

# Menu

**AVANTI**  
WEST COAST  
**FIRST**





Adults need around 2000 kcal a day.

Kcal information provided is per serving/portion.

**V** Vegetarian

If you're making a short trip with us, we may not have the full menu available but you will have time for a drink. All items on the menu are subject to availability.

**VG** Vegan



**View calories, allergens and ingredients online**

Simply scan this QR code to view on your mobile device.

If you need assistance viewing our allergens and ingredients menu, then please speak with a member of the onboard team who'll be happy to help.

## Breakfast

### Lighter choices

Perfect for a shorter journey

**Toast with Butter & Preserves** **V** (214 - 315 kcal)

Toasted white or malted bloomer slices with cultured butter, jam, marmalade or honey. Our bread is vegan, we also offer a vegan spread – just ask. **VG**

**Pain au Raisin** **V** (319 kcal)

A generous pure butter puff pastry with naturally sweet raisins and a classic caramel glaze.

**Toasted Teacake** **V** (347 kcal)

A delicious toasted sweet and soft dough bun filled with raisins and served with cultured butter and jam – perfect any time of the day.

**Classic Bacon Sandwich** (507 kcal)

Thick cut smoked British bacon on malted bloomer bread.

**Mixed Berry Fruit Waffles** **V** (500 kcal)

Two Belgian waffles filled with a sweet tangy mixed berry coulis, served with Little Town Dairy Greek style yogurt.

**Porridge Bowl** **V** (271 kcal)

Traditional creamy porridge served on its own or with banana and honey. (420 kcal)

### Larger plates

**The Great British Breakfast** (544 kcal)

Smoked British bacon, pork and parsley sausage, mushrooms and potato bites served with grilled tomato, and a fried egg.

**Smoked Salmon with Scrambled Eggs** (323 kcal)

Smoked Scottish salmon served with scrambled eggs and a wedge of lemon.

**Sweetcorn Fritters with Shakshuka** **VG** (487 kcal)

Middle Eastern spiced sweetcorn fritters served with a spicy tomato, red pepper and mushroom shakshuka sauce and a slice of toasted malted bloomer. We can add a poached egg if you'd prefer a vegetarian option. **V** (592 kcal)

## Rest of the day

### Lighter choices and sweet treats

Perfect for shorter journeys or in between meals

#### Sea Salt Crisps **VG** **GF** (82 kcal)

Deliciously thick handmade crisps – grown and cooked just yards from our tracks in Staffordshire.

#### Orange & Cranberry Shortbread **V** (209 kcal)

Handmade, hand-wrapped, melt in the mouth shortbread. Made in North Wales, just a stone's throw from the railway track.

#### Luxury Chocolate Bar **V** (87 kcal)

Luxuriously smooth single origin 41% milk chocolate. Made by local chocolatiers in Stoke-on-Trent.

#### Chocolate Sponge Pudding with Clotted Cream **V** (494 kcal)

A warm chocolate sponge topped with chocolate sauce, served with a pot of rich clotted cream.

## Larger plates

#### Indian Grazing Plate **VG** (363 kcal)

A selection of Indian style bites including samosas, pakora and an onion bhaji served warm with a red onion, cucumber and coriander salad and sweet mango chutney.

#### Egg & Ham Salad Roll (424 kcal)

A generous slice of carved ham with free range egg mayonnaise, sliced egg, juicy tomato and peppery rocket on a soft white linseed roll.

#### Braised British Beef (236 kcal)

Tender chunks of braised beef with onions, mushrooms and roasted new potatoes in a rich red wine gravy.

#### Great British Cheeseboard **V** (380 kcal)

Coastal Cheddar, Red Fox and Cornish Yarg served with celery sticks, cherry tomatoes, red grapes, country garden chutney and sourdough crackers. (Gluten-free crackers are available on request.) **GF**



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**GF** Gluten Free

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## Hot drinks

Freshly Brewed Coffee (2 kcal)

Decaf Coffee (0 kcal)

English Breakfast Tea (1 kcal)

Earl Grey Tea (1 kcal)

Green Tea (1 kcal)

Worker Bee Hot Chocolate (90 kcal)

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## Soft drinks

Cawston Press Orange or Apple Juice (120 kcal)

Wenlock Spring Water (0 kcal)

Pepsi Max (1 kcal)

Fever Tree Light Lemonade (27 kcal)

Fever Tree Light Tonic (23 kcal)

Fever Tree Ginger Ale (27 kcal)

Remedy Raspberry Lemonade Kombucha (7 kcal)

The Pickle House Spiced Tomato Mix (30 kcal)



## Alcoholic drinks

### Forest Gin

*An exclusive blend for Avanti West Coast.*

### Manchester Gin

*Raspberry infused with Sicilian Lemon Tonic.*

### The Lakes Vodka

### Famous Grouse Whisky

### Red Wine

### White Wine

### Prosecco

### Peroni Capri Lager

### Caple Road Cider

### Brewdog Ale

### Guest Beer

*From time to time, we will have a guest beer available, supporting one of the many small businesses along our route.*

*Please ask what's onboard today.*

## Suppliers along our route

We've teamed up with a lovely bunch of local suppliers, handpicked to deliver some of your delicious and responsibly sourced refreshments onboard. Most can be found along our route which helps to reduce our footprint, minimise food waste and work together on more sustainable packaging.



## Our supplier stories

### Forest Distillery

This unique distillery is based out of a 17th century barn, nestled 1200ft above sea level in the Peak District National Park. We've collaborated with the team at Forest Distillery to create a unique gin blend which can be found in First Class called Forest to First. Try some today with a dash of refreshing tonic.

### Change Please

Change Please are an award-winning social enterprise founded in 2015. They train people affected by homelessness as baristas and support them with accommodation, mental wellbeing and onward employment. We serve their coffee onboard and every cup you enjoy will change lives. Since the relationship began in 2019, the partnership between Change Please and Avanti West Coast has helped to support 130 people experiencing homelessness\*. For more information visit [changeplease.org](https://changeplease.org)

\*Based on sales up to September 2024.

### The Pudding Compartment

Not far from our tracks in North Wales, Steve and the team at The Pudding Compartment are busy creating the muffins and shortbread for our lounges, plus cakes and biscuits served on board and in our shop. They support many other businesses in the area by buying lots of their ingredients locally.

### Brew Tea Co.

Founded by husband-and-wife team Phil and Aideen Kirby, they create all our lovely teas in their Tea HQ over in Manchester. Treat yourself to one today.

To find out more about our amazing suppliers visit

<https://www.avantiwestcoast.co.uk/travel-information/onboard/supplier-stories>

**Pendolino M-F**  
**Winter 2024/5**