

Ingredients & Allergen Menu

Evero First Class Allergen & Ingredients Menu from 11th December 2024

Breakfast

The Great British Breakfast

Mini Rosti Potato (29%) (Potato (>91%) *, Vegetable Oil (Palm), Salt, Dextrose, Onion Powder, Emulsifier: Hydroxypropyl methylcellulose (E464), Spice (Pepper). *Mainly fresh potatoes, however dehydrated potatoes containing the following ingredients & technical auxiliaries may be added: E471, E330, E450, E223.).

Tomato (26%). **Pork and Parsley Sausage** (24%) (Pork (61%), Water, Rusk (**WHEAT** Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Salt), Pork Fat, Seasoning (Salt, Dextrose, **WHEAT** Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Stabiliser: Sodium Triphosphate, Preservative: Sodium **SULPHITE**, Flavour Enhancer: Monosodium Glutamate, Spices (White Pepper, Black Pepper, Cayenne Chilli), Flavourings (**SULPHITE**), Yeast Extract, Spice Extracts (Black Pepper, Nutmeg, Capsicum, Ginger), Sunflower Oil, Maltodextrin, Antioxidants: AlphaTocopherol, Ascorbyl Palmitate, Acid: Citric Acid, Colour: Carmine), Dried Parsley, Natural Hog Casing)). **Cooked Back Bacon** (21%) (Pork, Water, Salt, Preservative (Sodium Nitrite), Antioxidant (Sodium Ascorbate)). **Cooked Scrambled EGG** [Pasteurised Free Range **EGG**, Water, Rapeseed Oil, Tapioca Starch, Skimmed **MILK** Powder, Lemon Juice, Salt, Ground White Pepper], **WHITE SAUCE** (20%) [Water, Rapeseed Oil, Modified Starch, Salt, Whey Protein Concentrate (**MILK**), Sugar, Vegetable Stock (Salt, Maltodextrin, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Carrot Extract, Rapeseed Oil, Tomato, Louage), Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Stabiliser (Guar Gum), Spices]. Swiss Chard. Per serving 509 kcal.

Swiss Chard may contain mustard and celery.

Optional:

Heinz Tomato ketchup:
Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extract (contain **CELERY**), spice.

HP Brown sauce: Tomatoes, Malt Vinegar (from **BARLEY**), Molasses, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, **RYE** Flour, Salt, Spices, Flavourings, Tamarind.

Classic Bacon Sandwich

BREAD (67.2%) [**WHEAT** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **WHEAT** Flakes (9.0%), **WHEAT** Bran (2.3%), Yeast, Malted **BARLEY** Flour (1.0%), Salt, Vegetable Oils [Rapeseed, Palm], **WHEAT** Protein, Spirit Vinegar, Emulsifiers [E471, E472(E)], Malted **WHEAT** Flour, Flour Treatment Agent (E300), Palm Fat, **WHEAT** Flour], **BACON** (22.4%) [Beechwood Smoked Bacon (Pork, Water, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite))], **BUTTER** (7.5%) [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture], Swiss Chard (3%). . Per serving 404 kcal.

Swiss Chard may contain mustard and celery. May contain egg and mustard. Swiss Chard may contain mustard and celery.

Optional:

Heinz Tomato ketchup:
Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extract (contain **CELERY**), spice.

HP Brownsauce: Tomatoes, Malt Vinegar (from **BARLEY**), Molasses, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, **RYE** Flour, Salt, Spices, Flavourings, Tamarind.

Porridge

MOMA plain No Added Sugar Porridge [Wholegrain **OATFLAKES** 73%), Skimmed **MILK** Powder, Water., Per serving 252 kcal.

Add Banana and Honey. Per serving 392 kcal.

Pain Au Raisin

WHEAT Flour, Fine Butter (**MILK**) 14%, Raisins 13%, Sugar, **EGGS** Yeast, Modified Starch, Whole **MILK** Powder, Salt, **WHEAT GLUTEN** Whey **MILK** Powder (**MILK**), Skimmed **MILK** Powder, Stabilizers (Calcium Acetate, Tetrasodium Diphosphate, Disodium Phosphate), Flour **WHEAT** Treatment Agents (Alpha Amylases, Hemicellulases, Ascorbic Acid), Carrot Extract, Natural Flavouring, Turmeric Extract, Paprika Extract. Per serving 319 kcal.

May contain Soya, Sesame, Almonds, Hazelnuts, Walnuts, Cashew, Pecan, Brazil, Pistachio, Macadamia Queensland Nuts

Mixed Berry Fruit Waffles

MIXED BERRY WAFFLE (66.9%) [Dough (flour (**WHEAT** Malted **WHEAT**), Vegetable Oil (Palm, Rapeseed), Water, **BUTTER** (**MILK**), Sugar, Yeast, Whole **MILK** Powder, Salt, **EGG** Powder, Emulsifi (E471), antioxidant (E300), Acid (E330), Colour (E160a(iiii)), Filling (49.5%) [**MIXED BERRIES** (69%) (Raspberries, Redcurrants, Strawberries, Blackcurrants, Blackberries, Blueberries), Sugar, Modified Starch]), **GREEK STYLE YOGHURT** (31.4%) [Pasteurised Cow's **MILK** (99%), Cream (**MILK**), Skimmed **MILK** Powder (0.8%), Culture (0.2%)], Mint (1.7%). Per serving 500 kcal.

Rest of the day

Indian Grazing Plate

Indian selection: [VEGETABLE SAMOSA (45%) (Vegetables (Potato, Peas, Carrot, Onion), Pastry **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Rapeseed Oil, Salt), Rapeseed Oil, Balti Paste (Water, Rapeseed Oil, Spices (Cumin, Paprika, Turmeric, Coriander, Spices, Fennel), Gram Flour, Salt, Concentrated Tomato Purée, Sugar, Maize Flour, Ginger Purée, Acids (Acetic Acid, Citric Acid, Lactic Acid), Garlic Purée, Coriander Leaf, Black Pepper, Coriander Seed, Desiccated Coconut, Onion Powder, Tamarind, Garlic Powder, Dried Parsley, Concentrated Lemon Juice), Tomato Purée, Lemon Juice, Coriander Leaf, Sugar, Salt, Cumin Seeds, Chilli Powder, Tamarind Paste, Garam Masala (Coriander Seeds, Cumin, Cinnamon, Ginger, Chilli, Cloves, Nutmeg, Black Pepper, Bay Leaf, Cardamom) **ONION BHAJI** (27%) [Onion, Gram Flour (Yellow Split Pea, Channa Dall), Rapeseed Oil, Lemon Juice, Salt, Cumin Powder, Coriander Powder, Cumin Seed, Ajwain Seed, Garam Masala (Coriander, Cumin, Cinnamon, Ginger, Black Pepper, Clove, Nutmeg, Cardamom, Bay Leaf, Chilli Powder), Chilli Powder, Turmeric, Black Pepper, Baking Powder (Mono Calcium Phosphate, Corn Starch, Sodium Bicarbonate), **VEGETABLE PAKORA** (27%) [Mixed Vegetables (Onion, Potato, Peas, Carrot), Gram Flour (Yellow Split Pea, Channa Dall), Rapeseed Oil, Coriander, Salt, Cumin Seed, Garam Masala (Coriander Powder, Cumin Powder, Cinnamon, Ginger Powder, Black Pepper, Clove Powder, Nutmeg Powder, Cardamom Powder, Bay Leaf Powder, Chilli Powder), Baking Powder (Monocalcium Phosphate, Corn Starch, Sodium Bicarbonate), **WHEAT**, Acidity Regulator (Citric Acid, Chilli Powder)], [CUCUMBER (42%), **RED ONION** (33%), **GREEN CHILLI AND CORIANDER DRESSING** (17%) [Water, Spirit Vinegar, Crushed Green Tomatillo, Coriander, Onion, Green Pepper, Mint, Rapeseed Oil, Salt, Garlic Purée, Modified Maize Starch, Green Chillies, Colour (Lutein), Lime Concentrate, Colour (Chlorophyll)], Stabilisers (Xanthan Gum), Pear Juice), White Pepper], **APRICOT** (8%) [Apricot, Pear Juice From Concentrate], **NIGELLA SEEDS**], **MANGO CHUTNEY** (18.7%) [Sugar (48%), Mango (46%), Sugar Cane Vinegar (3.9%), Salt (2%), Chilli Powder (0.6%), Garam Masala (0.033%), Garlic Powder (0.01%)], Swiss Chard (1.9%). Per serving 363 kcal.

Swiss Chard may contain Mustard and Celery. May Contain: Mustard, Sesame and Nuts. May Contain: Mustard and Gluten.

Smoked Ham & Egg Roll

Linseed Top Sub Roll (**WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Water, Durum **WHEAT** Semolina, Rapeseed Oil, Sugar, Golden Linseeds, Potato, Yeast, Salt, **WHEAT** Flour, Broad Bean Flour, **WHEAT** Gluten, Preservative (Mono-Propionate), Inactive Dry Yeast, Emulsifier (Calcium and diglycerides of fatty acids)), **EGG** MAYONNAISE MIX (20%) [Free Range Hard Boiled **EGG**, Mayonnaise (Rapeseed Oil, Water, Pasteurised Liquid Whole **EGG**, Acidity Regulator (Acetic Acid), Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate))], **TOMATO** (12%), Free Range Hard Boiled **EGG** (10%), **COOKED GAMMON HAM** (10%) [Pork, Water, Salt, Modified Maize Starch, Emulsifier (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], **ROCKET** (2%), Vegetable Fat Spread (Vegetable Oils (Rapeseed Oil, Sustainable Palm Oil), Water, Salt, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Preservative (Potassium Sorbate), Colour (Annatto, Bixin, Curcumin), Acidity Regulator (Citric Acid), Flavouring). Swiss Chard. Per serving 426 kcal.

May Contain: Milk and Mustard. Chard may contain mustard and celery. Although every care has been taken to remove all shell, some may remain.

Sea Salt Crisps

Crisps (100%) [Potatoes, Cold Pressed Rapeseed Oil, Sea Salt]. Per serving 82 kcal.

Gluten Free. Produced in a nut-free facility. Suitable for Vegetarians and Vegans.

Cox & Co Chocolate bar

Dark Chocolate [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier **SOYA** Lecithin], Natural Vanilla Flavouring], Himalayan Salt 0.2%, Butter Oil (**MILK**). Per serving 75 kcal.

Also Contain Traces of Nuts and Cereals containing Gluten.

Sour Cream & Chive Crunchits

OAT Flakes, Chicory Root Fibre, **WHEAT** Crunch **WHEAT GLUTEN** Flour (**WHEAT**, Salt, Yeast), **WHEAT** Crisp **WHEAT GLUTEN** Flour (**GLUTEN**), Salt, Calcium Carbonate, Sunflower Oil, Emulsifier: **SOYA** Lecithin), Sour Cream (**MILK**) & Chive Seasoning (Onions, Rice Flour, Skimmed **MILK** powder, Salt, Acids: Lactic Citric, Whole **MILK** Powder, Sugar, Natural Flavouring [**MILK**], Garlic, Yeast Extract, Herbs [chives, Parsley], Sour Cream Powder), Beans (Per serving 55 kcal).

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

Adults need around 2000 kcal a day.

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.

Sweetcorn Fritters with Shakshuka

SHAKSHUKA (82.6%) [**SHAKSHUKA MUSHROOM MIX** (68%) [Shakshuka (Tomato, Red Peppers, Plum Tomatoes In Juice (Tomato, Tomato Juice, Acidity Regulator (Citric Acid)), Onions, Tomato Purée, Olive Pomace Oil, Garlic, Red Chilli, Smoked Paprika, Sea Salt, Coriander, Cumin, Black Pepper), Mushrooms (Mushrooms, Water, Salt, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid))], **Gluten Free Corn FRITTER** (32%) [Sweetcorn, Gluten Free Plain Flour (Rice Flour, Potato Starch, Tapioca Starch, Gluten Free0, Buckwheat), Water, Chia Seeds, Spring Onions, Red Chilli, Ginger Purée, Rapeseed Oil, Sugar, Garlic, Salt, Turmeric, Lime Juice, Black Pepper, Cayenne Pepper]], **BREAD** (13.3%) [**WHEAT** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **WHEAT** Flakes (9.0%), **WHEAT** Bran (2.3%), Yeast, Malted **BARLEY** Flour (1.0%), Salt, Vegetable Oils [Rapeseed, Palm], **WHEAT** Protein, Spirit Vinegar, Emulsifiers [E471, E472(E)], Malted **WHEAT** Flour, Flour Treatment Agent (E300), Palm Fat, **WHEAT** Flour], **SUNFLOWER SPREAD** (2.9%) [Water, Vegetable Oils (Sunflower, Palm, Safflower Oil)], Salt, Emulsifier: Mono And Diglycerides Of Fatty Acids, Acid: Citric Acid, Flavouring, Colour: Beta Carotene, Vitamins: A, D2], **Swiss Chard** (1.2%). **Swiss Chard may contain mustard and celery. May contain egg, milk.** Per serving 487 kcal.

Breakfast Hash

Potatoes (55%) (**SULPHITES**), Diced Sweet Potatoes (15%), Sundried Tomatoes (12%) (Sun-Dried Tomatoes, Rapeseed Oil, Salt, Oregano, Garlic, Glucose, Syrup, Citric Acid), Preservative (Potassium Sorbate), Antioxidant (Ascorbic Acid), Rapeseed Oil, Salt, Oregano, Garlic, Glucose Syrup, Citric Acid, Preservative (Potassium Sorbate), Antioxidant (Ascorbic Acid), Mushroom (9%), Chopped Kale (6%), Rapeseed Oil, Ground Roast Cumin, Sea Salt. Per serving 242 kcal.

Smoked Salmon and Scrambled Eggs

Pre-cooked egg Scrambled **EGG** (69.4%) [**SCRAMBLED EGG** (80%) [Pasteurised Free Range **EGG**, Water, Rapeseed Oil, Tapioca Starch, Skimmed **MILK** Powder, Lemon Juice, Salt, Ground White Pepper], **WHITE SAUCE** (20%) [Water, Rapeseed Oil, Modified Starch, Salt, Whey (**MILK**) Protein Concentrate (**MILK**), Sugar, Vegetable Stock (Salt, Maltodextrin, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Carrot Extract, Rapeseed Oil, Tomato, Louage), Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Stabiliser (Guar Gum), Spices]], **SMOKED SALMON** (27.8%) [Salmon (**FISH**) (96%) (Salmo Salar), Salt, Sugar, Oak Smoke], **Swiss Chard** (2.8%). Per serving 226 kcal.

Swiss Chard may contain mustard and celery. May contain gluten. Although every care has been taken to remove bones, some may remain. Swiss Chard may contain mustard and celery.

Toast with butter

White Bloomer: [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, **SOYA** Flour, Preservative (E282 Calcium Propionate), Emulsifiers (E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Rapeseed Oil, Flour Treatment Agent (E300 Ascorbic Acid)], Butter **MILK**. Per serving 251 kcal.

Malted Bread: [**WHEAT** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **WHEAT** Flakes (9.0%), **WHEAT** Bran (2.3%), Yeast, Malted **BARLEY** Flour (1.0%), Salt, Vegetable Oils [Rapeseed, Palm], **WHEAT** Protein, Spirit Vinegar, Emulsifiers [E471, E472(E)] Malted **WHEAT** Flour, Flour Treatment Agent (E300), Palm Fat, **WHEAT** Flour]. Butter (**MILK**) Per serving 315 kcal.

Tipstree Marmalade: Sugar, Seville Oranges, Gelling Agent: Citrus Pectin.
Tipstree Strawberry jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulatory: Citric Acid.
Honey: Pure Honey.
Butter: (**MILK**), Salt.

TEACAKE (63.1%) [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sultanas (14%), Currants (10%), Sugar, Yeast, Mixed Peel (3.8%) (Contains: Orange Peel, Glucose Fructose Syrup, Lemon Peel, Sucrose, Preservative (E202), Acidity Regulator (E330)), Vegetable Oil (Palm, Rapeseed), Salt, Emulsifier (E472e), Nutmeg, Flavouring, Flour Treatment Agent (E300), Colour (E160a)].

STRAWBERRY JAM (27.2%) [Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulatory: Citric Acid]. **BUTTER** (9.7%) [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture]. Per serving 347 kcal.

May contain traces of Tree nuts, Eggs, Sesame, Soya, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias. Sulphites <10ppm.

Swiss Chard may contain mustard and celery. Whilst this product is gluten free, dish is produced on a site that handles gluten.

NOTE: The alcohol content burns off through out the cooking process, but the product may still contain a trace of alcohol.

Haggis, Neeps & Tatties

Haggis (87.2%) [Haggis (33%) (Lamb Offal, **OAT** meal, Onion, Beef Suet, Heart Seasoning (**WHEAT** Flour, **ROSK**, Dextrose, Grogats, Nutmeg, Colour (E150) Salt, Rusk (**WHEAT** Flour, Salt, Raising Agent E503), Emulsifier E451(i)), Preservative E221 (**SULPHITES**), Sugar, Flavour Enhancer E621, Flavourings, Antioxidant E301, Colour: Ammonia Caramel), Swede, Potatoes, Salted Butter (**MILK**) (**MILK**), Semi Skimmed **MILK**, Sea Salt, White Pepper), Haggis Sauce (11.6%) [Water, Double Cream (**MILK**), Onion, Beef Stock (Water, Beef Bone (Beef Bone, Water), Yeast Extract, Salt, Lemon Juice Concentrate, Beef Fat), Modified Waxy Maize Starch, Plain Flour (**WHEAT**) ((**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3 Thiamine Hydrochloride (Vitamin B1)), Rapeseed Oil, Garlic Puree, Sugar, Sea Salt, Malt (**BARLEY**) Extract (Malted **BARLEY**, Water), Thyme, Black Pepper)], **Swiss Chard** (1.2%). Per serving 396 kcal.

Swiss Chard may contain Mustard and Celery

Swiss Chard may contain Mustard and Celery. May contain traces of Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias.

Nairn's Crackers (GF) Gluten Free Wholegrain **OATS** (51%), Maize Flour, Rice Flour, Sustainable Palm Fruit Oil, Tapioca Starch, Maize Starch, Raising Agent: Ammonium Carbonates, Brown Rice Syrup, Sea Salt. Per serving 31 kcal.

May contain: Milk, Hazelnuts, Tree Nuts, Peanuts.

British Braised Beef

Beef (98.7%) (Roast Potatoes, Water, Beef (13%), Button Mushrooms, Onion, Red Wine (**SULPHITES** **SULPHITES**), Beef Gravy, (Modified Maize Starch, Beef Stock (Water, Yeast Extract, Salt, Lemon Juice Concentrate, Beef Fat)), Tomato Puree, Cracked Black Pepper, Bay Leaves, Thyme), **Swiss Chard** (1.3%). Per serving 236 kcal.

Swiss Chard may contain mustard and celery.

NOTE: The alcohol content burns off through out the cooking process, but the product may still contain a trace of alcohol.

British Cheeseboard

CHEESE (50%) [Cornish Nettle Yarg Cheese (Pasteurised Cow's **MILK** Salt, Starter Culture, Calcium Chloride, Penicillium Candidum) **Red Fox Cheese** (Pasteurised Cow's **MILK** PDV Salt, Starter Culture, Colour: Annatto Norbixin E160b (li), Microbial Rennet) **Coastal Cheddar Cheese** (Pasteurised Cow's **MILK**, Pure Dried Vacuum Salt, DVI Starter Culture, Vegetable Rennet) **CRISP BREAD (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)], Grapes, Cherry Tomato, **CELERY**, **BUTTER** (Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture), **SWISS CHARD** (2.2%). Per serving 380 kcal.

Swiss Chard may contain Mustard and Celery. May contain traces of Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias.

Nairn's Crackers (GF) Gluten Free Wholegrain **OATS** (51%), Maize Flour, Rice Flour, Sustainable Palm Fruit Oil, Tapioca Starch, Maize Starch, Raising Agent: Ammonium Carbonates, Brown Rice Syrup, Sea Salt. Per serving 31 kcal.

May contain: Milk, Hazelnuts, Tree Nuts, Peanuts.

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AVANTI WEST COAST FIRST

