

Ingredients & Allergen Menu

Pendolino First Class Allergen & Ingredients Menu from 28th September 2024

Breakfast

The Great British Breakfast

Bacon (21.1%) [Pork (87%); Water, Salt; Antioxidant: E301; Preservatives: E250 (Sodium Nitrite), E252 (Potassium Nitrate)], Tomatoes (19.6%) [Tomatoes], Paris Brown Mushrooms (17.2%) [Chestnut Mushrooms], Bird Bros Medium **EGGS** (14%) [**EGG**], Pork & Parsley Sausage (13.7%) [Pork(61%), Water, Rusk (**WHEAT** Flour (calcium Carbonate, Iron, Niacin, Thiamin), Salt), Seasoning (salt, Dextrose, **WHEAT** Flour (calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser: E451, Preservative: E221 (**SULPHITES**), Flavour Enhancer: E621, Spices (white Pepper, Black Pepper, Cayenne, Chili), Flavours (SULPHITES), Yeast Extract, Spice Extracts (black Pepper, Nutmeg, Capsicum, Ginger), Sunflower Oil, Maltodextrin, Antioxidants: [E307;E304, acid:E330, colour:E120], Dried Parsley Filled Into A Natural Hog Casing), Mini Hash Brown Puffs (12.3%) [Potatoes (82%), Vegetable Oils (rapeseed, Sunflower, In Varying Proportions), Potato Starch, Onion, Potato Flakes, Salt, Pea Fibre, Dextrose, Flavouring (Onion Extract), Spice], KTC Veg Oil (1.2%) [**SOYA**bean Oil (produced From Genetically Modified **SOYA**-fully refined), Anti Foaming Agent: Dimethyl Polysiloxane (E900)], Butter (**MILK**), Swiss Chard (0.98%). Per serving 544 kcal.

Swiss Chard may contain mustard and celery.

Optional:

Heinz Tomato ketchup:

Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extract (contain **CELERY**), spice.

HP Brown sauce: Tomatoes, Malt Vinegar (from **BARLEY**), Molasses, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, **RYE** Flour, Salt, Spices, Flavours, Tamarind.

Classic Bacon Sandwich

Bacon (48.5%) [Pork (87%); Water, Salt; Antioxidant: E301; Preservatives: E250, E252], Malted Bread (43.7%) [**WHEAT** Flour (with Added Calcium, Iron, Niacin And Thiamine), Water, Malted **WHEAT** Flakes (9.5%), **WHEAT** Bran (2.8%), Yeast, **WHEAT GLUTEN, BARLEY** Malt Flour (0.9%), Salt, Emulsifiers: E472e, Rapeseed Oil, Flour (**WHEAT**) Treatment Agent: E300], Salted Butter E12718 (4.9%) [Butter (**MILK**) (Minimum Fat Content: 80%), Salt (1.9% Maximum)], Swiss Chard (1.9%), Vegetable Oil (0.97%) [**SOYA**bean Oil (produced From Genetically Modified **SOYA**), Anti Foaming Agent: Dimethyl Polysiloxane (E900)]. Per serving 526 kcal.

Swiss Chard may contain mustard and celery.

Optional:

Heinz Tomato ketchup:

Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extract (contain **CELERY**), spice.

HP Brown sauce: Tomatoes, Malt Vinegar (from **BARLEY**), Molasses, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, **RYE** Flour, Salt, Spices, Flavours, Tamarind.

Porridge

Plain porridge: Semi Skimmer **MILK**, Mornflake **OATS** (**OAT** flakes). Per serving 271 kcal.

Porridge with banana and honey: Semi Skimmer **MILK**, Bananas, Mornflake **OATS** (**OAT** flakes), Honey. Per serving 420 kcal.

May contain wheat, barley

Breakfast Hash

Hash: Potatoes (55%) (**SULPHITES**), Diced Sweet Potatoes (15%), Sundried Tomatoes (12%) (Sun-Dried Tomatoes, Rapeseed Oil, Salt, Oregano, Garlic, Glucose, Syrup, Citric Acid, Preservative (Potassium Sorbate), Antioxidant (Ascorbic Acid), Rapeseed Oil, Salt, Oregano, Garlic, Glucose Syrup, Citric Acid, Preservative (Potassium Sorbate), Antioxidant (Ascorbic Acid), Mushroom (9%), Chopped Kale (6%), Rapeseed Oil, Ground Roast Cumin, Sea Salt. Per serving 242 kcal.

Hash with fried egg: (79.2%) [New Potato Hash With Sundried Tomato & Cumin (98.2%) [Potatoes (55%) (**SULPHITES**), Diced Sweet Potatoes (15%), Sundried Tomatoes (12%) (Sun Dried Tomatoes, Rapeseed Oil, Salt, Oregano, Garlic, Glucose, Syrup, Citric Acid, Preservative (Potassium Sorbate), Antioxidant (Ascorbic Acid), Rapeseed Oil, Salt, Oregano, Garlic, Glucose Syrup, Citric Acid, Preservative (Potassium Sorbate), Antioxidant (Ascorbic Acid), Mushroom (9%), Chopped Kale (6%), Rapeseed Oil, Ground Roast Cumin, Sea Salt], Swiss Chard (1.8%), Medium **EGG** (20.1%) [**EGG**], KTC Veg Oil (0.71%) [**SOYA**bean Oil (produced From Genetically Modified, fully refined **SOYA**), Anti Foaming Agent: Dimethyl Polysiloxane (E900)]. Per serving 335 kcal.

Swiss Chard may contain mustard and celery.

Smoked Salmon and Scrambled Eggs

Freshly prepared scrambled eggs: **EGGS**, Semi Skimmed **MILK** (16.8%), Butter (4.7%) (**MILK**), Lemons (4.7%), Salmon (**FISH**) (96%) (Salmo salar), Salt, Sugar, Oak Smoke). Swiss Chard. (1.9%). Per serving 323 kcal.

Although every care has been taken to remove bones, some may remain. Swiss Chard may contain mustard and celery.

Toast

White Bloomer: [**WHEAT** Flour (with Added Calcium Carbonate, Niacin, Iron, Thiamine), Water, Vegetable Oils [Rapeseed, Palm], Yeast, Salt, Dextrose, **WHEAT** Protein, Spirit Vinegar, Emulsifiers [E471, E472(e)], Palm Fat, Flour (**WHEAT**) Treatment Agent [E300], **WHEAT** Flour].

Malted Bread: **WHEAT** Flour (with Added Calcium, Iron, Niacin And Thiamine), Water, Malted **WHEAT** Flakes (9.5%), **WHEAT** Bran (2.8%), Yeast, **WHEAT** Gluten, **BARLEY** Malt Flour (0.9%), Salt, Emulsifiers: E472e, Rapeseed Oil, Flour (**WHEAT**) Treatment Agent: E300].

Tiptree Marmalade: Sugar, Seville Oranges, Gelling Agent: Citrus Pectin.

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

Honey: Pure Honey.
Butter: (**MILK**), Salt.
Per serving (181-279 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.

Rest of the day

BBQ Pulled Pork Brioche

Cooked Pork (35.3%), Flour (**WHEAT GLUTEN**), Water, BBQ Sauce (6.9%) (**BARLEY GLUTEN, SOYA, SULPHITES**), Onions, Sugar, **EGGS**, Sunflower Oil, Butter (**MILK**), Fresh Yeast, **MILK**, Salt, **MUSTARD**, Spices, Flax Seeds (Brown), Dried Parsley. Swiss Chard (1.3%). Per serving 290 kcal.

This product may also contain traces of **TREE NUTS**.

Swiss Chard may contain mustard and celery.

Swiss

Bombay Potato Salad

Bombay Potato Salad (97.8%) (Cooked Potatoes (46%) (Baby Potatoes (100%)), Chickpeas (11%) (Chickpeas, Water, Antioxidant (Ascorbic Acid)), Madras Paste (9%) (Water, Tomato Puree, Rapeseed Oil, Ground Coriander, Dried Onion, Paprika, Salt, Ginger, Turmeric, Cumin, Chili Powder, Acidity Regulators (Lactic Acid, Acetic Acid), Black Pepper, Garlic Powder, Cinnamon, Cardamom, Preservative (Potassium Sorbate), Cloves), Vegan Mayonnaise (6%) (Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract)), Spiced Mango Chutney (3%) (Mango (56%), Sugar And Cane Molasses, Red Wine Vinegar, Spices, Sea Salt, Curry Powder (Coriander, **MUSTARD**, Turmeric, Fenugreek, Paprika, Salt, Ginger, Cumin, Garlic Powder, Onion Powder, Clove, Green Cardamom, Turmeric Extract, Natural Flavouring, Black Pepper)), Spring Onion (9%), Sweetcorn (6%), Red Pepper (6%), Lettuce (6%), Swiss Chard (2.2%)

Per serving 203 kcal.

Olly's Pretzel Thins

WHEAT Flour, Sunflower Oil, Sugar, **BARLEY** Malt Extract, Salt, Emulsifier, **SOYA** Lecithin, Water, Raising Agent Sodium Bicarbonate. Per serving 59 kcal.

Made in a factory that handles sesame and milk.

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.

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.

Butternut Squash, Mushroom & Basil Pasta

Butternut, Mushroom & Basil Pasta (98.7%) [Pasteurised Semi Skimmed **MILK**, Water, Sterilised Penne Pasta (**WHEAT**), Diced Butternut Squash, Double Cream (**MILK**)(**MILK**), Mushroom, Peas, Modified Maize Starch, Basil, Garlic, Vegetable Stock (Organic Onion, Organic Carrot, Organic **CELERY**, Sea Salt, Organic Leek, Organic Fennel, Organic Parsley, Organic Extra Virgin Olive Oil, Organic Garlic, Organic Turmeric, Organic Black Pepper, Organic Bay Powder), Sea Salt Crystals, Dried Parsley, Olive Oil, Black Pepper], Swiss Chard (1.3%).

Per serving 421 kcal.

Swiss Chard may contain mustard and celery.

Ploughman's Grazing Plate

Chicken & Pepper Pie (57.8%) [**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Chicken Breast (18%), Water, Unsalted Butter (**MILK**), Minced Chicken Drumstick (8%) (Chicken Drumstick Fillets), Caramelised Red Onion (7%) (Red Onion, White Sugar, Apple Vinegar, Balsamic Vinegar, Cinnamon, Cloves), Red Peppers (6%), Breadcrumbs (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Rapeseed Oil (Anti Foaming Agent (Polydimethylsiloxane)), Salt, White Wine Vinegar 6% Acidity, Liquid **EGG**, Paprika Flakes, Garlic, Molasses Sugar, Ground White Pepper, Bramley Apple (ascorbic Acid, Citric Acid, Salt), IQF Parsley, Diced Onion, Balsamic Vinegar (wine Vinegar, Concentrated Grape Must, Potassium **METABISULPHITE** (E224 (**SULPHITES**))), Cracked Black Pepper, Rubbed Oregano, Apricots (Apricots, Rice Flour, Preservative: **SULPHUR DIOXIDE** (**SULPHITES**)), Sultanas (Sultanas, Sunflower Oil), Malt Vinegar (**BARLEY GLUTEN**), Granulated Sugar, IQF Ginger Puree, Cinnamon].

Ploughman's Cheese tray:

Red Fox cheese (Pasteurised Cow's **MILK**, PDV Salt, Starter Culture, Colour: Annatto Norbixin E160b (ii), Microbial Rennet), Blackstone Vintage Cheddar Cheese (Pasteurised Cow's **MILK**, Salt contains Anti -caking Agent Sodium Ferrocyanide , Vegetarian Rennet, Starter Culture), Crispbread (**MILK RYE** Flour, **WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Thiamine, Niacin), Sourdough (**RYE** Flour, Water), Wholemeal **WHEAT** Flour, Honey, Salt), Semi-dried tomatoes (Semi-dried Tomatoes, Sunflower Oil, Salt, Garlic Flakes, Organic, Preservative: Potassium Sorbate), Country Garden Chutney (Vegetables (Onion, Carrot, Suede, Turnip, Parsnip), Raw Cane Sugar, Cider Vinegar, Apricots, Bramley Apples, Tomato Puree, Sultanas, Garlic Puree, Sea Salt, Tamarind Paste, **MUSTARD** Flour, Red Chillies, Ground Ginger, Ground Cinnamon, Ground Allspice, Ground Black Pepper). Onion in Balsamic (Onions, Balsamic Dressing (Grape Must, Preservative: Potassium metabi**SULPHITE**, Red Wine Vinegar), Water, Wine Vinegar, Sea Salt, Sugar, Acidity Regulators: Citric Acid, Glucono – Delta Lactone, Lactic Acid, Laurel, Firming Agent+; Calcium Chloride, Anti-Oxidant: Ascorbic Acid, Preservative: Sodium metabi**SULPHITE**). Per serving 793 kcal.

Optional: Gluten Free crackers: 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 fruit stones and bones, some may remain.

Swiss Chard may contain mustard and celery.

Black Cherry & Chocolate Dessert Pot

Pitted Dark Cherries (19%), Dark Cherry Filling (16%) (Black Cherry (38%), Water, Sugar, Thickeners: Modified Maize Starch, Acidity Regulator: Citric Acid, Natural Flavouring, Preservative: Potassium Sorbate), Water, Brandy Flavour), Dark Chocolate Whipped Ganache (UHT Whipping Cream (**MILK**), Dark Chocolate (7%) (cocoa mass 43.0%; sugar 43.0%; cocoa butter 13.0%; emulsifier: **SOYBEANS** lecithin 1%; natural vanilla flavouring 1%), UHT Whipping Cream (**MILK**), Caster Sugar, Glucose Syrup, Ultra Mousse Stabiliser (Dextrose, Sugar, Thickeners: modified starch, Skimmed **MILK** Powder, **MILK** Protein)), Chocolate Sponge (Cake Chocolate Mix (sugar, **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, nicotinamide, thiamine), fat reduced cocoa powder, dried glucose syrup, whey powder (**MILK**), rapeseed oil, **WHEAT** starch, raising agents (disodium diphosphate (E450i), potassium carbonates (E501), sodium hydrogen carbonate (E500ii)), modified starch, emulsifiers (mono- and diglycerides of fatty acids (E471), sodium stearoyl-2-lactylate (E481)), **WHEAT** gluten, stabilisers (sodium carboxy methyl cellulose (E466), guar gum (E412)), natural flavouring), **EGGS**, Vegetable Oil (Soyabean oil (produced from genetically modified, fully refined **SOYA**), Anti-foaming agent (E900)), Water), Dark Chocolate Flakes (cocoa mass 52.0%; sugar 37.0%; cocoa butter 10.5%; emulsifier: **SOYA** lecithin 1%; natural vanilla flavouring 1%). Per serving 198 kcal.

May Contain NUTS and FISH.

Allergy Advice: For allergens, see ingredients in **BOLD**.

Adults need around 2000 kcal a day.

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