



HIBISCUS FOOD

Food for Business

EVENTS • MEETINGS • DELIVERED

**EXTERNAL CATERING MENUS  
WINTER  
2023**



**Royal College of  
Paediatrics and Child Health**

*Leading the way in Children's Health*

The Royal College of Paediatrics and Child Health  
5-11, Theobalds Rd, London WC1X 8SH

## MENU PRICE PLAN: BREAKFAST OPTIONS

### **Morning Pastries & Fruit**

Freshly baked mini Danish pastry selection  
Fresh fruit spikes

**£8.00pp + VAT**

### **Yoghurt, Granola and Fruit**

Individual low fat yoghurt pot with fruit compote  
Homemade granola  
Fresh fruit spikes

**£9.00pp + VAT**

### **Breakfast Baps**

English back bacon  
or  
Cumberland pork sausages

**£10.50pp + VAT**

### **Bagels & Croissants**

A selection of York ham & cheddar croissants,  
smoked salmon & cream cheese bagels  
Fresh fruit spikes

**£11.00pp + VAT**

### **Refreshments**

Selection of teas, coffee, water & biscuits

**£3.00pp + VAT**

## MENU PRICE PLAN: LUNCH OPTIONS

### **Working Lunch (Meat-free option available)**

One round of freshly baked rustic breads & wraps filled with homemade classic fillings.

Fresh cut fruit platter

Crudités

Crisps

**£17.00pp + VAT**

### **Premium Working Lunch (Meat-free option available)**

One round of freshly baked rustic breads & wraps filled with homemade classic fillings.

Potted seasonal salad

Homemade savoury bites x 2

Fresh cut fruit platter

Crudités

Crisps

**£22.00pp + VAT**

\*All prices above are exclusive of VAT

## MENU PRICE PLAN: PLANETARY CHOICE LUNCH

### Planetary Choice Lunch

Inspired by the reports of the EAT-Lancet Commission.

***The 'planetary health diet' is a global reference diet for adults that is symbolically represented by half a plate of fruits, vegetables and nuts.***

***The other half consists of primarily whole grains, plant proteins (beans, lentils, pulses), unsaturated plant oils, modest amounts of meat and dairy, and some added sugars and starchy vegetables.***

Crudités & Homemade flatbread, roasted beetroot hummus  
Tomato salad with rocket, roasted red onion and chive, balsamic and olive oil  
Couscous, butternut squash, pomegranate and spinach salad,  
lemon and extra virgin olive oil dressing  
Salmon frittata  
House roasted savoury nuts & seeds  
Fresh cut fruit platter

***£23.00pp +VAT***

***(Please note this is a sample menu. Please request the latest version)***

\*All prices above are exclusive of VAT

## MENU PRICE PLAN: LUNCH OPTIONS: BUFFET

### Cold Fork Buffet

(Min orders 15)

Hand cut breads with Cornish butter

Crudites and hummus

Tomato, red onion and avocado salad,  
toasted seeds & lemon dressing

Chargrilled peri peri spiced chicken breast,  
chilled cucumber, yoghurt & mint salsa

Smoked salmon, dill & caper salad,  
fennel & fine green beans

Moroccan chickpea, pepper, pomegranate  
& coriander salad

Hand cut fresh fruit

**£30.00pp + VAT**

*(Please note this is a sample menu. Please request the latest version)*



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