



ROYAL PHARMACEUTICAL SOCIETY



Business lunches
for smaller meetings



Business lunches for smaller meetings

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The following sample menus are arranged by season, reflecting the RPS's commitment to sourcing local/UK product as much as is possible.

The menus are also arranged with daily changes to avoid repetition for meetings that last longer than one day.

- ✔ These dishes are suitable for vegetarian diets.

WORK AND EAT Business lunch menus

Self-service, please phone Ext 0 for assistance. Unsuitable for meetings of more than 25 people.



Work and eat - business lunch menus

Pereira menu

Vegetable meze selection

Kentish farm fresh and pickled vegetables served with a choice of international dips, purées, sauces and rustic bread 🍃

Tasty bites

Daily selection of meat, chicken or fish and veggie finger foods (2 varieties)

Sandwich platters

1 round per person of home-made sandwiches, rolls and wraps deep-filled with seasonal ingredients on thick-sliced specialty breads (5 mixed meat, fish and vegetarian)

Savoury quiche, tart or frittata wedges

Baked in our kitchens with free-range eggs and sustainable ingredients 🍃

Fruits

Exotic and native whole fruit selection

Heritage cake slices

Baked daily in our kitchens and made to traditional British recipes

Beverages

Fruit juices

Bottled water: still and sparkling

Premium, ethically-sourced filtered coffee
Fruit, herbal and black tea infusions



Ethically farmed, sustainable and locally sourced produce is used where possible. When unavailable, named ingredients will be replaced with similar products. Please advise us in advance if any of your guests have food allergies or specific dietary requirements and we will endeavour to meet their needs.

Martindale menu

Soup kettle

Today's fresh vegetable soup made with seasonal ingredients and served with rustic bread ✓

Tasty bites

Daily selection of meat, chicken or fish and veggie finger foods (2 varieties)

Sandwich platters

1 round per person of home-made sandwiches, rolls and wraps deep-filled with seasonal ingredients on thick-sliced specialty breads (5 mixed meat, fish and vegetarian)

Savoury quiche, tart or frittata wedges

Baked in our kitchens with free-range eggs and sustainable ingredients ✓

Fruit salad

Tropical and exotic fruits with low-fat, probiotic yoghurt

Heritage cake slices

Baked daily in our kitchens and made to traditional British recipes

Beverages

Fruit juices
Bottled water: still and sparkling

Premium, ethically-sourced filtered coffee
Fruit, herbal and black tea infusions

Lothian menu

Salad bowl

All-time favourite salads made with Kentish vegetables and complementary dressings

Tasty bites

Daily selection of meat, chicken or fish and veggie finger foods (2 varieties), cocktail rolls

Sandwich platters

1 round per person of home-made sandwiches, rolls and wraps deep-filled with seasonal ingredients on thick-sliced specialty breads (5 mixed meat, fish and vegetarian)

Savoury quiche, tart or frittata wedges

Baked in our kitchens with free-range eggs and sustainable ingredients ✓

Tropical fruit skewers

3 fresh fruit chunks on bamboo spears served with low-fat yoghurt dip

Heritage cake slices

Baked daily in our kitchens and made to traditional British recipes

Beverages

Fruit juices
Bottled water: still and sparkling

Premium, ethically-sourced filtered coffee
Fruit, herbal and black tea infusions

BUSINESS MEETINGS premium menus

Assisted service will be provided.
Unsuitable for meetings of less
than 25 persons



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Business meetings premium menus

Bell menu

Vegetable meze selection

Kentish farm fresh and pickled vegetables served with an choice of international dips, purées, sauces and cocktail rolls ✓

Warm fork buffet

Daily selection of slow-cooked casseroles and hot pies with fresh veg and rich gravies

Savoury quiche, tart or frittata wedges

Baked in our kitchens with free-range eggs and sustainable ingredients ✓

Tossed salad

Popular salads with Kentish vegetables and complementary dressings ✓

Sandwich platters

5 varieties of home-made sandwiches and wraps with seasonal ingredients (1 round per person)

Desserts

Whole fruit selection and low-fat fruit yoghurt
Home-baked heritage cake slices

Cheeseboard

4 British farmhouse cheeses with fruit accompaniments, biscuits, rolls and butter

Beverages

Fruit juices
Bottled water: still and sparkling
Premium, ethically-sourced filtered coffee
Fruit, herbal and black tea infusions



Allen menu

Soup kettle

Today's fresh vegetable soup made with seasonal ingredients and served with cocktail rolls ✓

Warm fork buffet

Daily selection of slow-cooked casseroles and hot pies with fresh veg and rich gravies

Savoury quiche, tart or frittata wedges

Baked in our kitchens with free-range eggs and sustainable ingredients ✓

Tossed salad

Popular salads with Kentish vegetables and complementary dressings ✓

Sandwich platters

5 varieties of home-made sandwiches and wraps with seasonal ingredients (1 round per person)

Desserts

Fruit salad - low-fat, probiotic yoghurt
Home-baked heritage cake slices

Cheeseboard

4 British farmhouse cheeses with fruit accompaniments, biscuits, rolls and butter

Beverages

Fruit juices
Bottled water: still and sparkling
Premium, ethically-sourced filtered coffee
Fruit, herbal and black tea infusions

Irvine menu

Tasty bites

Daily selection of meat, chicken or fish and veggie finger foods (2 varieties), cocktail rolls and butter

Tossed salad

Popular salads with Kentish vegetables and complementary dressings ✓

Warm fork buffet

Daily selection of slow-cooked casseroles and hot pies with fresh veg and rich gravies

Savoury quiche, tart or frittata wedges

Baked in our kitchens with free-range eggs and sustainable ingredients ✓

Sandwich platters

5 varieties of home-made sandwiches and wraps with seasonal ingredients (1½ rounds per person)

Desserts

Tropical fruit skewers and yoghurt dip
Home-baked heritage cake slices

Cheeseboard

4 British farmhouse cheeses with fruit accompaniments, biscuits, rolls and butter

Beverages

Fruit juices
Bottled water: still and sparkling
Premium, ethically-sourced filtered coffee
Fruit, herbal and black tea infusions



WINTER RANGE

Sandwich fillings and finger and fork selections



Monday's selection

Salad

Waldorf ✓

Savoury quiche, tart or frittata wedges

Spinach and wild mushroom quiche

Warm fork buffet

Turkey, veg and tarragon pie

Tasty bites

Homemade chicken nuggets
with lemon mayonnaise

Selection of Indian bites,
dhal and chutney ✓

Tuesday's selection

Salad

Caesar (no anchovies) ✓

Savoury quiche, tart or frittata wedges

Butternut squash
and beetroot savoury egg tart

Warm fork buffet

Lancashire hot pot

Tasty bites

Black bean beef
with egg noodle salad

Vegetarian dim sum
with rice wine dipping sauce ✓

Wednesday's selection

Salad

Basmati rice, crisp veg and soy ✓

Savoury quiche, tart or frittata wedges

Parsnip and blue stilton quiche

Warm fork buffet

Cock-a-leekie casserole

Tasty bites

Crumbed beef mince lollipops
with mild mustard dip

Roast veg and penne pasta
with sweet pepper dressing ✓

Thursday's selection

Salad

Peppery leaf, stilton and walnuts ✓

Savoury quiche, tart or frittata wedges

Grated carrot
and caerphilly cheese frittata

Warm fork buffet

Brogdale beef and veg casserole

Tasty bites

Soy-marinated salmon goujons
and Thai noodle salad

Broccoli and mozzarella
cheese puff ✓

Friday's selection

Salad

French bean, egg and potato ✓

Savoury quiche, tart or frittata wedges

Balsamic onion, celery and grape frittata

Warm fork buffet

Scottish waters fish pie

Tasty bites

Spicy chicken drumsticks,
ranch sauce and potato crisps

Goat's cheese, pear and walnut
with celery and balsamic dressing ✓



SPRING RANGE

Sandwich fillings and finger and fork selections

Monday's selection

Salad

Fresh pea, spring onion, mint mayo ✓

Savoury quiche, tart or frittata wedges

Red onion, sweet corn
and pepper quiche

Warm fork buffet

Chicken cassoulet
with flageolet beans

Tasty bites

Cold meat platter with pickles
and crisp baby gem leaves

Assorted veg spring rolls
with wasabi and soy dressing ✓

Tuesday's selection

Salad

Halloumi, chick pea and Thai noodle ✓

Savoury quiche, tart or frittata wedges

Broccoli and blue cheese
savoury egg tart

Warm fork buffet

Navarin of lamb with veg

Tasty bites

Sesame prawn toast
with light soy dip

Jalapeno cheese bites
with sweet chilli dip ✓

Wednesday's selection

Salad

Mixed leaf, tomato and cucumber ✓

Savoury quiche, tart or frittata wedges

Cherry tomato, runner bean,
and brie quiche

Warm fork buffet

Chicken and apricot pie

Tasty bites

BBQ chicken wings
with hickory dip

Curried vegetable and rice salad
with dhal dressing ✓

Thursday's selection

Salad

Niçoise (no anchovies) ✓

Savoury quiche, tart or frittata wedges

Bocconcini cheese and fennel frittata

Warm fork buffet

Brogdale beef and veg casserole

Tasty bites

Smoked salmon
and cream cheese roulade

Vegetable lattice selection
with sweet chilli jam ✓

Friday's selection

Salad

RPS-style Italian ✓

Savoury quiche, tart or frittata wedges

Asparagus, pea and sorrel frittata

Warm fork buffet

Seafood bake, mash and cheese topping

Tasty bites

Smoked chicken
and Caesar salad

Dolmas: spicy rice in vine leaves
and yoghurt dip ✓



SUMMER RANGE

Sandwich fillings and finger and fork selections



Monday's selection

Salad

English summer with mayo ✓

Savoury quiche, tart or frittata wedges

Mix pepper
and sun-dried tomato quiche

Warm fork buffet

Chicken lasagne with mushrooms

Tasty bites

Ploughman's meat platter
with cheese, pickles and slaw

Deep-fried vegetable crudités,
tartare and tomato sauces ✓

Tuesday's selection

Salad

Mixed leaf and coleslaw ✓

Savoury quiche, tart or frittata wedges

Pea, asparagus
and basil savoury egg tart

Warm fork buffet

Lamb, new potato and green veg stew

Tasty bites

Chicken tikka skewer
with cucumber ribbons

Cajun potato wedges with sweet chilli
and cream cheese dip ✓

Wednesday's selection

Salad

RPS-style greek ✓

Savoury quiche, tart or frittata wedges

French bean, olive and basil quiche

Warm fork buffet

Chicken and apricot pie

Tasty bites

Rare beef and horseradish
with beetroot salad

Roast Mediterranean veg, halloumi,
pesto and penne pasta ✓

Thursday's selection

Salad

Baby gem, crouton and Caesar sauce ✓

Savoury quiche, tart or frittata wedges

Baby spinach, goats' cheese
and tarragon frittata

Warm fork buffet

Brogdale beef, black bean and veg stew

Tasty bites

Atlantic prawn and avocado,
shredded iceberg 1000 island dressing

Roast butternut, thyme and onion tart
with rocket and pine nuts salad ✓

Friday's selection

Salad

UK goats' cheese, pear and walnut ✓

Savoury quiche, tart or frittata wedges

Artichoke, pumpkin seed
and English parmesan frittata

Warm fork buffet

Cajun fish, lime and sweet pepper pie

Tasty bites

Coronation chicken strips
with asparagus and boiled egg salad

Chickpeas and coriander falafel
with lemon salsa ✓



AUTUMN RANGE

Sandwich fillings and finger and fork selections



Monday's selection

Salad

Brown rice, lentil and dried fruits ✓

Savoury quiche, tart or frittata wedges

Celeriac, pear
and blue shropshire cheese quiche

Warm fork buffet

Roast turkey, sage and chestnut pie

Tasty bites

Mini Cumberland sausage roll
with apple chutney

Broccoli and cheese arancini
with tomato pesto dip ✓

Tuesday's selection

Salad

Cox apple, celery and pine nut ✓

Savoury quiche, tart or frittata wedges

Oven-dried tomato, thyme
and cannellini bean savoury egg tart

Warm fork buffet

Braised lamb, veg, redcurrants and port

Tasty bites

Roast chicken breast
with tomato pasta salad

Roasted vegetable skewer
with basil mayonnaise ✓

Wednesday's selection

Salad

Roast butternut, walnut and spinach ✓

Savoury quiche, tart or frittata wedges

Squash, shallot, dried apricot
and mature cheddar quiche

Warm fork buffet

Spring chicken, tarragon and veg pie

Tasty bites

Hoi-sin duck pancake
with plum and spring onion sauce

Greek meze platter
with pita bread ✓

Thursday's selection

Salad

Pasta, cheese, pesto and pine kernel ✓

Savoury quiche, tart or frittata wedges

Broccoli and chestnut mushroom frittata

Warm fork buffet

Steak and ale pie

Tasty bites

Swedish meat balls,
with cranberry sauce

Glamorgan sausage rolls
with tomato relish ✓

Friday's selection

Salad

Roast pepper, yarg and peppery leaf ✓

Savoury quiche, tart or frittata wedges

Leek, apple
and Oxford blue cheese frittata

Warm fork buffet

Salmon, cod and smoked haddock pie

Tasty bites

Chicken goujon and ham
with rocket salad and pesto dressing

Goats' cheese and honey-glazed figs,
confit yellow tomatoes and dressing ✓

BUSINESS MEETINGS refreshment break supplements



Refreshment break supplements

Hot Beverages:

Speciality teas and ethically-sourced filter coffee served with sweet biscuits

per service **£3.20**

Premium biscuit selections

Thick chocolate biscuit assortment, premium granary selection or
Flapjacks, oatcakes or double choc-chip cookies, cereal and health bars

add **60p**

Health bars

Cereal, wholemeal granary or yoghurt bar

add **60p**

Morning bakery selection

French pastry basket: croissants, brioche rolls, pain au chocolat or
Danish pastries, assorted muffins or cheese scones,

add **£1.20**

Afternoon fare

Teacakes, fruit muffins, homemade shortbread biscuits or
Sweet pastries, homemade scones with jam and Cornish clotted cream, fruit cake

add **£1.20**

Cake

Chef's selection

add **£1.20**

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All prices are quoted per person and exclude V.A.T.

Refreshment break supplements

Warm rolls **add £4.50**

Applewood-smoked dry-cured bacon, Cumberland sausage or Glamorgan sausage ✓

Free-range eggs, British cheese, Kentish tomatoes and onions, etc. are included on request

Sandwich finger assortment **add £10.80**

Hothouse cucumber and cracked pepper ✓, free-range egg and cress ✓, London-smoked salmon, honey-roasted ham with grain mustard

Full afternoon tea **add £14.00**

Handcrafted sandwich fingers, homemade scones with jam and Cornish clotted cream, sweet pastries, afternoon teacakes, fruit, herbal and black tea infusions, filter coffee

Fruit **add £1.60**

Whole fruit basket, cut fruit platter, fruit skewers, seedless grapes or shelled nuts with dried exotic fruits

Yoghurt, etc. **add £2.00**

Smoothies, yoghurts (incl. low fat and organic), yoghurt sips,

Bottled water

Still and sparkling (750ml)

per person £3.80

Still and sparkling (ltr)

per person £3.50

Fruit juices

Orange or apple (ltr)

per person £5.50

Freshly squeezed juices (ltr) are also available

per person £12.50

All prices are quoted per person and exclude V.A.T.

BREAKFASTS for smaller meetings



Ethically farmed, sustainable and locally sourced produce is used where possible. When unavailable, named ingredients will be replaced with similar products. Please advise us in advance if any of your guests have food allergies or specific dietary requirements and we will endeavour to meet their needs.

Breakfasts for smaller meetings

Please choose one of the below-listed menus

English breakfast

Pink grapefruit segments
Cumberland sausages
Applewood-smoked back bacon rashers
Grilled Caledonian mushrooms
Roasted Kentish cherry tomatoes
Scrambled free-range eggs
Hash brown
Morning bakery (2)
Hot beverages (2)



Continental breakfast

Chilled beverages (2)
Cured and air-dried British meats
Farmhouse cheeses
Mediterranean and tropical fruits
Morning bakery (2)
Hot beverages (2)

Healthy breakfast

Chilled beverages (2)
Muesli – no added sugar (build your own)
Greek yoghurt and honey
Berries, melon and pineapple cubes
Oat cakes, low fat cottage cheese
Hot beverages (2)

... and make your selections from the following menu groups

Morning bakery selection

Please choose two of the following:

Croissants, brioche, pain au chocolat, hash brown, crumpets, muffins, pancakes

All served with a selection of:

Selection of preserves, honey, maple syrup, butter and low-fat vegetable spread

Chilled beverages

Please choose two of the following:

Orange juice, apple juice, grapefruit juice, assorted smoothies, yoghurt sips, low-fat yoghurt sips

Hot beverages

Please choose two of the following:

Fairtrade premium-blend filter coffee

Fruit, herbal and black tea infusions

English breakfast tea

Hot chocolate

Instant decaffeinated coffee is also available

... and choose a supplement

See tariff for prices

Warm bacon rolls, etc.

Applewood-smoked dry-cured bacon

Cumberland sausage

Glamorgan sausage ✔

Free-range eggs, British cheese,

Kentish tomatoes and onions,

etc are included on request with any of the above

Cereals

Breakfast cereals, porridge, oatmeal slices, cereal bars, muesli, health bars served, as appropriate, with whole or semi-skimmed milk, sugar, sweeteners, dried fruits, shelled nuts and seeds

TARIFF

Business lunches for smaller meetings



RPS Tariff - Working Lunches

Working lunches

Business lunch buffets (unserviced)		Pax 2-24	Pax 25 – 49	Pax >50
		Work and eat buffets	£17.00	£17.00*
	- set menu selections	£17.00	£17.00*	n/a
	- pick and mix choices	£20.00	£20.00*	n/a
Business lunch buffets (serviced)		Pax 2-24	Pax 25 – 49	Pax >50
		Premium buffets	n/a	£20.00
	- set menu selections	n/a	£20.00	£20.00
	- pick and mix choices	n/a	£23.00	£23.00

* Please add a fixed service charge of £45.00 for assisted service for the greater number of guests.

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RPS Tariff - Working Lunches continued

Breakfasts (all serviced)	Breakfast			Breakfast supplements	
	Pax 6 – 24	Pax 25 – 49	Pax >50	Prices per person per item	
English	n/a	n/a	n/a	Warm bacon rolls, etc.	£4.50
Continental	£20.00	£16.00	£12.00	Cereals	£1.50
Healthy	£20.00	£16.00	£12.00	Bakery selection	£1.60
Seated breakfasts	Pax 12 – 24	Pax 24 – 49	Pax >50	Breakfast/health bars	£1.80
English	£28.00	£24.00	£20.00		
Continental	£25.00	£21.00	£17.00		
Healthy	£25.00	£21.00	£17.00		

Refreshment breaks - Prices per person per item

Hot beverages : Fruit, herbal and speciality teas and Italian-roast or premium ethically-sourced filter coffee blends, served with :

• Sweet and wholemeal biscuits	£3.20
• Thick chocolate biscuit assortment or premium granary selection	£3.80
• Flapjacks, oatcakes, double choc-chip cookies, cereal and health bars	£3.80
• Cake – chef’s selection	£4.40
• French pastry basket: croissants, brioche rolls and pain au chocolat	£4.40
• Danish pastries, assorted muffins and cheese scones	£4.40
• Teacakes, fruit muffins, Scottish all-butter shortbread fingers, macaroons	£4.40
• Sweet pastries, scones with jam and clotted cream, fruit cake	£4.40
• Sandwich finger assortment	£14.00
• Full afternoon tea	£17.20

Sundry items

Drinks - prices per item		Fruit - prices per person per item		Dairy - prices per person per item	
Bottled water 750ml	£3.50	Whole fruit basket	£1.60	Smoothies	£2.00
Bottled water 1tr	£3.80	Cut fruit platter	£1.60	Yoghurts and sips	£2.00
Squeezed fruit juice 1tr	£12.50	Fruit skewers	£1.60		
Soft drinks 330ml	£2.00	Grapes, nuts, dried fruit	£1.60		
Fruit juices 1tr	£5.50				

All prices are quoted per person and exclude V.A.T.

