

# 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** (181-279 kcal)

Toasted white bloomer or malted bread with your choice of cultured butter, jam, honey or classic marmalade. Our bread is vegan and a vegan spread is available.

#### **Classic Bacon Sandwich** (441 kcal)

Thick cut British bacon on malted bread.

#### **Mango & Coconut Overnight Oats** **VG** (291 kcal)

Rolled oats steeped in vegan coconut yogurt alternative and topped with a mango coulis.

#### **Porridge Bowl** **V** (252 kcal)

Traditional creamy porridge served on its own or with banana & honey. (392 kcal)

### Larger plates

#### **The Breakfast Grill** (416 kcal)

British bacon, pork & parsley sausage and mini potato rosti served with grilled tomato, and scrambled eggs.

#### **Smoked Salmon with Scrambled Eggs** (228 kcal)

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

#### **Breakfast Hash** **VG** (242 kcal)

A hearty dish of chopped fried potatoes with mushrooms, sun blushed tomatoes and kale seasoned with herbs and spices.

## Rest of the day

### Lighter choices and sweet treats

Perfect for shorter journeys or inbetween meals

#### Salted Pretzel Thins **VG** (135 kcal)

Light and crispy oven baked pretzels.

#### Raspberry & White

#### Chocolate Shortbread **V** (217 kcal)

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

#### Luxury Marbled Chocolate **V** (76 kcal)

A fusion of dark and white chocolate.

#### Biscoff Cheesecake Dessert Pot **V** (316 kcal)

A delicious Biscoff biscuit base topped with a creamy caramel cheesecake and crowned with a swirl of caramel sauce.

## Larger plates

#### Chicken Pesto Tiger Roll (397 kcal)

Pulled chicken & pesto with pieces of crunchy celery and salad leaf in a tiger topped roll.

#### Orzo Pasta Salad **VG** (275 kcal)

Soft orzo pasta with peppers, cucumber, sundried tomato, red cabbage, and julienne carrot all tossed in a tangy French dressing, served with crisp salad leaf.

#### Vietnamese Vegetable Curry **VG** (366 kcal)

Roasted cauliflower, diced carrots, edamame beans and onions in a creamy south east Asian style coconut curry sauce served with fragrant jasmine rice.

#### Ploughman's Grazing Plate (673 kcal)

A hand-crafted pulled pork and apple pie, topped with a pork crackling crumb and served with Red Fox and Blackstone Vintage Cheddar cheeses, sun blushed tomatoes, plum & ginger chutney and a juicy balsamic pickled onion. Served with sourdough crackers.

(If you prefer a lighter option, we also offer cheese & crackers on its own **V** (341 kcal) or with gluten free crackers (426 kcal))



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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 Tonic (42 kcal) or 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

### Mahou 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 105 people experiencing homelessness\*. For more information visit [changeplease.org](https://changeplease.org)

\*Based on sales up to December 2023.

### 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.

To find out more about our amazing suppliers visit

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

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**13.07.24**