

BAKERY

DANISH £1.75

Croissant, apricot, custard, cinnamon
GL, MI, TN

MINI MUFFIN £1.75

Double chocolate
Lemon & poppy seed
Blueberry crumble
Raspberry & white chocolate
GL, MI

MUFFIN £3.25

Raspberry & white chocolate
Blueberry crumble
Banana & toffee
Double chocolate
Lemon & poppy seed
GL, MI

CAKE £2.45

Double chocolate glaze
Banana honey & pecan
GL, MI, TN

BISCUIT £1.10/1.95

Chocolate chip cookie
Gooseberry flapjack
Chocolate & hazelnut brownie
GL, MI, TN

LIGHT BITES

MAC'N'CHEESE £5.25

Tuna, spring onion, olive
Or
Dry cured streaky bacon
GL, MI

SOUP OF THE DAY £4.50

Sweetcorn & pancetta

QUICHE OF THE DAY £5.00

Cornish Yarg, chestnut mushroom, red onion
GL, MI, V

SMOKED SALMON £5.50

H. Forman & Son London cure smoked salmon,
Toasted English muffin, lemon & baby salad leaf
GL, MI

PLOUGHMAN'S £7.00

Quickes Cheddar, honey roast ham, pickled onions, toasted
granary bloomer, dill pickles
Add H. Forman & Son London cure smoked salmon £1.50
GL, MI

GERARD BAR @ THE RSA

LUNCH

FREGULA SALAD £6.50

Toasted pasta, grilled haloumi, peppers, sweet potatoes,
summer herb dressing. *MI*

CHATTINAD FISH CURRY £7.50

South Indian fish curry, lemon & coriander rice, poppadum
GL, MI

SANDWICHES

SERVED WITH CRISPS AND SALAD

CLUB £6.75

Smoked turkey, dry cured bacon, mayonnaise lettuce and
tomato
GL, MI

HOT £5.00

Corn fed chicken, goats cheese, rocket, mushroom, balsamic
onion
GL, MI

WRAP £4.00

Tandoori cauliflower, coconut, paneer, baby spinach
GL, MI, V

GRANARY £4.00

Smoked mackerel, avocado, pickled red onion, dill
GL, MI

CIABATTA £4.00

Parma ham, mozzarella, cherry tomatoes, mizuna
GL, MI

*V – Vegetarian / GL – Gluten containing cereals / CR – Crustaceans / MO – Molluscs / PN – Peanuts / TN – Tree Nuts /
MI – Milk*

Gluten free bread available on request

*If you have a food allergy to anything apart from the 6 listed allergens, please check with a member of the catering team for more
information and so that we can guide you to make a safe food choice.*