

# Ingredients & Allergen Menu

Pendolino First Class Allergen & Ingredients Menu from 11<sup>th</sup> December 2024

## Breakfast

### The Great British Breakfast

Bacon (21.1%) [Pork (87%); Water; Salt; Antioxidant: E301; Preservatives: E250 (Sodium Nitrite), E252 (Potassium Nitrate)], Tomatoes (19.6%) [Tomatoes], Paris Brown Mushrooms (17.2%) [Chestnut Mushrooms], Bird Bros Medium **EGGS** (14%) [**EGG**], Pork & Parsley Sausage (13.7%) [Pork(61%), Water, Rusk (**WHEAT** Flour (calcium Carbonate, Iron, Niacin, Thiamin), Salt), Seasoning [salt, Dextrose, **WHEAT** Flour (calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser: E451, Preservative: E221 (**SULPHITES**), Flavour Enhancer: E621, Spices (white Pepper, Black Pepper, Cayenne Chilli), Flavourings (**SULPHITES**), Yeast Extract, Spice Extracts (black Pepper, Nutmeg, Capsicum, Ginger), Sunflower Oil, Maltodextrin, Antioxidants: [E307,E304, acid:E330, colour:E120], Dried Parsley Filled Into A Natural Hog Casing], Mini Hash Brown Puffs (12.3%) [Potatoes (82%), Vegetable Oils (rapeseed, Sunflower, In Varying Proportions), Potato Starch, Onion, Potato Flakes, Salt, Pea Fibre, Dextrose, Flavouring (Onion Extract), Spice], KTC Veg Oil (1.2%) [**SOYA**bean Oil (produced From Genetically Modified **SOYA**- fully refined ), Anti Foaming Agent: Dimethyl Polysiloxane (E900)], Butter (**MILK**), Swiss Chard (0.98%). Per serving 544 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 (52.6%) [**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: (39.2%) [Bacon (149g of Bacon per 100g) [Pork (87%); Water; Salt; Antioxidant: E301; Preservatives: E250, E252.]], BUTTER (5.8%) [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture], Swiss Chard (2.3%). **Swiss Chard may contain mustard and celery. Note:** Vegetable Oil is made from 'fully refined' soybeans the refining process removes all allergens. Per serving 507 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.

### Porridge

**Plain porridge:** Semi Skimmer **MILK**, Mornflake **OATS** [**OAT** flakes]. Per serving 271 kcal.  
**Porridge with banana and honey:** Semi Skimmer **MILK**, Bananas, Mornflake **OATS** [**OAT** flakes], Honey. Per serving 420 kcal.  
**May contain wheat, barley.**

### 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(iii)), 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, Ajiwain Seed, Garam Masala (Coriander, Cumin, Cinnamon, Ginger, Black Pepper, Clove, Nutmeg, Cardamom, Bay Leaf, Chilli Powder), Chilli Powder, Turmeric, Black Pepper, Chilli 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 Seeds, Chilli Powder, 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), Turmeric, 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, Guar Gum), 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%), Ginger Powder (0.03%), 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 Flavour, Potato Yeast, Salt, **WHEAT** Flour, Broad Bean Flour, **WHEAT** Gluten, Preservative (Calcium Propionate), Inactive Dry Yeast, Emulsifier (Mono- and diglycerides of fatty acids)], **EGG** MAYONNAISE MIX (20%) [Free Range Hard Boiled **EGG**, Mayonnaise (Rapeseed Oil), Water, Pasteurised Liquid **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 (87%), 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 Crisps

**OAT** Flakes, Chicory Root Fibre, **WHEAT** Crunch (**WHEAT GLUTEN** Flour **WHEAT**, Salt, Yeast), **WHEAT** Crisp (**WHEAT** 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, Yeast **MILK** Powder, Sugar, Natural Flavouring (**MILK**), Garlic, Whole Extract, Herbs (chives, Parsley), Sour Cream Powder), Beans. Per serving 55 kcal.

### 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.

**If vegetarian option chosen this includes Poached Egg:**

POACHED **EGG** 13.5% [Graded Class A Medium Free-Range **EGG** (100%), Sunflower Oil], BUTTER (2.6%) [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture], Swiss Chard (1%). Per serving 592 kcal.

**Swiss Chard may contain mustard and celery.**

### Smoked Salmon and Scrambled Eggs

Freshly prepared scrambled eggs: **EGGS**, Semi Skimmed **MILK** (16.8%), Butter (4.7%) (**MILK**), Lemons (4.7%). Salmon (**FISH**) (96%) (*Salmo salar*), Salt, Sugar, Oak Smoke). Swiss Chard. (1.9%). Per serving 323 kcal.

**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.

TipTree Marmalade: Sugar, Seville Oranges, Gelling Agent: Citrus Pectin.

TipTree Strawberry jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulatory: Citric Acid.

Honey: Pure Honey.

Butter: (**MILK**), Salt.

### Toasted Teacake

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.**

**NOTE:** The alcohol content burns off throughout 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**), **SOYA**, Dextrose, Groats, 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 Carmel), Swede, Potatoes, Salted Butter (**MILK**) (**MILK**), Sarami Skimmed **MILK**, Sea Salt, White Pepper], Haggis Sauce (11.6%) [Water, Double Cream (**MILK**), Onion, Beef Stock (Water, Beef Stock (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**

### British Cheeseboard

CHEESE (50%) [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** 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) 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) (Pasteurised), 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.**

### Chocolate Sponge Pudding with Clotted Cream

Chocolate pudding (60.7%) [Chocolate Cake Base (Sugar, **WHEAT** Flour (With Calcium, Iron, Niacin, Thiamine), Modified Starch (Maize), Fat Reduced Cocoa Powder, Vegetable Oil (Rapeseed), Raising Agents: Disodium Diphosphate, Sodium Bicarbonate), Emulsifiers: Fatty Acids (E477, E471, E475), Salt, Stabiliser: Xanthan Gum; Free Range Whole **EGG** Powder, Whey Solids (**MILK**)), Water, Rapeseed Methylsiloxane), Liquid **EGG** Double Cream (**MILK**) (10%) **MILK**, Caster Sugar, Golden Syrup (Invert Sugar Syrup), Dark Chocolate (3%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifiers: Lecithin, Polyglycerol Polycricinoleate, Vanilla Flavouring), Fat Reduced Cocoa Powder (3%), Humectant (Glycerine), **WHEAT** Starch, Sorbex (Preservatives: E202 Potassium Sorbate, E282 Calcium Propionate, Maize Starch), Citric Acid], CREAM (35.7%) (**MILK**), Mint (3.6%). Per serving 494 kcal.

**May also contain traces of Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias.**

**Orange & Cranberry Shortbread** **WHEAT** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Butter (**MILK** Salt), Cranberries 13% [Sugar, Sunflower Oil], Sugar (or Sucrose), Natural Orange Flavouring 0.4%. Per serving 209 kcal.

**Factory handles other allergens.**

### Chips and Dips

Chips (100%) [Salted Tortilla Chips (Corn Flour (79%), Sunflower Oil, Salt) Tomato Salsa Mexicana (Tomatoes (50%), Water, Tomato Puree (7%), Spirit Vinegar, Modified Maize Starch, Jalapeno Peppers [jalapeno Peppers, Water, Distilled Vinegar, Salt] (2%), Dried Onion, Sugar, Salt, Dried Red Pepper, Garlic Powder, Cumin Powder, Preservative: Potassium Sorbate, Chili Powder, Oregano, Black Pepper) Gherkin Relish (Gherkin (40%), Sugar, Water, Onions, Modified Maize Starch, Salt, **MUSTARD** Seeds, Ground Ginger, Turmeric) Sweetcorn Relish (Water, Sweetcorn (25%), Sugar, Spirit Vinegar, Modified Maize Starch, Dried Onion, Red Peppers, Salt, Lemon Juice Concentrate, Turmeric, Preservative: Potassium Sorbate, Dill Powder, Chili Powder, Garlic Powder)]. Per serving 204 kcal.

**Produced on a site which handles Nuts and Gluten.**

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.

