

# Breakfast

## Bacon Sandwich

Malted Bread (53.3%) [**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 ], Pre-Cooked Bacon (37.3%) [Pork, Salt, Sugar, Preservatives: Sodium Nitrite, Sodium Nitrate, Antioxidant: Sodium Ascorbate ], Unsalted Butter (5.9%) [**MILK**], Swiss Chard (2.4%), Vegetable Oil, Blended, Average (1.2%). Per serving 441 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, Flavourings, Tamarind.

## Porridge

**MOMA plain No Added Sugar Porridge:** [Wholegrain **OAT** flakes (73%), Skimmed **MILK** Powder. Per serving 252 kcal.

**MOMA with banana and honey:** Water, MOMA Plain No Added Sugar Porridge [Wholegrain **OAT** flakes (73%), Skimmed **MILK** Powder], Bananas, Honey. Per serving 392 kcal.

## Mango & Coconut Overnight Oats

Coconut Yoghurt (61%) (Coconut milk (71%) Coconut Water (24%), Cornflour, Potato Starch, Stabiliser (Fruit Pectin), Corn Fibre, Cultures (S. thermophilus, L. bulgaricus, Lactobacillus acidophilus, Bifidobacterium lactis)), Mango Pulp (25%) (Kesar Mangoes (95%), Sugar Syrup, Citric Acid), **OATS** (11%) (**OATS**), Desiccated Coconut (3%) (Coconut, Preservative (Sodium Metabi**SULPHITE**)). Per serving 291 kcal.

## 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.

**Swiss Chard may contain mustard and celery.**

## Smoked Salmon and Scrambled Eggs

Scrambled **EGGS** (61.7%) [Cooked Scrambled **EGG** (80%) (Intensive Pasteurized Whole **EGG**, Water, Rapeseed Oil, Cornflour, Butter **MILK** Powder, Lemon Juice Concentrate, Salt, White Pepper), Bechamel Sauce (20%) (Skimmed **MILK**, Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Vegetable Extract, Tomato Powder, Louage), Palm Oil, Modified Maize Starch, Salt, Emulsifier (**SOYA** Lecithin))]. Smoked Salmon (24.7%) [ Salmon (**FISH**) (96%) (Salmo Salar), Salt, Sugar, Oak Smoke ], Lemon (11.1%). Swiss Chard (2.5%). Per serving 228 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)

# Rest of the day

## Chicken Pesto Tiger Roll

Chicken Pesto Tiger Roll (97.6%) [Tiger Roll (**WHEAT GLUTEN** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Palm & Rapeseed Oil, Salt, Wheat Gluten, Fermented **WHEAT** Flour, **SOYA** Flour, Dextrose, **BARLEY** Extract, Stabiliser: Diphosphates [E 450], **BARLEY** Malt Extract, Emulsifier [E471, E472e], Flour Treatment Agent [E300, E920], Enzymes, Potato Starch, Sunflower Oil Topping Tiger Paste 4%), Chicken Pesto Mix (44%) (Shredded Chicken (69%) (Chicken, Salt), Full Fat Mayonnaise (17%) (Rapeseed Oil, Water, Free Range Salted **EGG** Yolk (**EGG** Yolk, Salt), Liquid Sugar (Sugar, Water), Spirit Vinegar, Salt, Stabilisers: Guar Gum, Xanthan Gum, Preservative: Potassium Sorbate, Lemon Juice), Nut Free Pesto (7%) (Basil (50%), Sunflower Oil (39%), Vegetarian Cheese (**MILK**) (8%), Sugar, Salt, Acidity Regulator (Lactic Acid), Garlic), **CELERY** (7%), Cracked Black Pepper, Apollo Leaf (6%)), Chard, Swiss (2.4%). Per serving 397 kcal.

**May contain chicken bones. May contain sulphites. Swiss Chard may contain mustard and celery.**

## Orzo Pasta Salad

Cooked Orzo Pasta (65%) (Water, Durum **WHEAT** Semolina), Water, Semi Dried Tomatoes (8%) ((Tomatoes, Sunflower Oil, Salt, Garlic, Oregano), Rapeseed Oil, Red Pepper, Red Wine Vinegar, Sugar, Garlic Puree, Salt, Black Pepper, Turmeric Powder), Olive Oil and Vinegar Dressing (10%) (Olive Oil (67%) (Refined Olive Oil, Virgin Olive Oil), White Wine Vinegar (33%)), Cucumber (10%), Lettuce (3%), Red Cabbage (6%), Carrot (6%). Per serving 275 kcal.

## Vietnamese Vegetable Curry

Water, Cauliflower Florets, Jasmine Rice, Carrot, Edamame Bean (**SOYBEANS**), Onion, Lentil Protein Preparation (Water, 1.1% Lentil Flour), Coconut Fat, Rapeseed Oil, Sugar, Modified Corn Starch, Emulsifiers (Sunflower Lecithin, Sugar Esters Of Fatty Acids, Mono- And Diglycerides Of Fatty Acids), Stabilizers (Guar Gum, Locust Bean Gum), Natural Flavors, Salt, Colorant (Beta-Carotene), Creamed Coconut (Desiccated Coconut: Sulphur Dioxide 50Ppm Max) [**SULPHITES**], Sugar, Vegetable Oil, Modified Maize Starch, Water, **SOY** Bean 18%, Salt, **WHEAT** Flour, Sugar, Preservative: Potassium Sorbate (E202). [**SOYBEANS**], Mild Madras Curry Powder [**WHEAT**, **MUSTARD**], Red Chilli, Lime Juice (From Concentrate, Potassium Metabi**SULPHITE**), Ginger, Garlic, Thai Basil, Sea Salt Crystals, Lime Zest. Per serving 366 kcal.

**May contain nuts. Swiss Chard may contain mustard and celery.**

## Olly's Pretzel Thins

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.**

## Raspberry & White Chocolate Shortbread biscuit

**WHEAT** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Butter (**MILK**, Salt), Sugar, White Chocolate Chip 9% (Sugar, Cocoa Butter, Whole **MILK** Powder, Lactose (**MILK**), Whey Powder (**MILK**), Emulsifier (E322 (**SOYA**)), Natural Vanilla Flavouring), Freeze Dried Raspberries 0.4%, Natural Raspberry Flavouring 0.3%. Per serving 217 kcal.

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

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.

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WEST COAST  
FIRST

