg CO₂e).



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



GOOD FOOD. REAL IMPACT.

At Houston & Hawkes we believe catering should do more than taste good. It should do good too. From thoughtful sourcing and lower carbon menus to supporting our people and giving back to our communities, every decision is made with purpose. Because when we serve great food, we want the impact to be just as meaningful.



1. UK'S FIRST B CORP CERTIFIED CONTRACT CATERER

The first contract caterer in the UK to achieve B Corp status, meeting the highest standards of social and environmental performance, transparency and accountability.



2. 90%+ LOCAL & INDEPENDENT SOURCING

Over 90% of our food is sourced locally and independently, cutting food miles and backing British growers, makers and SMEs.

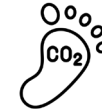


Certified



Corporation

This company meets the highest standards of social and environmental impact



3. 21% REDUCTION IN CARBON EMISSIONS + NET ZERO BY 2040

Reduced CO2e by 21% year on year and committed to Net Zero by 2040, 10 years ahead of the UK target.



4. 47%+ SPEND WITH DIVERSE & ETHICAL SUPPLIERS

Nearly half of our total supplier spend goes to social enterprises, SMEs and diverse owned businesses.



5. 50,000 SCHOOL BREAKFASTS FUNDED

Through our partnership with Magic Breakfast and our coffee contribution scheme, we've now funded 50,000 nutritious breakfasts for children at risk of starting the day hungry.



HOUSTON & HAWKES

