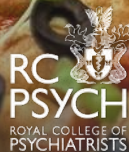


ROYAL COLLEGE OF PSYCHIATRISTS HOSPITALITY BROCHURE

SPRING & SUMMER 2026



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 & jug water

Price £6.00pp

Tea, coffee, jug water & biscuits

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

Lemon roast chicken, mint yoghurt and baby leaf on white bread (Gluten/wheat, milk, soya)

Whipped feta, roasted pepper and mixed salad on wholemeal bread (Gluten/wheat, milk, soya)

Free-range egg, spinach and avocado on white bread (Gluten/wheat, soya, egg)

Tuna crunch, celery, sweetcorn and free-range mayonnaise on wholemeal bread (Fish, soya, celery, egg, gluten/wheat)

Vegan smoked Applewood cheese, salad and chilli jam on wholemeal bread (Gluten/wheat, soya) (VE)

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

Smoked turkey breast, sauerkraut, Cheddar and mustard mayonnaise on herb focaccia (Milk, egg, mustard, gluten/wheat)

Smoked Cheddar, baby leaf and fig jam on rye bread (Rye, barley, wheat, mustard, lupin, soya, sesame)

Forman's smoked salmon, cream cheese, rocket and cucumber on a multiseed bagel (Gluten/wheat, fish, milk, sesame)

Mini brioche roll with whipped feta, lemon-grilled courgette and rocket (Wheat, milk, egg)

Roast sweet potato falafel, red pepper hummus, spinach and pickled red onion (Gluten/wheat) (VE)

Includes hot beverages, crisps, fruit platter & water

Price £18.50pp

GLUTEN FREE OR BREADLESS LUNCH

Baby gem filled with Classic chicken Caesar, oven-dried tomato and Parmesan (Egg, milk, fish)

Poached Scottish salmon, king prawn and citrus mayonnaise (Fish, crustacean, egg)

Roasted pepper, berbere-spiced onions, ricotta and parsley frittata (Egg, milk) (V)

Greek salad, feta cheese, pitted olives, gem and pickled red onions in a gluten-free wrap (Milk) (V) Available as vegan

Seeded loaf, Coronation roast cauliflower, mango and chilli chutney, baby spinach (Soya, celery, lupin, mustard) (VE)

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

Herb and lemon chicken, crisp flatbread, pickles, mint yoghurt, chilli sauce and Greek salad (Wheat/gluten, milk, sulphites)

Slow-braised lamb, jewelled fruit couscous, tzatziki dressing, pomegranate and coriander (Gluten/wheat, milk)

Roast chicken thighs, grilled artichokes, semi-dried tomatoes, Kalamata olives, grilled baby gem, herbs, maple and orange dressing

FISH

Roast haddock, butterbean, heritage tomatoes, baby spinach, butternut squash and herb gremolata (Fish)

Scottish salmon, new potatoes, spring onion, summer peas, wholegrain mustard, crème fraîche and baby watercress (Fish, mustard, milk)

Sautéed tiger prawns, courgette, parsley, orzo pasta and lemon oil (Gluten/wheat, crustacean)

VEGETARIAN & VEGAN

Mac and cheese with roasted butternut squash and asparagus, gem, pea and mint salad (Gluten, wheat, milk) (can be made vegan on request)

Coconut, lemongrass, tofu, sugar snap and red pepper curry, basmati rice (Soya) (VE)

Gluten-free spinach gnocchi, artichokes, baby spinach, grilled vegetables and basil dressing (Milk)

DESSERTS

Fresh fruit salad

Lemon meringue nest, blueberry and white chocolate (Egg, milk, soya)

Orange and passion fruit cheesecake (Egg, milk, soya, wheat, gluten)

Raspberry and almond tart (Egg, tree nut / almond)



COLD FORK BUFFET

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

Price £25.50pp (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 (Gluten, sulphites) (VE)
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 (Gluten, sulphites) (VE)
Grilled courgettes, lemon and chilli dressing, vegan feta, and artichokes (VE)

DESSERTS

Classic Tiramisu (Milk, egg, wheat, gluten)
Vegan frosted carrot cake (Wheat, gluten)
Fresh fruit salad
Strawberry and vanilla cream sponge (Egg, wheat, gluten, milk)



AFTERNOON CAKES SET MENU

Mini red velvet cake (Gluten, egg, milk) (V)

Carrot cake (Gluten, egg, nuts, milk) (V) vegan available on request

Gluten-free dark chocolate brownie (Egg, soya, milk) (V) vegan available on request

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 (Egg, mustard, sulphites)

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

Forman'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 (Milk, sulphites) (V)

Salt-baked heritage beetroot carpaccio, whipped vegan cheese, toasted pine nuts, watercress and Cabernet Sauvignon vinaigrette (Sulphites) (VE)

Scottish venison carpaccio, shaved pecorino, toasted pine nuts, watercress and Cabernet Sauvignon vinaigrette (Sulphites, milk)

MAINS

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

Pan-roast duck breast and confit duck leg, sweet potato fondant, charred cabbage and leeks, rhubarb compote (Milk)

Slow-cooked shin of beef, crisp rosti potato, tenderstem broccoli and beef jus (Milk)

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

Cornish seabass, butternut squash gnocchi, wild mushrooms, hispi cabbage and chive beurre blanc (Fish, milk, sulphites)

Roast butternut squash gnocchi, garden peas, broad beans, hispi cabbage and chive beurre blanc (Milk)

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

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

DESSERTS

Vanilla panna cotta, raspberry purée, macerated raspberries and shortbread (Milk, gluten, egg)

Salted caramel chocolate tart, chocolate crumb and Madagascan vanilla ice cream (Egg, milk, soya, sulphites)

Muscovado glazed pineapple, coconut sorbet, passion fruit purée and toasted coconut (VE)

Blood orange posset with candied orange (Gluten, milk)

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



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)

FISH

Smoked Scottish mackerel rilette, 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

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)



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)

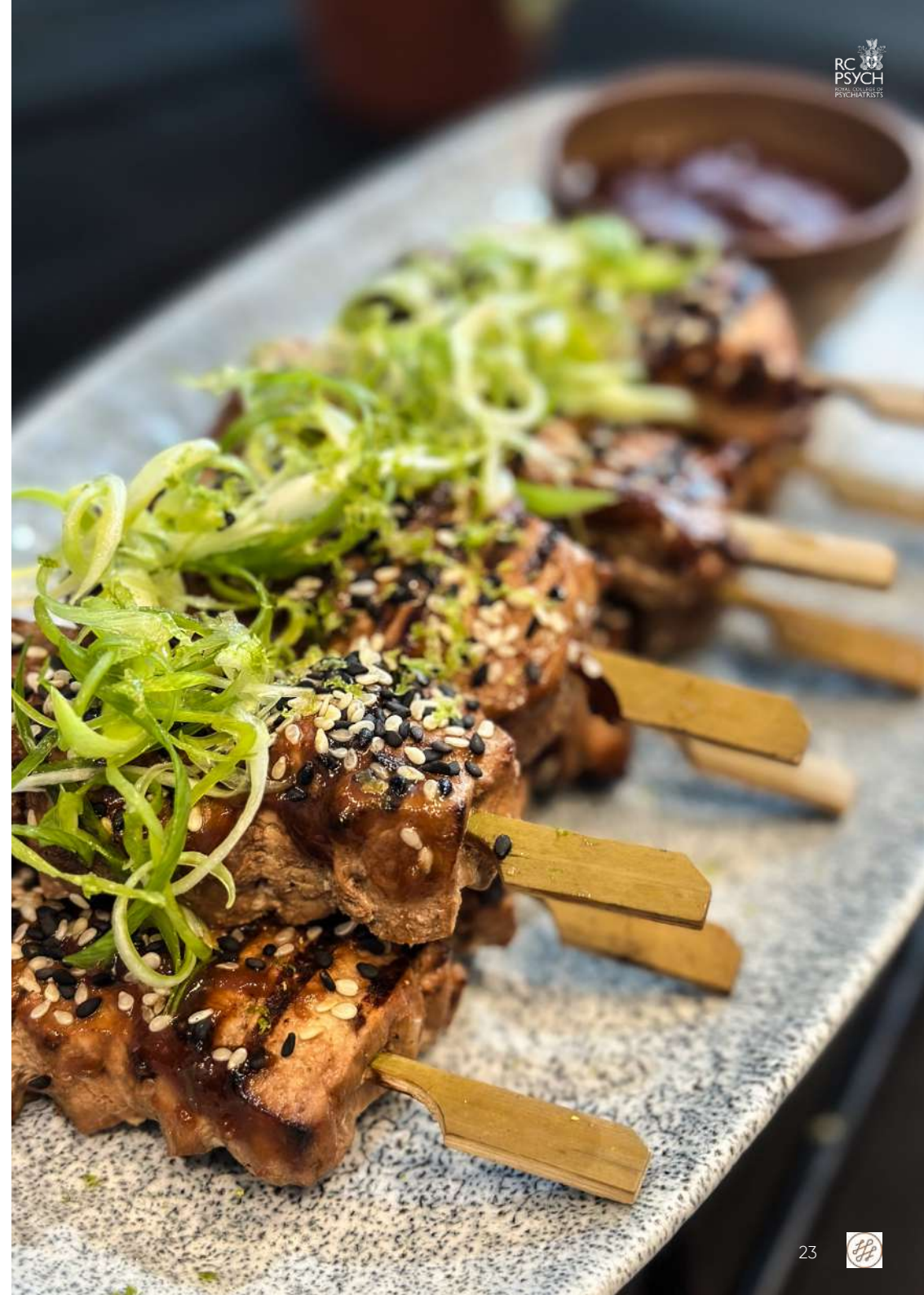
VEGETARIAN & VEGAN

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 scotched 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 **Price £25.50**
 Vauban Freres Brut Nv Special Cuve **Price £40.00**

WHITE WINE

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

RED WINE

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

ROSE WINE

Pinot Blush, Italy **Price £15.75**

Prices per 330ml bottle:

BOTTLE BEERS

Peroni **Price £4.00**
 Punk IPA **Price £5.00**
 Tiger **Price £4.00**

Prices per serving:

SOFT DRINKS

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

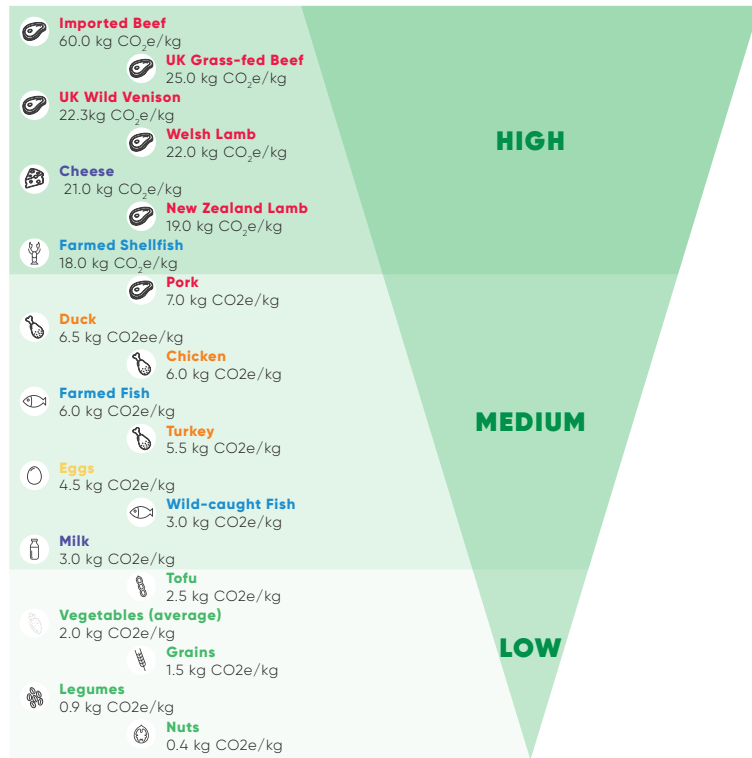
Peroni 0.0% Alcohol **Price £3.50 per bottle**

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 CO₂e emissions per kilogram.



Legend: Red Meat (Red), Poultry (Orange), Eggs (Yellow), Dairy (Blue), Fish & Seafood (Light Blue), Plant-Based (Green)

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.

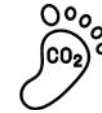


Certified



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

