

Ingredients & Allergen Menu

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

Breakfast

Porridge

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

Toppings: Honey (70 kcal)

Packed in a factory that handles peanuts and nuts. Contains naturally occurring sugars. Suitable for Coeliac, Vegetarians.

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

Cheese Savoury Pastry

WHEAT flour, water, cheese spread 18% (rehydrated skimmed **MILK**, cheeses (**MILK**), butter (**MILK**), emulsifying salts (polyphosphate, citric acid), **MILK** proteins, natural flavouring, salt), fine butter (**MILK**) 13%. Finish (Emmental) 4% (**MILK** salt, lactic starters (**MILK**)), sugar, bechamel sauce preparation (whey powder (**MILK**), modified starch, salt, non-hydrogenated coconut oil, skimmed **MILK** powder, thickener (sodium alginate), hen's **EGG** yolk powder, sugar), **EGGS**, yeast, **WHEAT GLUTEN**, salt, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid). Per serving 262 kcal.

This product may also contain traces of Tree nuts, Sesame, Soya.

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 bakery that processes milk, gluten, eggs, peanuts, nuts and sulphur dioxide.

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

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.

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.

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.

Classic Caramel Popcorn

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

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.**

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

Rosemary and Thyme Pitta Chips

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Rapeseed Oil, Olive Oil (6%), Sea Salt, Rosemary (1%), Thyme (1%), Black Pepper, Yeast. Per serving 113 kcal.

Produced in a factory that handles milk ingredients.

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 bakery that processes milk, gluten, eggs, peanuts, nuts and sulphur dioxide.

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.

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