

REFRESHMENTS

Hot beverages

Freshly brewed Restaurant Associates 'Blend 53' filter coffee and a selection of fairtrade tea and herbal infusions 3kcal

£2.25 per person

All day filter coffee and tea 3kcal

£10.00 per person

Hot chocolate station with marshmallows and cream 416kcal

£3.50 per person

Additional topping selection

Lotus biscuit crumb, chocolate flakes, honeycomb pieces, smarties

£1.50 per person

Morning welcomes

Homemade shortbread 740kcal

£1.50 per person

Freshly baked chocolate cookies 254kcal

£1.75 per person

Freshly baked croissant and preserve jar 665kcal

£3.50 per person

Fruit, yoghurt and granola breakfast jars 306kcal

£3.00 per person

Afternoon delights

Slice of victoria sponge 241kcal NCGI

£3.25 per person

Lemon & poppy seed loaf 360kcal

£3.00 per person

Mocha brownie 470kcal

£2.50 per person

Cream tea – sultana scone, clotted cream, & preserve 671kcal

£5.25 per person

WAYS TO BE WELL

£2.25 per person

Granola bites 401Kcal

Date & coconut cookies 381Kcal

Apricot & seed flapjack 226K

Cold beverages

Fruit juices jugs calories per 100ml £4.50 per jug

Cloudy apple juice 47kcal

Orange juice 41kcal

Cranberry 92kcal

Kombucha 250ml £3.50 per person

Ginger & lemon remedy 10kcal

Raspberry lemonade remedy 10kcal

Homemade fruit & presse jugs calories per 100ml £5.00 per jug

Elderflower & mint 20kcal

Homemade lemonade 94kcal

Homemade raspberry lemonade 98kcal

Individual bottles of still or sparkling mineral water 500ml

£1.50 per person

After-meeting beverages

Peroni & prosecco

£6.00 per person

House wines

£7.00 per person

Served with nibbles

additional servings **£4.00 per serving**

BREAKFAST BREAKS

WAYS TO BE WELL

Almond, pear & cacao smoothie 194Kcal

£2.50 per person

Berry & beetroot thickie 31Kcal

£2.50 per person

Overnight English muesli with toasted seeds 132Kcal

£3.00 per person

Spicy, beany shakshuka and sourdough 102Kcal

£3.50 per person

Sliced fresh fruit plate 71Kcal

£3.50 per person

Calorie information is per 100g of each dish.

Adults need around 2000Kcal per day.

Bio & Me 'Gut-loving Porridge Pots' £2.85 per person

Super seedy & nutty 240Kcal

Apple & cinnamon 242Kcal

Breakfast brioche baps £4.25 per person

Mushroom & onion chutney 266Kcal

Back bacon 349Kcal

Egg & hash brown 209Kcal

Cumberland sausage 326Kcal

(All prices are ex VAT)



For more information call **01902 376207** or email **Events-cosford@rafmuseum.org**

LUNCH OPTIONS


WORKING LUNCH

A selection of freshly made sandwiches, ciabattas and tortilla wraps served with a dessert jar and freshly brewed Restaurant Associates 'Blend 53' filter coffee and a selection of fairtrade tea and herbal infusions.



Tortilla wraps – choose 1

Avocado, carrot & hummus wrap  153kcal
Moroccan chicken wrap 205kcal
Falafel & beetroot wrap  148kcal

Ciabatta – choose 1

BLT 201kcal
Chicken caesar 226kcal
Red pepper, pesto & goat's cheese  237kcal

Sandwiches – choose 2

Egg mayo & mustard cress on wholemeal bread  232kcal
Tuna mayo & rocket on white bread 192kcal
Cheese ploughman's on granary bread  231kcal
Chicken & sweetcorn mayonnaise on wholemeal bread 240kcal
Coronation chicken & rocket on white bread 170kcal

Dessert jars – choose 1

Lemon posset jar 323kcal
Eton mess shot 390kcal
Espresso chocolate mousse 364kcal
Strawberry pannacotta jar 293kcal

Can't decide? Chef's selection available.

£14.00 Per person

Calorie information is per 100g of each dish.
Adults need around 2000Kcal per day.



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DELUXE WORKING LUNCH

A selection of freshly made sandwiches, ciabattas and tortilla wraps served with savoury and sweet items, and freshly brewed Restaurant Associates 'Blend 53' filter coffee and a selection of fairtrade tea and herbal infusions



Tortilla wraps – choose 1

Avocado, carrot & hummus wrap  153kcal
Moroccan chicken wrap 205kcal
Falafel & beetroot wrap  148kcal





Ciabatta – choose 1

BLT 201kcal
Chicken caesar 226kcal
Red pepper, pesto & goat's cheese  237kcal

Sandwiches – choose 2

Egg mayo & mustard cress on wholemeal bread  232kcal
Tuna mayo & rocket on white bread 192kcal
Cheese ploughman's on granary bread  231kcal
Chicken & sweetcorn mayonnaise on wholemeal bread 240kcal
Coronation chicken & rocket on white bread 170kcal

Savoury items – choose 2

Pork & cumberland sausage roll 202kcal
Chorizo sausage roll 332kcal
Vegan sausage roll 236kcal
Scotch egg 173kcal
Teriyaki tofu skewer  169kcal
Cherry tomato & red onion puff pastry  204kcal
Baharat cauliflower & aubergine skewers  45kcal
Welsh rarebit  252kcal

Dessert jars – choose 1

Lemon posset jar 323kcal
Eton mess shot 390kcal
Espresso chocolate mousse 364kcal
Strawberry pannacotta jar 293kcal

Can't decide? Chef's selection available.

£18.00 per person



Add additional sweet or savoury items to any working lunch for £2.50 per item per person.

LUNCH OPTIONS


SANDWICH HAMPER

A selection of freshly made sandwiches, ciabattas, and tortilla wraps, served with Tyrrells crisps.



Tortilla wraps – choose 1

Avocado, carrot & hummus wrap  153kcal
Moroccan chicken wrap 205kcal
Falafel & beetroot wrap  148kcal

Ciabatta – choose 1

BLT 201kcal
Chicken caesar 226kcal
Red pepper, pesto & goat's cheese  237kcal

Sandwiches – choose 2

Egg mayo & mustard cress on wholemeal bread  232kcal
Tuna mayo & rocket on white bread 192kcal
Cheese ploughman's on granary bread  231kcal
Chicken & sweetcorn mayonnaise on wholemeal bread 240kcal
Coronation chicken & rocket on white bread 170kcal

Can't decide? Chef's selection available.

£8.00 Per person

LUNCH TO GO

Pre-packed sandwich, Tyrrells crisps, whole fruit, Nakd fruit & nut bar, bottled water.

Sandwich choices – maximum of 3 choices per order

Egg mayo & mustard cress on wholemeal bread 232kcal
Tuna mayo & rocket on white 192kcal
Cheese ploughman's on granary bread 231kcal
Chicken & sweetcorn mayonnaise on wholemeal 240kcal
Simple ham 195kcal
Simple cheese 226kcal







£9.50 Per person

*Calorie information is per 100g of each dish.
Adults need around 2000Kcal per day.*

(All prices are ex VAT)

'NO-BREAD' LITE BITE LUNCH

Savoury choices

Pork & cumberland sausage roll 202kcal
Vegan sausage roll  236kcal
Scotch egg 173kcal
Teriyaki tofu skewer  169kcal
Cherry tomato & red onion puff pastry  204kcal
Baharat cauliflower & aubergine skewers  45kcal
Welsh rarebit  252kcal
Harissa chicken skewer 128kcal
Ham & cheese tart 258kcal
Onion & cheese tart  225kcal

Dessert jars – choose 1

Lemon posset jar 323kcal
Eton mess shot 390kcal
Espresso chocolate mousse 364kcal
Strawberry pannacotta jar 293kcal

Can't decide? Chef's selection available.

5 items - £8.00 per person

7 items - £12.00 per person

ALLERGEN INFORMATION

Do you have a food allergy or intolerance? We provide allergen information on the 14 major allergens.

Please speak with your Event Manager 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 event catering floor to make delegates aware of all allergens contained in your chosen menu and help them make an informed decision.

Please note, as with every catering establishment, there is always a potential for cross-contamination to occur. While we endeavour to prevent this as far as possible, the nature of an allergen means 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 we can better cater for them. We are happy to provide further detail 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.

If you have any concerns, please speak to a member of staff.

Cereals containing gluten	Eggs	Peanuts	Molluscs
Nuts	Mustard	Soya beans	Sulphur dioxide & sulphites
Crustaceans	Fish	Lupin	
Celery	Sesame seeds	Milk	

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 vegetarian