



RSA | COMPANY  
OF COOKS

Spring and Summer 2024

RSA HOUSE

EVENT MENUS APRIL TO SEPTEMBER 2024

# Welcome to RSA House

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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

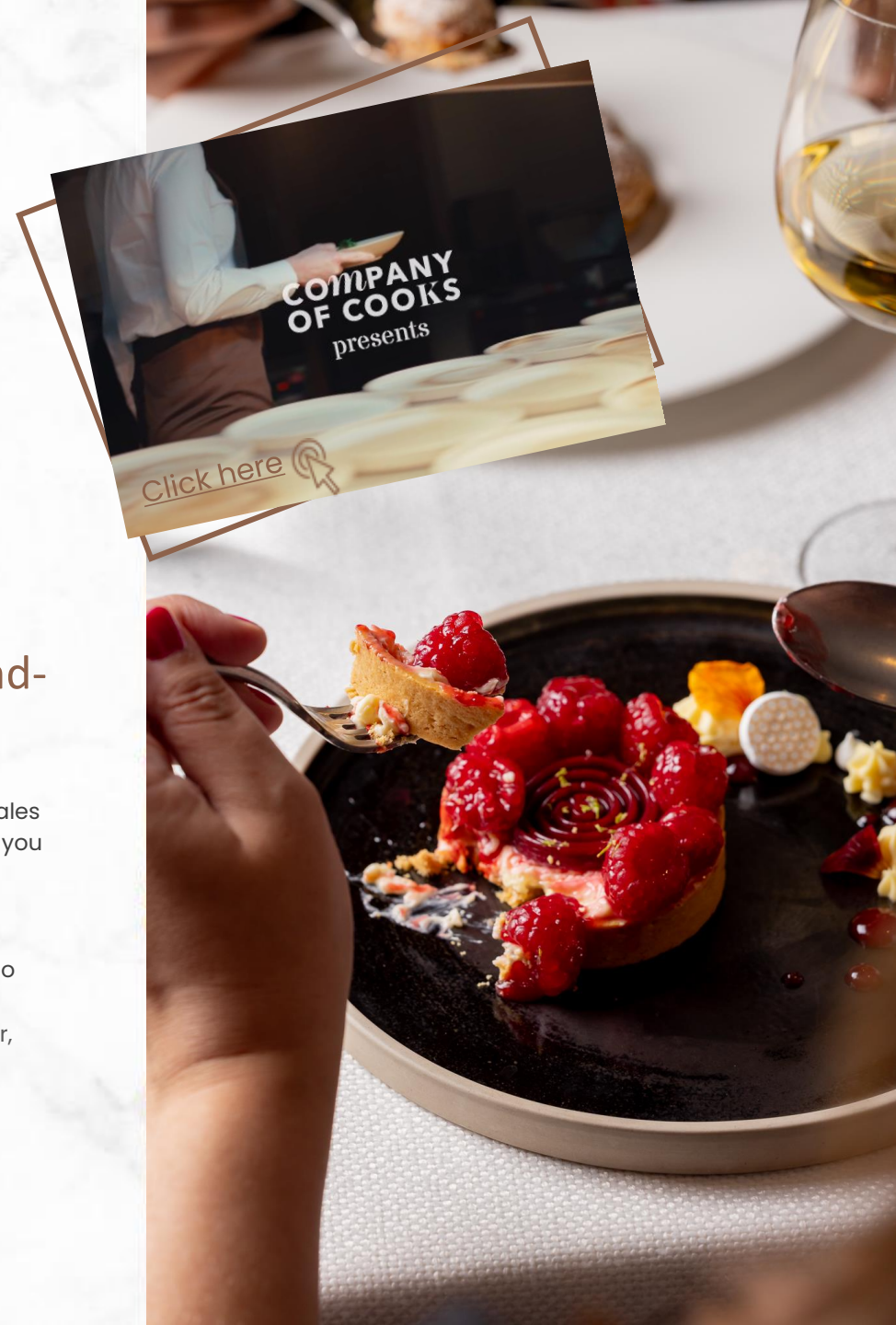
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We're in every detail of your event. From artisanal snacks and incredible canapés to memorable dinners. From hand-picked wines to stylish design.

Everything is overseen by our amazing team of chefs, wine experts, event sales team 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 and that when those three elements come together, something very special happens.

See more of what we do by visiting [www.companyofcooks.com](http://www.companyofcooks.com) or simply click to watch the video above.





## Our commitments to people, place and planet

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### What we do...

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 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 1,2,3. As a wider business, we aim to be net zero by 2040.

In short, this means 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.

# 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. Marrfish
16. London Borough of Jam
17. Brindisa
18. Smith & Brock
19. Wild Harvest
20. Ridgeview Wine



# A cake that makes a difference

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## 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 releasing women to realise their dreams – through training, employment and community – Luminary Bakery aims 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 coffee

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Company of Cooks supports Well Grounded in their mission to help Londoners into work in 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.



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

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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

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## A LA CARTE BREAKFAST ITEMS

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

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

V – Vegetarian, VE – Vegan

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# Tea, coffee and soft drinks

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

## Community blend

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Every cup of coffee we serve is our Community Blend – sourced and hand-roasted by Union Hand-Roasted 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 chef's choice hot fork buffet (to include two main dishes, chef's choice)

### Afternoon refreshments

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

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

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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 **£7.50**

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

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

Seasonal fruit muffin **£5.50**

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

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

**Minimum 20 guests per item.**

V – Vegetarian, VE – Vegan

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Lunch

# Lunch

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## 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 guest minimum)**

English crudité vegetables, classic hummus, toasted rye bread (VE)  
Cobble Lane cured meats, cornichons, pickles  
H. Forman's London smoked salmon, beetroot cure, capers and dill  
Cobb salad, burnt corn, cherry tomato, croutons, blue cheese dressing (V)  
Old spot sausage rolls with British N'Duja  
Beetroot Falafel, dill and coconut yoghurt (VE)  
Spiced Haddock scotch egg, lemon mayo  
Chicken croquette, grape, shallot and ginger chutney  
Rosemary focaccia, Maldon salt, balsamic, virgin olive oil  
-  
Seasonal individual cakes or tarts

V – Vegetarian, VE – Vegan

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# Lunch

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## 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

Vegan cheddar 'Ploughman's' tomato and Branston pickle (VE)

Chicken Caesar tortilla wrap, lettuce and parmesan.

Gluten-free chunky egg mayonnaise and cress (V)(GF)

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

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

### 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.

Cracked wheat, spiced aubergine, paprika, lemon.

Charred stem broccoli, brown lentils, tahini, sesame.

Cauliflower, turmeric, chickpeas, raisins.

Red cabbage, bean shoots and carrot slaw, vegan mayo.

Beetroot, tofu, coriander, caramel soy.

Spinach and potato salad, mustard, dill, sunflower seeds.

### 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 chef's selection of sandwiches

**£22.00 (6-60 guests)**

Includes one and a half round of sandwiches with chef's choice of up to five fillings, Tyrrells Crisps, rice crackers or crispbreads and a seasonal fruit bowl.

V – Vegetarian, VE – Vegan

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# Lunch

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

**£41.50 (minimum 30 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 pudding. All served with artisan bread and butter.

Why not let our Executive Chef choose your menu for a slighter 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**

Thai green salmon, coconut milk, lemongrass scented rice

Chicken and green olive tagine, cinnamon, coriander

Potato gnocchi, spicy tomato salsa, vegan parmesan (VE)

Couscous, salad leaves, cumin, raisin, lemon, dill, parsley

Chef's seasonal salad

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Chocolate brownie, diplomat cream

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.

# Lunch

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

### **Buffet 2**

Roast fillet of cod, braised haricot beans, carrot and parsley salad

Italian sausage and fennel seed ragu, orecchiette pasta

Chana Daal, masala spiced courgette, spinach, coconut yoghurt (VE)

Seasonal tomato, buffalo mozzarella, summer leaves, basil pesto

Chef's seasonal salad

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Banoffee cheesecake, banana, cocoa

### **Buffet 3**

Smoked haddock fishcake, pea shoot, artichoke, preserved lemon

Chorizo and chickpea stew, smoky paprika and parsley

Penne Rigate, tomato, chilli, garlic, wild rocket

Summer vegetables slaw, teriyaki dressing, toasted sesame

Chef's seasonal salad

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Exotic 'Eton Mess' meringue, cream, mango

# Nibbles

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## CHEF'S 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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All prices are per person and exclude VAT.

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The image shows three round canapés arranged on a dark, textured tray. Each canapé is topped with a slice of cucumber, several blueberries, and a few small, light purple flowers. The canapés are set against a white background. A semi-transparent green banner is overlaid across the middle of the image, containing the text "Canapé reception".

Canapé reception

# Canapé reception

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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.**

## **Pre-seated dinner drinks reception:**

(only served for before seated meals, not suitable for stand-alone receptions)

4 chef's choice **£18.00**

(or you can choose the 6 or 8 canape option below, for more choice)

## **Drinks receptions without a seated dinner:**

(can be served for a stand-alone drinks reception or before seated meals)

6 choice of your own **£24.50** | 6 chef's choice **£21.00**

8 choice of your own **£30.50** | 8 chef's choice **£26.00**

Additional item (own choice) **£4.00** | Additional Item (chef's choice) **£3.50**

Please choose from the following...

## **P L A N T - B A S E D**

Smoky courgette, courgette 'pesto', burnt sweetcorn, coriander (VE)

Spinach and kale falafel, dill and coconut yoghurt (VE)

Fried polenta, mushroom ketchup, olive, parsley (VE)

## **V E G E T A R I A N**

British mozzarella, marinated Pachino tomato, basil

Whipped goat cheese, olive tapenade, charcoal shell, parsley

Spinach, dill and feta arancini, whipped feta

Pea and broad bean tartlet, ricotta and mint

V – Vegetarian, VE – Vegan

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All prices are per person and exclude VAT.

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**Recommended sparkling wine pairing: Ridgeview Bloomsbury, Sussex**

# Canapé reception cont...

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## FISH

London cure smoked salmon mousse, keta caviar, chives  
Lincolnshire smoked eel, crème fraîche, rye bread, fine herbs  
Salt cod and turmeric croquettes, lemon and garlic mayonnaise  
Tuna 'tartar' cone, avocado, ponzu dressing, coriander

## MEAT

Pressed smoked ham hock, rye bread, Colman's Mustard  
Buttermilk fried chicken, ranch dip, cumin and dried dill  
Teriyaki pork belly skewer, sesame, coriander, soy and mirin  
Duck confit cones, pickled shallot, five spice, grape chutney

## FEELING HUNGRY?

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

## DESSERT

Pineapple 'Piña Colada' rum, coconut, lime (VE)  
Strawberries and cream Cornettos  
Chocolate brownie, peanut butter and jelly  
Lemon meringue pie  
Mixed Macaron whipped flavoured buttercream



Bowl food





# Bowl food

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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 choice of your own **£33.00** | 4 chef's choice **£29.00**

5 choice of your own **£38.00** | 5 chef's choice **£34.00**

6 choice of your own **£44.00** | 6 chef's choice **£40.00**

Additional bowl (own choice) **£7.00** | Additional bowl (chef's choice) **£6.00**

Please choose from the following...

## P L A N T - B A S E D

Smoked tofu, red cabbage slaw, teriyaki caramel, sesame

Potato gnocchi 'Arrabiata' tomato, chilli, garlic, wild rocket

Cracked wheat, red chermoula aubergine, dill and citrus dressing

Greek salad, tomato, cucumber, onion, olives, oregano, olive oil

V – Vegetarian, VE – Vegan

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# Bowl food cont...

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## VEGETARIAN

Pachino tomato, mozzarella, summer leaves, basil pesto

Artichoke tortelloni, tomato, olive and chive sauce

Cobb salad, burnt corn, tomato, egg, stilton blue cheese dressing

Turmeric spiced new potato, baby spinach, paneer, garlic and chilli chutney

## FISH

Chalk stream trout canaroli risotto, wild-garlic emulsion

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

Hot smoked salmon, pea-shoot and artichoke salad, preserved lemon

Torched mackerel, shaved fennel, apple, dill dressing

## MEAT

Confit chicken gnocchi, gremolata

Lamb and olive tagine, couscous, golden raisins

Cobble Lane bresaola, potato and radicchio salad, balsamic

Torn ham hock, white bean, grain mustard and parsley

## DESSERT

Pineapple 'Piña Colada' rum spiced pineapple, coconut, lime zest (VE)

Exotic 'Eton Mess' meringue, cream, mango

Chocolate brownie, diplomat cream

Vanilla Panna cotta, cherry compote, crushed Amaretti biscuits

Banoffee cheesecake, banana, cocoa



Three-course menu

# Three-course menu

Select 1 starter, 1 main, 1 dessert

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**£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 pudding 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 chef's choice menu).  
With your list of dietary requirements, our Executive Chef will create a separate menu to cater for these guests.

## STARTERS

### Plant-based

Beetroot carpaccio, vegan feta, wild rocket, sherry vinaigrette (VE)  
Chilled gazpacho 'Andaluz', croutons, cucumber, pepper, virgin olive oil (VE)

### Vegetarian

Creamy burrata mozzarella, radicchio, olive, aged balsamic, crispy basil  
English asparagus and potato salad, summer leaves, citrus mayonnaise, parmesan

V – Vegetarian, VE – Vegan

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# Three-course menu

Select 1 starter, 1 main, 1 dessert

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## S T A R T E R S

### Fish

Torched mackerel fillet, compressed cucumber, apple, citrus, amaranth

H. Forman's London cured salmon, shallots, capers, sour cream, keta caviar, dill

Seared tuna, five-spiced cucumber salad, pickled ginger, sesame, caramel and soy

### Meat

Pressed free-range chicken, leek and mushroom terrine, micro leaves, grape chutney

Potted ham hock, cocoa beans and parsley, summer mixed salad, grain mustard

# Three-course menu

Select 1 starter, 1 main, 1 dessert

## M A I N

### Plant-based

Herb crumbed artichoke, British summer vegetables, vegan parmesan, parsley aioli (VE)

Roast Sussex carrot, toasted buckwheat, squash purée, seeded dressing (VE)

### Vegetarian

Tortelloni Primavera, tomato, olive and chive sauce, parmesan

Miso-glazed aubergine, white-bean purée, confit shallot, watercress, soy dressing

### Fish

Roast chalk-stream trout, crushed new potatoes, charred courgette, wild garlic cream

Pan-fried seabass, potato gnocchi, stem broccoli, chilli, garlic and tomato salsa

Baked fillet of cod, jersey royals, watercress, orange and shaved fennel salad, orange vinaigrette

### Meat

Roast corn-fed chicken breast, English asparagus, fondant potato, hispi cabbage, chive jus

Slow-cooked pork belly, potato, fennel, tomato confit and celery, crispy sage

Lamb-neck fillet, smoked sand carrot, pea-shoot, artichoke and golden raisins salad, tomato and basil jus (**£5.00 supplement**)

V – Vegetarian, VE – Vegan

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# Three-course menu

Select 1 starter, 1 main, 1 dessert

## DESSERT

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

Vanilla panna cotta, strawberry consommé, streusel biscuit

Chocolate mousse cake, caramel cream, orange, sesame tuile

Pear and almond frangipane tart, whipped mascarpone, toasted almonds

Summer pudding, vanilla Chantilly cream, chocolate shavings

British cheese selection, homemade grape chutney, crackers (**£5.00 supplement**)

Our fine dining menu is served with Fairtrade coffee and petits fours

V – Vegetarian, VE – Vegan

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Food stations



# Food stations

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## 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

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Sample food stations include:

## **Sushi and sashimi selection**

A selection of freshly made sliced raw fish including Salmon and yellowfin Tuna. Handmade Nigiri and rolled fish & vegan Maki rolls.

## **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 Stall**

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.

## **Dirty Burger Stall**

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



# 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...

### Broken 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 meringues, creams, curds, compotes and fresh fruit

### 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

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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 catering floor to make delegates aware of all allergens contained in your chosen menu and to help them to make an informed decision.

Please note, as with every catering establishment, there is always the potential for cross-contamination to occur. While we endeavour to prevent this as much as possible, the nature of an allergen means that 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 that we can better cater for them. We are happy to provide further details on ingredients and how they were handled to allow you make an informed decision as to whether or not 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** | **COMPANY  
OF COOKS**