

# Ingredients & Allergen Menu

Euston First Class Lounge Allergen & Ingredients Menu – 28<sup>th</sup> September 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.

**Topplings:** 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.

### Plum Bircher

Low Fat Natural Yoghurt (**MILK**) (61%) (**MILK**, Plums (18%) (Plum Halves, Water, Sugar, Acidity Regulator (Citric Acid)), Granola (17%) (GF **OATS**, Granulated Sugar, Rapeseed Oil, Glucose Syrup, Honey), Caster Sugar (4%) (Cane Sugar)], Mint (0.55%) Per serving 269 kcal.

### Chocolate Brownie

Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono-and Diglycerides of Fatty Acids)), Free Range Pasteurised Whole **EGG**, Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), **MILK** Chocolate (11%) (Sugar, Whole **MILK** Powder, Cocoa Butter, Cocoa Mass, Whey Powder (**MILK**), Emulsifier (**SOYA** Lecithin), Vanilla Extract), Dark Chocolate (10%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Vanilla Extract), Cocoa Powder, Flavouring, Preservative (Potassium Sorbate). Per serving 272 kcal.

**Made in a factory processing Nuts.**

### 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.**

### Pain aux 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.**

### 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.**

### Raspberry Muffin

Sugar, **WHEAT** Flour (**WHEAT**, Iron, Niacin (B3), Thiamin (B1), Raising Agents Bicarbonate Of Soda, Mono-calcium Phosphate E341), Rapeseed Oil (E900), **EGG**, **MILK**, Glycerine, Natural Raspberry Flavouring 0.8%, Freeze Dried Raspberries 0.5%, Salt. Per serving 364 kcal.

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

## Rest of the day

### Cheese Plate

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 (ii), 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** Flour, Honey, Salt).

Country Garden Chutney (Vegetables (Onion, Carrot, Swede, Turnip, Parsnip), Raw Cane Sugar, Cider Vinegar, Apricots, Bramley Apples, Tomato Puree, Sultanas, Garlic Pure, Sea Salt, Tamarind Paste, **MUSTARD** Flour, Red Chillies, Ground Ginger, Ground Cinnamon, Ground Allspice, Ground Black Pepper). **May contain fruit stones.**

Red Seedless Grapes, White Seedless Grapes, Estate Butter Portion (Pasteurised Cow Cream (**MILK**), Salt, Lactic Culture). **Swiss Chard** (2.5%). Per serving 424 kcal.

Gluten Free crackers (instead of Crispbread): Gluten free **OAT** Crackers in portion packs - 2 crackers per pack. Wholegrain **OATS** (89%), Sustainable Palm Fruit Oil (6%), Maize Starch (2.5%), Ammonium Bicarbonate (1%), Sea Salt (1%).

**May contain nuts, mustard, celery. Although extra care has been taken to remove all stones, some may remain**

### 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.**

### Olly's Pretzel Thins

**WHEAT** Flour, Sunflower Oil, Sugar, **BARLEY** Malt Extract, Salt, Emulsifier, **SOYA**, Lecithin, Water, Raising Agent Sodium Bicarbonate. Per pack 135 kcal.

**Made in a factory that handles sesame and milk.**

### Pizzeria Bites

**WHEAT** flour, sunflower oil, tomato powder (3%), sea salt, extra virgin olive oil, brewer's yeast, **WHEAT** malt, oregano, dried onion, garlic, rosemary. Per serving 110 kcal.

**May contain traces of sesame seeds, milk and mustard.**

### 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.**

### 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 Flavor] (95 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.

### 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 Raspberry Choux Bun

White Chocolate Whipped Ganache (UHT Whipping Cream (**MILK**), White Chocolate 28% Cocoa Solids (sugar 46.5%; cocoa butter 29.5%; whole **MILK** powder 23.5%; emulsifier: **SOYA** lecithin <1%; natural vanilla flavoring <1%), UHT Whipping Cream (**MILK**), Caster Sugar, Glucose Syrup), Choux Buns Small (**EGGS**), Soft Light Brown Sugar, **WHEAT** Plain Flour (**WHEAT** Flour 99.6%, Calcium Carbonate, Thiamin, Niacin, Iron), Butter unsalted (**MILK**), White Strong Bread Flour (White **WHEAT** Flour with added Calcium Carbonate, Nicotinamide, Iron and Thiamine), Water, **MILK**), Butter unsalted (**MILK**), Sugar Cater, Salt), Ruby Chocolate Glaze (Ruby Couverture Chocolate (sugar 35.5%; cocoa butter 29.5%; skimmed **MILK** powder 16.5%; whole **MILK** powder 12.5%; cocoa mass 4.5%; emulsifier: **SOYA** beans lecithin <1%; acid: citric acid <1%; natural vanilla flavoring <1%), Vegetable Oil (**SOYA** bean oil (produced from genetically modified, fully refined **SOYA**), Antifoaming agent (E900))), Raspberry Freeze Dry. Per serving 79 kcal.

**May contain nuts.**

### Mini Lemon Tart

Sweet Tart Case (Flour Golden Jewel (**GLUTEN**) (**WHEAT** Flour, Maize Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Butter unsalted (**MILK**), Sugar icing, **EGGS**, Salt), **EGGS** Sugar Cater, Butter unsalted (**MILK**), Lemon Juice Fresh 10.5%, 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))), Lemon Zest. Per serving 152 kcal.

**May contain nuts.**

### Orange Layered Jaffa Cake Slice

Jaffa Cake: Sugar, Water, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono And Di Glycerides Of Fatty Acids)), Glucose Syrup, Rapeseed Oil, Fat Reduced Cocoa Powder (4.0%), Chocolate (2.5%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Flavouring), Humectant (Glycerol), **WHEAT GLUTEN**, Dried Glucose Syrup, Tapioca Starch, Modified Maize Starch, Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Gelling Agent (Pectin), Flavouring, Glucose Fructose Syrup, Acidity Regulators (Citric Acid, Potassium Hydroxide), Emulsifiers (Mono And Di Glycerides Of Fatty Acids, Polyglycerol Esters Of Fatty Acids), **WHEAT** Flour, Orange Extract, Orange Juice From Concentrate, Stabiliser (Xanthan Gum), Safflower Concentrate, Lemon Concentrate, Colour (Algal Beta Carotene). Per serving 534 kcal.

**This product may also contain traces of TREE NUTS, EGGS, MILK**

### Maple & Fudge Shortbread biscuit

Maple & Fudge Shortbread: **WHEAT** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Butter (**MILK**, Salt), Sugar, Fudge Pieces (Sugar, Condensed **MILK**, Glucose Syrup (**SULPHITES**), Palm Oil, Salt) 8%, Natural Maple Flavouring 0.2%. Per serving 219 kcal.

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

### Marbled Bar

Marbled bar: White Chocolate 65% [Sugar, Whole **MILK** Powder, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavour], Dark Chocolate 35% [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavour]. Per serving 76 kcal.

**May contain Nuts and Cereals containing Gluten.**

**AVANTI  
WEST COAST  
FIRST**

