

# Ingredients & Allergen Menu

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

### Croissant

**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (**MILK**) (18%), Water, Sugar, Yeast, Salt, Pasteurized **EGG**, Flour Treatment Agent (Ascorbic Acid), Butter (**MILK**). Per serving 161 kcal. **May contain nuts**

**Tiptree Strawberry jam:** Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulatory: Citric Acid. 71 kcal.

### 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.**

### 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

### Olly's Pretzel Thins

**WHEAT** Flour, Sunflower Oil, Sugar, **BARLEY** Malt Extract, Salt, Emulsifier, **SOYA**, Lecithin, Water, Raising Agent Sodium Bicarbonate. Per pack 117 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.**

### 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.

### 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.**

### 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.**

### Mr Filbert's Chilli & Fennel Mixed Nuts

Roasted Mixed Nuts 92%, **PEANUTS** 58%, **CASHEWS** 25%, **ALMONDS** 17%, Sugar, sea salt, Chipotle Chilli, Rapeseed oil, Black pepper, Fennel 1%, Garlic powder, chilli powder 1%. Per serving 238 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.

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

