

# Ingredients & Allergen Menu

Euston First Class Lounge Allergen & Ingredients Menu – 23<sup>rd</sup> March 2024

## Breakfast

### Smoked Salmon and Cream cheese on Rye Bread

Bread: Water, Light **RYE** Flour, Wholemeal Rye Flour, Stone Ground Wheat Flour (**WHEAT** Flour, **WHEAT** Gluten, Malted **WHEAT** Flour), Sunflower Seeds (17%), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Flour Treatment Agent: E300

Smoked Salmon (33.5%) [Raw Salmon ( **FISH**) Fillet, Brown Sugar, Salt, Sodium Hexacyanoferrate (III)].

Full Fat Soft Cheese (22.4%) [Full Fat Soft Cheese (**MILK**) Salt Stabiliser [Locust Bean Gum (E410)] Acidity Regulator [Citric Acid (E330)], Swiss Chard (5.4%), Dill (2.7%). Per serving 233 kcal.

**May contain nuts, mustard, celery, eggs, sesame, soya, sulphur dioxide**

### Porridge

Gluten free wholegrain **OATS** (73%), skimmed **MILK** powder. **Toppings:** Honey and Banana.

**Allergy Advice:** For allergens see ingredients in bold. Packed in a factory that handles peanuts and nuts. Contains naturally occurring sugars. Suitable for Coeliac, Vegetarians.

### Fresh Fruit Salad Bowl

Honey Dew Melon 35%, Cantaloupe Melon 35%, Orange 20%, Black Grapes 10%. **Per serving 34 kcal.**

### Double Chocolate Oat Cookie

**WHEAT** Flour, Humectant (Vegetable Glycerine) Hydrolysed **WHEAT** Protein, Olive Oil, **SOY** Protein, Chocolate Chips (Cocoa Mass, Sugar, Emulsifier [**SOY** Lecithin], Flavouring) Maltodextrin, Jumbo **OATS**, Inulin (Chicory Root) Cocoa Powder, **SOY** Crispies (**SOY** Protein, Tapioca Starch, Calcium Carbonate, Salt) Cocoa Nibs, Emulsifier (Gum Acacia), Coconut Oil, Raising Agent (Sodium Bicarbonate), Flavouring Green Tea, Extract Sweetener (Sucralose). Per serving 200 kcal. **Made in a factory that handles milk powders etc.**

### Plain Mini Croissant

**WHEAT** flour, fine butter (**MILK**) 23%, water, sugar, yeast, whole **MILK** powder, salt, **WHEAT GLUTEN**, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid), **EGGS**. Per serving 125 kcal. **May contain nuts.**

### Pain aux Raisin

Danish Pastry Dough (Flour **WHEAT** bread/strong white, Butter Laminating (**MILK**), Water, **MILK** whole pasteurized (**MILK**), Caster Sugar, Butter Unsalted (**MILK**), Yeast, Salt, **BARLEY** malt flour), Raisins, Creme Pat (Water, Custard Crem Mix (Sugar, Modified starch; Skimmed **MILK** Powder, Lactose and **MILK** Proteins; Coconut oil; Gelling agent: Sodium phosphates, Diphosphates, Sodium alginate, Calcium sulphate; Firming agent: Calcium sulphate; Flavouring (contains **MILK**); Color: Carotenes)). Per serving 129 kcal. **May contain nuts.**

### Mini Berry Danish

Danish Pastry Dough (Flour **WHEAT** bread/strong white, Butter Laminating (**MILK**), Water, **MILK** whole pasteurized (**MILK**), Caster Sugar, Butter Unsalted (**MILK**), Yeast, Salt, **BARLEY** malt flour), Fruit of Forest Filling (Forest Fruits Mix, Sugar Cater, Glucose Syrup, Lemon juice fresh, Pectin), Creme Pat (Water, Custard Cream Mix (Sugar, Modified starch; Skimmed **MILK** Powder, Lactose and **MILK** Proteins; Coconut oil; Gelling agent: Sodium phosphates, Diphosphates, Sodium alginate, Calcium sulphate; Firming agent: Calcium sulphate; Flavouring (contains **MILK**); Color: Carotenes). Per serving 153. **May contain nuts.**

### Lemon Drizzle Flapjack

Gluten Free **OATS**, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt (2.0%), Emulsifier (E475), Colour (E100, E160b(i)), Flavourings), Golden Syrup (Invert Sugar Syrup), Sugar (Sugar And Cane Molasses), Lemon Icing 1% (Sugar, Glucose Syrup, Vegetable Oil, Water, Sicilian Lemon Oil (0.5%), Emulsifier (**SOYA**), Stabiliser, Preservative (Potassium Sorbate), Lutein), Natural Lemon Flavouring 0.3%. Per serving 247 kcal.

**Made in a bakery that processes milk, gluten, eggs, peanuts, nuts and sulphur dioxide.**

### Raspberry Muffin

Sugar, **WHEAT** Flour (**WHEAT**, Iron, Niacin (B3), Thiamin (B1), Raising Agents Bicarbonate Of Soda, Mono-calcium Phosphate E341), Rapeseed Oil (E900), **EGG**, **MILK**, Glycerine, Natural Raspberry Flavouring 0.8%, Freeze Dried Raspberries 0.5%, Salt. Per serving 364 kcal.

**Made in a Bakery that processes peanuts, nuts, soya and sulphur dioxide.**

## Rest of the day

### Cheese Plate

Cornish Nettle Yarg Cheese (pasteurised Cow's **MILK**, salt, nettle Leaves (1%), starter Culture, vegetarian Rennet, calcium Chloride, penicillium Candidum).  
Red Fox Cheese (pasteurised Cow's **MILK**, salt, nettle Leaves (1%), starter Culture, vegetarian Rennet, calcium Chloride, penicillium Candidum) (pasteurised Cow's **MILK**, salt, nettle Leaves (1%), Starter Culture, vegetarian Rennet, calcium Chloride, Penicillium Candidum) (Pasteurised Cow's **MILK** PDV Salt, Starter Culture, Colour: Annatto Norbixin E160b (ii), Microbial Rennet).  
Coastal Cheddar Cheese (pasteurised Cow's **MILK**, salt, nettle Leaves (1%), starter Culture, vegetarian Rennet, calcium Chloride, penicillium Candidum) (pasteurised Cow's **MILK**, salt, nettle Leaves (1%), Starter Culture, Vegetarian Rennet, Calcium Chloride, Penicillium Candidum) (Pasteurised Cow's **MILK**, Pure Dried Vacuum Salt, DVI Starter Culture, Vegetable Rennet).  
Crispbread (**MILK**, **RYE** Flour, **WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Thiamin, Niacin), Sourdough (12%) ( **RYE** Flour, Water), Wholemeal (**WHEAT**) **WHEAT** Flour, Honey, Salt).  
Apple & Cider Chutney (Bramley Apples (38.9%), Raw Cane Sugar, Onions, Cider Vinegar, Muscovado Sugar, Sultanas, Sea Salt, Cider Brandy (0.92), Garlic Puree, Chillies, Ground Ginger, Ground Cinnamon, Ground Allspice)].  
Red Seedless Grapes (18.4%) White Seedless Grapes (18.4%).  
Estate Butter Portion (6.1%) [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture ]. Swiss Chard (2.5%). Per serving 424 kcal.

Gluten Free crackers (Instead of Crispbread): Gluten free **OAT** Crackers in portion packs - 2 crackers per pack. Wholegrain **OATS** (89%), Sustainable Palm Fruit Oil (6%), Maize Starch (2.5%), Ammonium Bicarbonate (1%), Sea Salt (1%).

**Swiss Chard may contain mustard and celery. May contain traces of nuts. Although extra care has been taken to remove all stones, some may remain.**

### Garlic and Basil Olives

Halkidiki Olives 90%, Rapeseed Oil 5%, Basil 3%, Garlic Olives 2%, Lemon juice (traces), white wine vinegar (traces), salt (traces).

### Sour Cream & Onion Popchips

Dried Potato, Rice Flour, Sunflower Oil, Potato Starch, Sour Cream & Onion Flavour [Dried Sour Cream (**MILK**), Dried Onion, Sugar, Yeast Extract, Potassium Chloride, Dried Whey (**MILK**), Dried Garlic, Maltodextrin, Salt, Natural Flavourings (contain **MILK**), Acid: Citric Acid, Dried Parsley], Salt. Per serving 50 kcal.

### Pizzeria Bites

**WHEAT** flour, sunflower oil, tomato powder (3%), sea salt, extra virgin olive oil, brewer's yeast, **WHEAT** malt, oregano, dried onion, garlic, rosemary. Per serving 110 kcal.  
**May contain traces of sesame seeds, milk and mustard.**

### Wild Garlic Mixed Nuts

**PEANUTS, CASHEWS, ALMONDS, HAZELNUTS**, Sugar, Salt, Basil, Rapeseed Oil, Garlic Powder, Black Pepper, Wild Garlic Leaves, Oregano. Per serving 121 kcal.

**Factory handles other allergens.**

### Uncle Joe's Mint Ball Brownie

Sugar, Butter (**MILK**, Salt), Dark Chocolate 17% (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**SOYA** Lecithin E322), Natural Vanilla Flavouring), **EGG**, Gluten Free Flour (Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)), Dark Chocolate Chips 8% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **SOYA** Lecithin; Natural Vanilla Flavouring), Cocoa Powder, Xanthum Gum, Potassium Sorbate (E202), Uncle Joe's Peppermint Flavouring 0.07%. Per serving 265 kcal.

**Made in bakery that processes gluten, peanuts, nuts and sulphur dioxide.**

### Salted Caramel popcorn

Corn, Sugar, Butter (**MILK**), Corn Syrup, Sea Salt. Per serving 72 kcal.

**Allergy Advice:** For allergens, see ingredients in **BOLD**.

Adults need around 2000 kcal a day. Kcal information provided is per serving/portion

Due to the way our food is produced, prepared, and handled it is not possible to guarantee the absence of allergens in our products. Please make sure that you check allergens' information and that you inform us if you have a food allergy or special dietary requirements.

**AVANTI  
WEST COAST  
FIRST**

