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

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 Well
Bio & Me ‘Gut-loving Porridge Pots’ £2.85 per person
Super seeded & 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

Ways To 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

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

(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.

<table>
<thead>
<tr>
<th>Tortilla wraps – choose 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocado, carrot &amp; hummus wrap 💚 153kcal</td>
</tr>
<tr>
<td>Moroccan chicken wrap 205kcal</td>
</tr>
<tr>
<td>Falafel &amp; beetroot wrap 💚 148kcal</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ciabatta – choose 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>BLT 201kcal</td>
</tr>
<tr>
<td>Chicken caesar 226kcal</td>
</tr>
<tr>
<td>Red pepper, pesto &amp; goat’s cheese 💚 237kcal</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sandwiches – choose 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg mayo &amp; mustard cress on wholemeal bread 💚 232kcal</td>
</tr>
<tr>
<td>Tuna mayo &amp; rocket on white bread 192kcal</td>
</tr>
<tr>
<td>Cheese ploughman’s on granary bread 💚 231kcal</td>
</tr>
<tr>
<td>Chicken &amp; sweetcorn mayonnaise on wholemeal bread 240kcal</td>
</tr>
<tr>
<td>Coronation chicken &amp; rocket on white bread 170kcal</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dessert jars – choose 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon posset jar 323kcal</td>
</tr>
<tr>
<td>Eton mess shot 390kcal</td>
</tr>
<tr>
<td>Espresso chocolate mousse 364kcal</td>
</tr>
<tr>
<td>Strawberry pannacotta jar 293kcal</td>
</tr>
</tbody>
</table>

Can’t decide? Chef’s selection available.

£14.00 Per person

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

<table>
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<tr>
<td>Coronation chicken &amp; rocket on white bread 170kcal</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Savoury items – choose 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pork &amp; cumberland sausage roll 202kcal</td>
</tr>
<tr>
<td>Chorizo sausage roll 332kcal</td>
</tr>
<tr>
<td>Vegan sausage roll 236kcal</td>
</tr>
<tr>
<td>Scotch egg 173kcal</td>
</tr>
<tr>
<td>Teriyaki tofu skewer 💚 169kcal</td>
</tr>
<tr>
<td>Cherry tomato &amp; red onion puff pastry 💚 204kcal</td>
</tr>
<tr>
<td>Baharat cauliflower &amp; aubergine skewers 💚 45kcal</td>
</tr>
<tr>
<td>Welsh rarebit 💚 252kcal</td>
</tr>
</tbody>
</table>

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</table>

Can’t decide? Chef’s selection available.

£18.00 per person

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

(All prices are ex VAT)

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vegetarian
**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 [V] 153kcal
- Moroccan chicken wrap 205kcal
- Falafel & beetroot wrap [V] 148kcal

**Ciabatta – choose 1**
- BLT 201kcal
- Chicken caesar 226kcal
- Red pepper, pesto & goat’s cheese [V] 237kcal

**Sandwiches – choose 2**
- Egg mayo & mustard cress on wholemeal bread [V] 232kcal
- Tuna mayo & rocket on white bread 192kcal
- Cheese ploughman’s on granary bread [V] 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

### ‘NO-BREAD’ LITE BITE LUNCH

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

£9.50 Per person

5 items – £8.00 per person
7 items – £12.00 per person
£18.00 per person

**LUNCH TO GO**
Pre-packed sandwich, Tyrells 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)*

For more information call 01902 376207 or email Events-cosford@rafmuseum.org
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
Nuts
Crustaceans
Celery

Eggs
Mustard
Fish
Sesame seeds

Peanuts
Soya beans
Lupin
Milk

Molluscs
Sulphur dioxide & sulphites

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

(All prices are ex VAT)

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