

Ingredients & Allergen Menu

Euston First Class Lounge Allergen & Ingredients Menu – 11th December 2024

Breakfast

Smoked Salmon and Cream Cheese on Rye Bread

Smoked Salmon (41.4%) [Salmon (**FISH**) (96%) (Salmo Salar), Salt, Sugar, Oak Smoke].

Rye Bread (37.2%) [**RYE** Flour (45%), Water, Sunflower Seeds (10%), Malted **WHEAT** Flakes (5%), Rapeseed Oil, Black Treacle, Salt, Yeast, **WHEAT** Flour, **BARLEY** Malt Flour, **BARLEY** Malt Extract, Malted **WHEAT** Flour].

Philadelphia (17.3%) [Full Fat Soft Cheese (**MILK**), Salt Stabiliser [Locust Bean Gum (E410)] Acidity Regulator [Citric Acid (E330)], Swiss Chard (4.1%), Per serving 213 kcal.

This product may also contain traces of EGGS, SOYA, OATS
Swiss Chard may contain mustard and celery.

Porridge

Gluten free wholegrain **OATS** (73%), skimmed **MILK** powder. Per serving 252 kcal.

Toppings: Honey (70 kcal)

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.

Cranberry & Cinnamon overnight oats

COCONUT MILK (49%) [Coconut Extract, Water, Stabilisers (Guar Gum, Carboxymethyl Cellulose), Emulsifier (Polysorbate 60)], APPLE JUICE (22%), **OAT** FLAKES (21%), CRANBERRY (5%) [Cranberries, Sugar, Sunflower Oil], MAPLE SYRUP (3%), Cinnamon. Per serving 350 kcal.

May Contain: Other Cereals containing Gluten, Mustard, Sesame, Nut, Peanut and Sulphites. Made to a vegan recipe in a factory that handles Milk and Egg so may not be suitable for allergy sufferers.

Cherry Yogurt

Cherry Yogurt: Yogurt (Pasteurised Whole **MILK**), Cherry Compote 25% (Sour Cherry Puree, Sugar, Water, Stabilizer: Cornstarch, Acidity Regulator: Citric Acid, Sour Cherry Juice Concentrate, Natural Colour: Anthocyanin (Grape Skin Extract), Natural Flavouring, Gelling Agent: Pectin). Per serving 195 kcal.

Passion Fruit Yogurt

Passion Fruit Yogurt: Yogurt (Pasteurised Whole **MILK**), Passion Fruit Compote 25% (Water, Sugar, Passionfruit Puree, Stabiliser: Cornstarch, Lemon Juice, Gelling Agent: Pectin, Natural Flavouring, Natural Colours: Carotene, Lutein). Per serving 194 kcal.

Strawberry & Rhubarb Yogurt

Strawberry & Rhubarb Yogurt: (Pasteurised Whole **MILK**), Strawberry & Rhubarb Compote 25% (Sugar, Water, Strawberries, Rhubarb, Stabilizer: Cornflour, Lemon Juice Concentrate, Natural Flavouring, Natural Colour: Anthocyanins (Purple Carrot Concentrate).

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.**

Mini Pain au 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.**

Cheese Savoury Pastry

Mini Cheese Savoury pastry: Cheese Pastry (100%) [Croissant Pastry Dough **WHEAT** Strong Flour (**WHEAT**), Butter (**MILK**) Laminating **MILK**, Water, **MILK**, Sugar, Unsalted Butter (**MILK**), Yeast, Salt, **BARLEY** Malt Flour], Cheese (**MILK**) Filling, Cheese (**MILK**) Feta 81.52% (**MILK**) (Pasteurised Sheep & Goat's **MILK**), Grated Hard Cheese (**MILK**) 18.12% (**MILK**) (Pasteurised Cow's **MILK**, Salt, Microbial Rennet, Cultures), **EGGS**]. Per serving 136 kcal.

Apple & Cinnamon Muffin

Apple & Cinnamon Muffin: Apple Muffin (100%) [Sugar (Sugar And Cane Molasses), **WHEAT** Flour (**WHEAT**), Iron, Niacin (B3), Thiamin (B1), Raising Agents Bicarbonate Of Soda, Mono Calcium Phosphate E341) (**GLUTEN WHEAT**), Rapeseed Oil (E900), Water, **EGG**, Dried Apple 8% (Sugar, Dried Apple (32%) (Contains: **SULPHUR DIOXIDE**, **SULPHITES**), Dextrose, Modified Maize Starch, Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate) (**SULPHITES**), Sugar (Or Sucrose), Butter (**MILK**, Salt), **MILK**, Muesli Topping (**OATS**, Sultanas (Sunflower Oil), Cranberries (Sugar, Sunflower Oil), Pumpkin Seed), Ground Cassia 0.2% (Cinnamon), Salt]. Per serving 345 kcal.

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

Rest of the day

British Cheeseboard

CHEESE (50%) [Carnish 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 (II), 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.

Naim'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.**

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.

Sour Cream & Chive Crunchits

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, Whole **MILK** Powder, Sugar, Natural Flavouring (**MILK**), Garlic, Yeast Extract, Herbs (chives, Parsley), Sour Cream Powder), Beans. Per serving 55 kcal.

Garlic and Basil Olives

Halkidiki Olives 90%, Rapeseed Oil 5%, Basil 3%, Garlic Olives 2%, Lemon juice (traces), white wine vinegar (traces), salt (traces). Per serving 50 kcal.

Although extra care has been taken to remove all stones, some may remain.

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.

Classic Caramel Popcorn

Corn, Sugar, Butter (**MILK**), Corn Syrup. Per serving 32 kcal

Toffee Apple & Cinnamon Popcorn

Corn, Sugar, Butter (**MILK**), Corn Syrup, Apple Fruit Pieces (4%) (Concentrated Apple Puree, Concentrated Lemon Juice, Fructose, Glucose Syrup, Gelling Agent Pectin), Cinnamon, Natural Apple Flavour]. Per serving 95 kcal.

Lemon Drizzle Flapjack

Gluten Free **OATS**, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt (2.0%), Emulsifier (E475), Colour (E100, E160b(ii)), 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 bakery that processes milk, gluten, eggs, peanuts, nuts and sulphur dioxide.

Mini Victoria Sandwich

Plain Vanilla Sponge (Cake Mix (**GLUTEN, MILK**) (**WHEAT** flour, sugar, raising agents: E 450, E 500; Modified starch, whey permeate powder (from **MILK**), palm oil, emulsifiers: E 471, E 472b, E 475; whey powder (from **MILK**), glucose syrup, salt, thickener E 415, flavouring, skim **MILK** powder), **EGGS**. Vegetable Oil (**SOYA**) bean oil (produced from genetically modified fully refined **SOYA**), Antifoaming agent (E900)), Water), UHT Whipping Cream (**MILK**), Raspberry Jam (Glucose Syrup, Raspberry Puree Concentrate (7%), Raspberries (6%), Gelling Agent Pectin, Acidity Regulator (Citric Acid)), Caster Sugar, Sweet Snow Dust (Dextrose, Sugar, Corn flour, Vegetable oil) Vanilla Flavouring (Glucose syrup, water, flavouring (natural and artificial flavours), vanilla, stabilizer E406 (agar), colours E101 (riboflavin) E160a (b-carotene)). Per serving 150 kcal. **May contain nuts.**

Mini Toffee Choux Bun

Mini Toffee Choux Bun [Caramel Whipped Ganache (UHT Whipping Cream (**MILK**), White Chocolate With Caramel (Cocoa Butter 30.0%; Sugar 29.0%; Whole **MILK** Powder 25.0%; **MILK** Sugar 5.5%; Whey Powder (**MILK**) 5.0%; Skimmed **MILK** Powder 2.5%; Caramelised Sugar 2.0%); Emulsifier: **SOYA** Lecithin 1%; Natural Vanilla Flavouring 1%; Salt 1%], UHT Whipping Cream (**MILK**), Caster Sugar, Glucose Syrup), Choux Buns (**EGGS**, Soft Light Brown Sugar, **WHEAT** Plain Flour (**WHEAT** Flour 99.6%, Calcium Carbonate, Thiamin, Niacin, Iron, **WHEAT**), Butter (**MILK**), White Strong Bread Flour (White **WHEAT** Flour With Added Calcium Carbonate, Nicotinamide, Iron And Thiamine, **WHEAT**), Water, **MILK** Butter (**MILK**), Sugar Cater, Salt), Salted Butter (**MILK**), Caramel (Glucose Syrup, Caramelised Sugars (26%) Water, Condensed **MILK**, Sugar, Modified Starch, Salt, Flavourings, Stabilizer E406 (Agar)), Caramel Chocolate Glaze (White Chocolate With Caramel (Cocoa Butter 30.0%; Sugar 29.0%; Whole **MILK** Powder 25.0%; Milk Sugar 5.5%; Whey Powder (**MILK**) 5.0%; Skimmed **MILK** Powder 2.5%; Caramelised Sugar 2.0%); Emulsifier: **SOYA** Lecithin 1%; Natural Vanilla Flavouring 1%; Salt 1%); Vegetable Oil (**SOYA**) Bean Oil (Produced From Genetically Modified, Fully Refined Soya), Antifoaming Agent (E900)), Caramel Blossoms (Sugar 51.0%; Whole **MILK** Powder 23.5%; Cocoa Butter 22.5%; Caramelised Sugar 1.5%; Cocoa Mass 1.0%; Emulsifier: Lecithin (**SOYA**) 1%; Flavouring 1%; Natural Vanilla Flavouring 1%)). Per serving 106 kcal.

Mini Treacle Tart

Treacle Tart (100%) [Sweet Tart Case (Flour: **WHEAT** Golden Jewel (**WHEAT** Flour, Maize Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Butter (**MILK**) Unsalted (**MILK**), Sugar Icing, **EGGS** Salt), Golden Syrup, **EGGS** Yolk, Unsalted Butter **MILK**), Panko Japanese Style Bread Crumbs (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dextrose, Salt), **EGGS**, UHT Whipping Cream (**MILK**), Oranges, Natural Glaze (Glucose Syrup, Water, Sugar, Gelling Agent (Pectin (E440)), Acid (Citric Acid (E330)), Thickener (Gellan Gum (E418), Xanthan Gum (E415)), Preservative (Potassium Sorbate (E202))). Per serving 190 kcal.

Honeycomb Cheesecake

Honeycomb Cheesecake (69%) [Cream Cheese (40%) Skimmed **MILK** Cream (**MILK**), Modified Maize Starch, Salt, Starter Culture], Cream (**MILK**) 20%), Water, White Chocolate (8%) [Sugar, Cocoa Butter, Whole **MILK** Powder, Lactose (**MILK**), Whey Powder (**MILK**), Emulsifier (**SOYA** Lecithin), Vanilla Extract], Chocolate Coated Honeycomb Pieces (6%) [Milk Chocolate [Sugar, Cocoa Butter, Cocoa Mass, Skimmed **MILK** Powder, Lactose (**MILK**), Whey Powder (**MILK**), **MILK** Fat, Emulsifier (**SOYA** Lecithin)], Honeycomb Granules [Sugar, Glucose Syrup, Water, Raising Agent (Sodium Bicarbonate)], Gum Acacia Glaze [Stabiliser (Gum Arabic), Sugar, Honey]], Whey Powder (**MILK**), Icing Sugar, Stabiliser Blend [Modified Maize Starch, Stabilisers (Cellulose Gum, Agar, Locust Bean Gum)], Lemon Juice, Flavouring], Biscuit Crumb Base (24%) [Biscuit Crumb (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamin), Vegetable Shortening (Palm Oil, Rapeseed Oil), Sugar, Wholmeal **WHEAT** Flour, Invert Sugar Syrup, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate)], Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)], Chocolate Sauce (3.0%) [Dark Chocolate Coating (Sugar, Palm Kernel Oil, Fat Reduced Cocoa Powder, Emulsifier (**SOYA** Lecithin), Flavouring), Water, Icing Sugar, Partially Inverted Refiners Syrup, Cocoa Mass, Evaporated **MILK**, Fat Reduced Cocoa Powder, Emulsifier Blend (Water, Sugar, Emulsifiers (Polyglycerol Esters of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator (Potassium Hydroxide))], Chocolate Coated Honeycomb Pieces (3.0%) (**MILK** Chocolate [Sugar, Cocoa Butter, Cocoa Mass, Skimmed **MILK** Powder, Lactose (**MILK**), Whey Powder (**MILK**), **MILK** Fat, Emulsifier (**SOYA** Lecithin)], Honeycomb Granules [Sugar, Glucose Syrup, Water, Raising Agent (Sodium Bicarbonate)], Gum Acacia Glaze [Stabiliser (Gum Arabic), Sugar, Honey]]. Per serving 404 kcal.

May contain Almonds, Brazil Nut, Cashew Nut, Hazelnut, Macadamia/Queensland Nut, Peanuts, Pecan Nut, Pistachio and Walnut

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.**

Lily O'Brien Dark Chocolate with Himalayan Salt 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.

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 that you or special dietary requirements.

