



RSA | COMPANY
OF COOKS



AUTUMN / WINTER
OCTOBER 2024 — MARCH 2025



RSA HOUSE

Welcome to RSA House

Home to the Royal Society for the Encouragement of Arts, Manufactures and Commerce, which has been at the forefront of significant social impact for 270 years, where world-leading ideas are turned into world-changing actions. Just a few paces from Whitehall, Strand and Trafalgar Square, every day the building is buzzing with a mix of events, debates and innovative thinking.

Designed by the Adams brothers in 1774, this Georgian townhouse has extensive heritage and history, literally etched into the walls, providing an inspiring venue for any occasion. RSA House seamlessly combines original period architecture with modern design and technology in 11 versatile event spaces to create a truly memorable backdrop for any event, all year round.

Additionally, The Coffee House, which also boasts a rich history, is a space open to all visiting RSA House, offering a place to work, collaborate and meet like-minded people. Throughout the day, a delicious breakfast and lunch menu is available, alongside hot drinks, soft drinks and snacks. Food is sourced locally from suppliers from our own London Larder, and there are initiatives in place aligned with the RSA's mission.

All the profits generated through food, beverage and venue hire sales support the RSA's work and charitable mission, for a more resilient, rebalanced, and regenerative future.

Executive Chef Brian Fantoni leads the kitchen team and is proudly responsible for the delivery of exceptional food experiences at RSA House. Not afraid to push boundaries, Brian plans and develops all his own menus with attention to detail, ingenuity and imagination. Everything is ethically sourced and produced.



We're more than just a company of cooks

We're in every detail of your event, from artisanal snacks and incredible canapes to memorable dinners, and from hand-picked wines to stylish design.

Everything is overseen by our amazing team of chefs, wine experts, event sales teams, and operators to ensure your experience stands out. Getting to know you and your plans gives our team the power to craft moments and memories that last.

Our obsession with craft, creativity, and community drives everything we do, because we believe that amazing food, drink, and service sit at the heart of every guest experience. When these three elements come together, something very special happens.

See more of what we do by visiting www.companyofcooks.com or simply click to watch the video above.





Our commitments to people, place and planet

In short, we are committed to providing great food, drink, and service that has a meaningful and lasting impact on the people and places we work with and for – all the while safeguarding the planet for future generations.

Our focus as a business is bringing handcrafted food and drink to the table each and every day while simultaneously supporting the communities we work with. Employment opportunities for local people, sourcing from our hand-picked larder of artisan suppliers, and an absolute focus on minimising the impact of our operations on the planet are key objectives of every partnership.

Our commitment is clear throughout this menu brochure: we are proud to exclusively offer the very best in British meat and cheeses. None of our fresh produce is transported by air freight, and the fish we purchase and serve will be rated MCS 1, 2, or 3. As a wider business, we aim to be net zero by 2040.

London Larder

We've built an incredible London larder of boutique suppliers who share our belief in craft and the importance of quality and provenance. We'll be calling on some of our brilliant local partners to help create something amazing for your next event!

Our suppliers

1. Paul Rhodes Bakery
2. Union Coffee
3. Cobble Lane Cured
4. Luminary Bakery
5. The Wild Room
6. Paxton & Whitfield
7. Sally Clarke Bakery
8. Belazu
9. London Essence
10. Ellis Wines
11. H. Forman & Son
12. HG Walter
13. Waste Knot
14. The London Honey Company
15. James Knight of Mayfair
16. London Borough of Jam
17. Brindisa
18. Smith & Brock
19. Wild Harvest
20. Ridgeview Wine



A cake that makes a difference

We're proud to partner with
Luminary Bakery

A social enterprise that creates an innovative response to help socially and economically disadvantaged women by investing in and empowering them to realise their dreams. Through training, employment, and community, they aim to break cycles of poverty, violence, and disadvantage once and for all.

Luminary Bakery offers spectacular cakes for all occasions which can be ordered via our team and delivered directly to your event.

LUMINARY  BAKERY





Well Grounded

Company of Cooks supports Well Grounded in their mission to help Londoners enter the speciality coffee industry, providing barista training and qualifications, work placements, mentorship, and employment to those who need it most.

It also supports farmers and cooperatives in Peru via the Union Direct Trade sourcing initiative, ensuring that a fair price is paid for this special coffee so that the communities at both ends of the supply chain benefit.



[Click here](#)

Watch our Community video to learn more about our Community blend and our partnership with Union and Well Grounded.



UNION

HAND-ROASTED
COFFEE





BREAKFAST

Breakfast

The morning bakery selection and breakfast baps menus are served with our freshly brewed Community Blend coffee, English breakfast tea and a selection of herbal infusions.

MORNING BAKERY SELECTION

A selection of freshly baked mini-Danish pastries and croissants.

£8.50 (minimum 10 guests)

BREAKFAST BAPS

A selection of soft white, wholemeal, seeded baps.

Please choose two and we will serve 50% of each.

Soy-glazed tofu, tomato, sesame mayonnaise (VE)

Dry-cured back bacon and homemade tomato ketchup

Cumberland sausage with classic HP sauce

£10.00 (minimum 10 guests)

SMOOTHIES

Served in mini milk bottles. Please choose one.

Strawberry, banana, London Honey with chia seeds

Mango, coconut ginger and passionfruit

Kale, cucumber, apple, spinach and ginger

£5.50 (minimum 20 guests)

V – Vegetarian, VE – Vegan

For those with special dietary requirements or allergies who wish to know about the food and drink ingredients used, please ask the Event Coordinator.

All prices are per person and exclude VAT.

Please note that our menu offerings are subject to seasonal availability and may change.



Breakfast

A LA CARTE BREAKFAST ITEMS

Minimum 10 guests per item (fruit skewers minimum 20 guests)

Coconut yoghurt, maple roasted oats, pomegranate, zested lemon (VE)	£7.50
Sourdough toast, cashew butter, toasted seeds (VE)	£6.50
Brioche, cream cheese, nori-marinated carrots, watercress, capers (VE)	£7.50
Scottish oat and coconut bircher, burst blueberries, sunflower seeds (VE)	£7.50
Toasted banana bread, chia and raspberry jam, maple butter (V)	£6.50
Greek yoghurt, berry compote, gluten-free granola (V)	£7.50
Rainbow fruit skewers, agave syrup, coconut crumble (VE)	£8.00

V – Vegetarian, VE – Vegan

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Tea, coffee and soft drinks

Our teas include a selection of classic, fruit, herbal and organic teas. Our coffee comes freshly brewed with our own hand-roasted Community Blend, sourced by Union, benefitting Well Grounded as they transform lives through coffee.

Tea and coffee	£4.50
Tea, coffee and biscuits	£5.00
Tea, coffee and market selection of cakes	£8.00
Still and sparkling mineral water (750ml)	£4.50
Freshly squeezed orange juice (per litre)	£15.00
Cranberry juice (per litre)	£7.50
Homemade lemonade (per litre)	£15.00
Sparkling elderflower (per litre)	£10.00
Soft drinks (330ml can)	£3.50
Still water infused with seasonal Fruits or herbs (6 litres serves 25 guests)	£19.00

Community blend

Every cup of coffee we serve is our Community Blend – sourced and hand-roasted by Union in East London. This delicious coffee is grown at high altitude in the hills of Peru by a group of 300 smallholder farmers.

£2 is donated to Well Grounded for every kilo purchased, meaning every sip is helping someone in London find employment and a sense of purpose – while in Peru Union's Direct Trade model means farmers are receiving a fair price for this fabulous coffee.

UNION
HAND-ROASTED
COFFEE





DELEGATE PACKAGES

DAY DELEGATE CATERING PACKAGE

The idea of **fuelling not feeding** is a concept that will appeal to many of our clients who want to book full-day packages. Guests who have breakfast, lunch and sugary snacks during all-day conferences will often feel sluggish and tired as the day goes on. This, in turn, means that concentration levels and focus can drop. Our package will **fuel your guests**, keeping them **revitalised, fresh** and **engaged** throughout the day.

Fuel your delegate's potential with our fantastic day delegate package, including a diverse range of options using **quality** fresh ingredients and **sustainable** products.

Why not have a **healthy** swap and choose fresh apples in the afternoon? You know what they say, 'an apple a day keeps the doctor away...'

£70.00 (minimum 20 guests)

PACKAGE INCLUDES:

Arrival refreshments

Fuel the start of the day with a selection of freshly baked goods, individual yoghurt and granola pots, and fresh fruit bowl

Mid-morning refreshments

Energise your morning with raw vegan flapjack and/or date, chia seed, coconut energy balls

Lunch

Feed yourself at lunchtime with our delicious market choice hot fork buffet (to include two main dishes, market choice)

Afternoon refreshments

Rejuvenate your afternoon with some treats, including a selection of mini cake bites

Freshly brewed Union coffee, English breakfast tea and a selection of herbal infusions will be served throughout each break.

V – Vegetarian, VE – Vegan

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DAY DELEGATE CATERING PACKAGE CONT ...

ENERGISE YOUR ELEVENSES OR REJUVINATE YOUR AFTERNOON BY ADDING:

Our signature granola. Scottish oats, strawberry compote, sunflower seeds,
low-fat yoghurt and London Honey (V) **£7.50**

Scottish oats, honey and ginger flapjack (VE) **£5.50**

Date, chia seed, lemon and coconut energy balls (VE) **£5.50**

Seasonal fruit muffin (V) **£5.50**

Smoothies in mini milk bottles (please choose one of the below) **£5.50**

- Strawberry and banana with chia seeds (VE)
- Mango, coconut ginger and passionfruit (VE)
- Kale, cucumber, apple, avocado and mint (VE)

Minimum 20 guests per item.

V – Vegetarian, VE – Vegan

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A close-up photograph of a gourmet salad. The salad features sliced salmon, cherry tomatoes, almonds, dill, and green leafy vegetables. The ingredients are arranged in a visually appealing manner, with the salmon slices being the central focus. The cherry tomatoes are bright red, and the almonds are light brown. The dill is fresh and green, and the leafy vegetables are a vibrant green. The background is a soft, out-of-focus white, which makes the colors of the salad stand out. The word "LUNCH" is written in white capital letters across the center of the image.

LUNCH

Lunch

L O N D O N L A R D E R B U F F E T

A buffet of seasonal dishes full of ingredients and products from our London Larder, a selection of some of the finest suppliers and food producers that London has to offer

£36.00 (25 guests minimum)

English crudité vegetables, classic humus, grissini sticks (VE)
Cobble Lane cured meats, cornichons, pickles
H Forman's London smoked salmon, treacle cure, capers, & dill
Chunky fattoush salad fried pita bread, lemon dressing (VE)
Old spot sausage rolls with British Nduja
Sweet potato falafel, dill & coconut yoghurt (VE)
Smoked haddock croquette, romesco mayo
Duck, chicken and pistachio terrine, RSA grape chutney
Rosemary focaccia, Maldon salt, balsamic, virgin olive oil (V)
-
Salted caramel and chocolate tart

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Lunch

F O R K B U F F E T L U N C H

£41.50 (minimum 20 guests)

Available for daytime and evening events.

Our fork buffet menus are designed to be enjoyed while standing up, allowing your guests to mingle and network. All buffets comprise three main dishes, including a vegetarian option with accompanying side dish, seasonal salads and one dessert. All served with artisan bread and butter.

Why not let our Executive Chef choose your menu for a slightly better price of £37.00 per person? Please advise us of any dietary requirements.

For seated fork buffets, a supplement charge of £7.00 per person applies to cover service and linen. Please check with your event coordinator if you have adequate space for a seated buffet.

Buffet 1

Baked salmon, stir-fried bok-choy, soy dressing, sesame

Chicken, orzo, parmesan, parsley

Mixed lentil 'Tarka' daal, spinach, vegan yoghurt, coriander (VE)

Potato and spring onion salad, mayonnaise, fresh herbs (V)

Market choice seasonal salad

-

Dark chocolate brownie, whipped cream

V – Vegetarian, VE – Vegan

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Lunch

FORK BUFFET LUNCH CONT ...

Buffet 2

Roast fillet of cod, stem broccoli, spicy chimichurri salsa
Braised pork shoulder, creamy mushroom stroganoff
Butterbean stew, tomato, peppers, aubergine, parsley (VE)
Beetroot and watercress salad, shaved fennel, dill dressing (V)
Market choice seasonal salad
-
Lemon and passionfruit tart

Buffet 3

Smoked haddock croquette, French beans, garlic, oregano
Slow cooked beef, steamed rice, shallot, chilli, coriander
Potato gnocchi, red pepper pesto, baby spinach (V)
Wild rocket and chicory salad, flaked Twineham Grange cheese (V)
Market choice seasonal salad
-
Banoffee pie tart, cocoa, cream

Lunch

WORKING LUNCH

£32.00 (12-60 guests)

Our working lunch menu is the perfect option for when time is of the essence and you need to work straight through.

Please choose three sandwiches and two salads.

Sandwich selection

Severn & Wye smoked salmon bagel, lemon and dill cream cheese

Coronation chicken, spiced mayo, chutney, cucumber and lettuce

Free range egg mayonnaise and cress (V)

Mexican bean, sweetcorn, avocado, salsa picante (VE)

Gluten free cheddar 'Ploughman's' tomato and Branston pickle (GF)

Future 50 Plant-Based Salads (VE)

The Future 50 Foods is a diverse collection of foods from across the globe that were carefully chosen with an important goal - healthier people and a healthier planet.

Chunky fattoush salad fried pita bread, lemon dressing

Charred courgette, couscous, raisin, sunflower seeds

Harissa rubbed cauliflower, tabouleh wheat, coriander

Red cabbage, bean shoots & carrot slaw, vegan mayo

Smoky tofu, cucumber, pickled daikon, ginger, coriander, sesame

Roasted pumpkin, feta cheese, baby spinach, pesto

WHY NOT ADD...

Paxton and Whitfield British cheese and crackers, grape chutney

£10.50

Seasonal individual cakes **£5.00**

An extra round of sandwiches **£8.00**

Or opt for market choice selection of sandwiches

£22.00 (6-60 guests)

Includes one-and-a-half rounds of sandwiches with market choice of up to five fillings, Tyrrells Crisps, rice crackers or crispbreads and a seasonal fruit bowl.

V – Vegetarian, VE – Vegan

For those with special dietary requirements or allergies who wish to know about the food and drink ingredients used, please ask the Event Coordinator.

All prices are per person and exclude VAT.

Please note that our menu offerings are subject to seasonal availability and may change.

Nibbles

MARKET CHOICE SIGNATURE NIBBLES SELECTION

£8.50 (minimum 10 guests)

Chef will choose four items which will be served and displayed across the bar and poseur tables.

Sample nibbles include:

Belazu pistou olives (VE)

Salted crispy giant corn (VE)

Cajun spiced popcorn (VE)

Sweet and salty Cornish sea-salt popcorn (VE)

Vegetable and kale crisps (VE)

Sea salt crisps (VE)

Wasabi peas (VE)

Pecorino and black pepper picos (V)

Rose harissa roasted nuts (VE)

V – Vegetarian, VE – Vegan

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A close-up photograph of a person's hand holding a small, round, golden-brown fried canapé topped with a red sauce and green garnish. The hand is positioned over a white marble tray filled with several other canapés. The tray contains three larger fried canapés, a row of five smaller canapés with a white base and brown sauce, and several small appetizers with red and green garnishes. The background shows a person wearing a brown and white checkered blazer. The text "CANAPÉ RECEPTION" is overlaid in white on a semi-transparent dark band across the center of the image.

CANAPÉ RECEPTION

Canapé reception

Our canapés are delicious bite-sized delights and perfect for a pre-dinner selection or drinks reception. **Minimum 20 guests.**

Available for evening events only.

6 market choice **£21.00**

8 market choice **£26.00**

Sample menu includes:

P L A N T - B A S E D

Fried polenta, vegan kimchi (VE)

Sweet potato falafel, dill & coconut yoghurt (VE)

Pea & broad bean tartlet, lemon, fresh herbs (VE)

V E G E T A R I A N

Smoky aubergine tartlet, feta, coriander (V)

Hasselback potato, creme fraiche, caviar, dill (V)

Whipped goat's cheese, RSA fruit chutney, basil (V)

Porcini mushroom arancini, Twineham Grange cheese (V)

V – Vegetarian, VE – Vegan

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All prices are per person and exclude VAT.

Please note that our menu offerings are subject to seasonal availability and may change.

Recommended sparkling wine pairing: Ridgeview Bloomsbury, Sussex

Canapé reception cont...

F I S H

Smoked salmon mousse, moulis, sour cream, parsley
Salt-cod & potato croquettes, romesco mayonnaise
Forman's maple cured salmon, pickled quince, herb cress

M E A T

Smoked ham hock tartlet, Colman's Mustard
Korean fried chicken, spicy mayonnaise
Pork belly skewer, smoked paprika yoghurt
Hoi-sin duck cones, watercress, sesame

F E E L I N G H U N G R Y ?

Enhance your canapé menu by adding our tray served sliders.

£8.50 per person, per slider. Minimum 50 guests.

We will serve 50% of each of the below items.

Shawarma chicken bap

Tofu vegan kimchi bap

D E S S E R T

Caramelised apple & calvados, coconut cream (VE)
Chocolate brownie, peanut butter, jelly
Lemon meringue pie
Mixed macaroon whipped flavoured buttercream
Blackberry & cream 'cornetto'

V – Vegetarian, VE – Vegan

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A top-down view of a white ceramic bowl filled with a light-colored, creamy soup. The soup is garnished with several round, yellow, translucent dumplings, some of which are sliced in half to reveal a green filling. Interspersed among the dumplings are several thin, white, rectangular strips, likely made of tofu or a similar protein. The bowl is set on a white, textured surface. To the left of the bowl, two large, dried, yellow-orange autumn leaves are visible. In the bottom right corner, a portion of a dark red, textured leaf is also visible. A semi-transparent horizontal band is overlaid across the center of the bowl, containing the text "BOWL FOOD".

BOWL FOOD

Bowl Food

Our bowl food and small plates are mini meals served from a combination of circulated trays and static buffet points depending on numbers, allowing guests to circulate and network.

Available for evening events only.

Minimum 40 guests. Available for evening events only.

4 market choice **£33.00**

Additional bowls (maximum two extra) market choice **£7.00 per additional bowl**

Please note our chef will choose your menu, which will include one item of each of the savoury categories. Please let your sales contact know if you would like one of these to be a dessert item. Sample menus below.

P L A N T - B A S E D

Miso aubergine puree, courgette, kale, dried cranberry, lemon dressing (VE)

Ajo blanco almond soup, chervil, fried flaked almonds (VE)

Smoked tofu salad, teriyaki bean shoots, sesame dressing (VE)

Radicchio salad, orange, kale, hazelnuts, pomegranate molasses (VE)

V – Vegetarian, VE – Vegan

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All prices are per person and exclude VAT.

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Bowl food cont...

VEGETARIAN

Baby mozzarella, beetroot, watercress, aged balsamic (V)

Potato gnocchi, spinach & ricotta, grated parmesan (V)

Roasted pumpkin tortellone, sage butter sauce (V)

Fennel, creamy chickpea, sunflower seeds, paprika (V)

FISH

Smoked trout, celeriac, grain mustard mayonnaise, chives

Thai fish curry, lime leaf, coconut milk, palm sugar

Hot smoked salmon, potato, capers, dill

Cod, sweetcorn, chorizo, chilli, coriander

MEAT

Torn-chicken salad, beans, sweet chilli, lemon grass

Braised beef chimichurri, coriander

Hoi-sin duck leg, cucumber, sesame, watercress

Keema lamb, peas, yoghurt, poppadum

DESSERT

Caramelised apple & calvados, coconut cream, toasted coconut (VE)

Exotic 'eton mess' meringue, cream, mango

Chocolate brownie, diplomat cream

Vanilla panna cotta, cherry compote, crushed amaretti biscuits

Banoffee cheesecake, banana, cocoa

V – Vegetarian, VE – Vegan

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THREE-COURSE MENU

Three-course menu

Select one starter, one main, one dessert

£65.00 (Minimum 20 guests)

Or let our chef choose your menu for a better price of £63.00.

Available for evening events only.

Please choose one starter, one main course and one dessert for the group. You will be required to advise us of all dietary requirements at least 10 working days prior to your event (this also applies if you opt for a market choice menu).

With your list of dietary requirements, our Executive Chef will create a separate menu to cater for these guests.

Please see our three-course menu options over the page.

FEELING HUNGRY?

Add market choice canapes to enjoy during your pre-dinner drinks reception.

4 market choice canapes **£18.00**

V – Vegetarian, VE – Vegan

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All prices are per person and exclude VAT

Please note that our menu offerings are subject to seasonal availability and may change.



Three-course menu

Select one starter, one main, one dessert

S T A R T E R S

Plant-based

Beetroot 'Tartare', vegan feta, crispy capers, horseradish (VE)

Pressed layered vegetables, seasonal leaves, smoky red pepper dressing (VE)

Vegetarian

Celeriac fondant, leek & potato velouté, chives (V)

Woodland mushrooms, winter leaves, garlic mayonnaise, parmesan crisp (V)

Buffalo mozzarella, beetroot puree, watercress, herb oil (V)

Whipped goat's cheese, chicory, tomato, olives, wild rocket pesto (V)

Fish

Forman's beetroot cured salmon, cucumber, tapioca crisp, lemon mayonnaise

Hoisin yellow tail tuna, Japanese moolis, shiso leaves, sesame, lime

Meat

Ham hock & parsley terrine, piccalilli, winter leaves

Spiced duck rilette, brioche croutons, RSA grape chutney

V – Vegetarian, VE – Vegan

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Three-course menu

Select one starter, one main, one dessert

MAIN

Plant-based

King oyster mushroom, cepe puree, shaved celeriac, roast shallots, herb oil (VE)

Miso baked aubergine, broccoli, pumpkin puree, watercress, toasted buckwheat (VE)

Vegetarian

Tortelloni with roasted pumpkin, burnt butter, lemon, sage (V)

Cassoulet of mixed beans, herb breadcrumbs, winter greens, dijon mustard aioli (V)

Fish

Roast halibut, cauliflower puree, pickled shallots, parsley sauce (**£5.00 supplement**)

Steamed fillet of Scottish salmon, pink fir potato, caper, tomato, olives

Baked fillet of cod, lentils, palourdes clams, turnip puree, red wine jus

Meat

Roast chicken breast, fondant potato, Jerusalem artichoke puree, wild mushrooms, Madeira sauce

Slow-cooked pork belly, winter greens, smoked apple sauce, grain mustard, cider cream

Braised blade of beef, confit potato, pickled walnut, horseradish cream

Slow-cooked haunch of venison, braised red cabbage, sweet potato puree, fried cavolo nero, juniper sauce (**£7.00 supplement**)

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Three-course menu

Select one starter, one main, one dessert

DESSERT

Vegan chocolate & raspberry ganache, honeycomb, berries, raspberry coulis (VE)

Oat milk & tonka bean panna cotta, blackberries, vegan meringue (VE)

Vanilla whipped cheesecake, mango & passionfruit, crumble, lemon-balm cress

Milk chocolate moussecake, seasonal fruit compote, vanilla whipped cream

Fig & almond frangipane tart, whipped mascarpone, toasted almonds

Lincolnshire poacher, homemade grape chutney, crackers **(£5.00 supplement)**

Our three-course menu is served with Union coffee and petits fours

V – Vegetarian, VE – Vegan

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FOOD STATIONS

Food stations

FOOD STATIONS

Food stations offer a creative alternative to larger receptions, as well as a great alternative to a traditional seated lunch or dinner. Our Executive Chef Brian Fantoni has developed these themed menus and food stations from around the world. Some suggestions are given here, but we have many more ideas to suit your event, please just ask.

Minimum 50 guests. Available for evening events only.

Two food stations **£60.00**

V – Vegetarian, VE – Vegan

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Food stations

Sample food stations include:

Sushi and sashimi selection

A selection of fish, cooked and vegetarian sushi and raw sliced Sashimi. Pickled ginger, soy, wasabi paste.

Dirty Burger Station

Guilty pleasures, full-on 'Dirty Burgers' with all the trimmings for when you're ready to cut lose and let your hair down!

Indian Bonda Station

A selection of street foods from southern India, including a Keralan curry made with coconut and aromatic spices. Naan bread, fruit chutney and Raita.

London Larder Station

Our London Larder is our secret ingredient. A specially selected group of local suppliers, whose commitment to quality in their field is unmatched. Their products give our menus a sense of place, one that reflects our London heritage and base.

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Dessert food stations

S O M E T H I N G S W E E T ?

(Minimum 50 guests per stall)

Choose from one of the following...

Eton Mess

£17.50

Enjoy our deconstructed Eton Mess bar, full of delicious, sweet things for you to create your very own version of the classic Eton Mess. A selection of decorated meringue, whipped cream, nuts, raspberry coulis, berries, lemon curd.

The Sweet Shop

£12.50

You can't beat a good old-fashioned pick 'n' mix. Choose your favourite and fill your boots (bag!).

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Allergens

Do you have a food allergy or intolerance?
We provide allergen information on the
14 major allergens.

Please speak with your event manager / sales executive, and details of allergens in any of our dishes can be provided for your consideration.

At your event, there will be an allergen folder located at all buffet stations on your event catering floor. This folder will make delegates aware of all allergens contained in your chosen menu and help them make an informed decision.

Please note, as with every catering establishment, there is always a potential for cross-contamination to occur. While we endeavour to prevent this as much as possible, the nature of an allergen means we cannot fully guarantee that cross-contamination may not have occurred. We encourage our customers with food allergies and intolerances to let our staff know, so we can better cater for them. We are happy to provide further detail on ingredients and how they were handled to allow you make an informed decision as to whether the food is suitable for you.



MUSTARD



MOLLUSCS



NUTS



CRUSTACEANS



FISH



EGG



SULPHUR DIOXIDE



SOYBEAN



MILK



SESAME



GLUTEN



PEANUTS



CELERY



LUPIN

If you have any concerns
please speak to a member of staff



Thank You

RSA House
8 John Adam Street, London, WC2N 6EZ

**COMPANY
OF COOKS**