

Ingredients & Allergen Menu

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

Breakfast

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 Brown sauce 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

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.

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.

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.

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.

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.

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, Ajuwain 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), Turmeric, Acidity Regulator (Citric Acid, Chilli Powder)]]]. [CUCUMBER (42%), RED ONION (33%), GREEN CHILLI AND CORIANDER DRESSING (17%) [Water, Spirit Vinegar, Crushed Green Tomato, 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 Salmon & 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 (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 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.

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, 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.

Orange & Cranberry Shortbread

WHEAT Flour (WHEAT, Calcium, Iron, Niacin, Thiamin), Butter (MILK Salt), Cranberries 13% (Sugar, Sunflower Oil), Sugar (ar 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), Relish (Water, Sweetcorn (25%), Sugar, Spirit Vinegar, Modified Maize Starch, Dried Onion, Red Peppers, Salt, Lemon Juice Concentrate, Turmeric, Sugar, Preservative: Potassium Sorbate, Dill Powder, Chili Powder, Garlic Powder)]. Per serving 204 kcal.

Produced on a site which handles Nuts and Gluten.

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.

Dark & Co Chocolate

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 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.

AVANTI
WEST COAST
FIRST

