

# Menu

AVANTI  
WEST COAST  
FIRST





## Breakfast

### Lighter choices

Perfect for a shorter journey

#### **Toast with Butter & Preserves** **V** (181 - 279 kcal)

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

#### **Classic Bacon Sandwich** (526 kcal)

Thick cut smoked British bacon on malted bread.

#### **Plum Bircher** **V** (269 kcal)

Rolled oats mixed with natural yogurt and topped with sweet stewed plums.

#### **Porridge Bowl** **V** (271 kcal)

Traditional creamy porridge served on its own or with banana & honey. (420 kcal)

### Larger plates

#### **The Great British Breakfast** (544 kcal)

Smoked British bacon, pork & parsley sausage, mushrooms and potato bites served with grilled tomato, and a fried egg.

#### **Smoked Salmon with Scrambled Eggs** (323 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.

We can add a fried egg if you'd prefer a vegetarian option. **V** (335 kcal)

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.

## 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.

#### Maple & Fudge Shortbread **V** (219 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.

#### Black Cherry & Chocolate Dessert Pot **V** (198 kcal)

A chocolate brownie base with rum flavoured black cherry coulis, topped with a light chocolate mousse.

## Larger plates

#### BBQ Pulled Pork Brioche (290 kcal)

A warm brioche packed with melt in the mouth BBQ pulled pork.

#### Bombay Potato Salad **VG** (203 kcal)

Skin on potato pieces with chickpeas, sweetcorn, red pepper and spring onion mixed in a tangy masala dressing.

#### Butternut Squash, Mushroom

#### & Basil Pasta **V** (421 kcal)

Soft penne pasta with roasted butternut squash, slices of mushroom & peas in a creamy basil sauce.

#### Ploughman's Grazing Plate (793 kcal)

A hand-crafted chicken, stuffing & red pepper pie served with Red Fox & Blackstone Vintage Cheddar cheeses, sun blushed tomatoes, plum & ginger chutney, a juicy balsamic pickled onion and sourdough crackers.

(If you'd prefer a lighter option, we also offer cheese & crackers on its own **V** (338 kcal) or with gluten free crackers (426 kcal))



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**V** Vegetarian

**VG** Vegan

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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 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

### Peroni Capri 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.

### Brew Tea Co.

Founded by husband-and-wife team Phil and Aideen Kirby, they create all our lovely teas in their Tea HQ over in Manchester. Treat yourself to one today.

To find out more about our amazing suppliers visit

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

**Pendolino M-F**  
**Autumn 2024**