



HIBISCUS FOOD

Food for Business

EVENTS • MEETINGS • DELIVERED

DELIVERED CATERING AUTUMN/WINTER 2025_26

EXTERNAL PRICE PLAN



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

£10.00pp + VAT

YOGHURT, GRANOLA & FRUIT

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

£12.00pp + VAT

BREAKFAST BAPS

English back bacon
or
Cumberland pork sausages

£13.50pp + VAT

BAGELS & CROISSANTS

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

£14.50pp + VAT

REFRESHMENTS

Selection of teas, coffee, water & biscuits

£3.75pp + VAT

MENU PRICE PLAN: SANDWICH LUNCH OPTIONS

WORKING LUNCH (Meat-free option available)

Crudités & dip
One round of freshly baked rustic breads
& wraps filled with homemade classic fillings
Fresh fruit platter
Mixed crisps & tortilla chips

£19.50pp + VAT



PREMIUM WORKING LUNCH (Meat-free option available)



Crudités & dip
One round of freshly baked rustic breads
& wraps filled with homemade classic fillings
Homemade savoury bites x 2
Fresh fruit platter
Sweet treat x 1
Mixed crisps & tortilla chips

£24.50pp + 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.

Homemade flatbreads & tzatziki

Assorted crunchy vegetables with herby hummus (vegan)

Tomato salad with rocket, roasted red onion & chives & avocado, balsamic & olive oil (vegan)

Quinoa, squash, feta, mint, pomegranate & spinach salad
- lemon & extra virgin olive oil dressing

Spanish tortilla & tomato salsa

House roasted savoury nuts & seeds

Fresh cut fruit platter

£26.50pp + VAT

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

MENU PRICE PLAN: EXECUTIVE BUFFET OPTION

EXECUTIVE BUFFET



Flatbreads, crudités - tzatziki & herby hummus (v)

Chargrilled Moroccan spiced chicken – roasted chickpea, spinach
– burnt orange – harissa yogurt dressing (gf)

Roasted salmon, asparagus & dill tart – lemon & pea pesto

Roasted cauliflower, bulgar wheat, radish, mint & basil salad –
green tahini dressing (v)

Classic Greek salad –
tomato, cucumber, feta cheese, black olive, roasted red onion & mint (v, gf)

Fresh cut fruit (v, gf)

£31.50pp + VAT

(Please note this is a sample menu. These change daily)



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