

Ingredients & Allergen Menu

Evero First Class Allergen & Ingredients Menu from 19th March 2025

Breakfast

The Breakfast Grill

Breakfast Grill (65.1%) [PORK AND PARSLEY SAUSAGE (29%) [Pork, Water, Rusk (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin)), Salt, Raising Agent (Ammonium Carbonate), Pork Fat, Salt, Dextrose, **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser (Sodium Tripolyphosphate), Preservative (Sodium **SULPHITE**), Flavour Enhancer (Monosodium Glutamate), Spices [White Pepper, Black Pepper, Cayenne Chili], Yeast Extract, Antioxidant (Ascorbic Acid), Spice Extracts [Black Pepper Extract, Nutmeg Extract, Capsicum Extract, Ginger Extract], Citric Acid, Colour (Carmine), (**SULPHITES**)], Dried Parsley, Natural Hog Casing], ROSTI BITES (27%) [potato, Vegetable Oil (Palm), Salt, Dextrose (Maize), Onion Powder, Emulsifier (Hydroxypropyl Methyl Cellulose), Spice], TOMATO (26%), SMOKED BACK BACON (19%) [Pork, Water, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], Scrambled **EGG** (33.6%) [SCRAMBLED **EGG** (80%) [Pasteurised Free Range **EGG**, Water, Rapeseed Oil, Tapioca Starch, Skimmed **MILK** Powder, Lemon Juice, Salt, Ground White Pepper], WHITE SAUCE (20%) [Water, Rapeseed Oil, Modified Starch, Salt, Whey (**MILK**) Protein Concentrate (**MILK**), Sugar, Vegetable Stock (Salt, Maltodextrin, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Carrot Extract, Rapeseed Oil, Tomato, Louage), Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Stabiliser (Guar Gum), Spices]], Swiss Chard (1.3%). Per serving 509 kcal.

Swiss Chard may contain mustard and celery. Factories handles all other allergens.

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.

Classic Bacon Sandwich

MALTED BROWN BLOOMER BREAD (67.2%) [**WHEAT** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **WHEAT** Flakes (9.0%), **WHEAT** Bran (2.3%), Yeast, Malted **BARLEY** Flour (1.0%), Salt, Vegetable Oils [Rapeseed, Palm], **WHEAT** Protein, Spirit Vinegar, Emulsifiers [E471, E472(E)], Malted **WHEAT** Flour, Flour Treatment Agent (E300), Palm Fat, **WHEAT** Flour], Bacon (22.4%) [BEECHWOOD SMOKED BACON [Pork, Water, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], BUTTER (7.5%) [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture], SWISS CHARD (3%). Per serving 404 kcal.

Swiss Chard may contain mustard and celery. May contain egg and mustard.

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 **OATFLAKES** (73%), Skimmed **MILK** Powder, Water., Per serving 252 kcal. Add Banana and Honey. Per serving 392 kcal.

Pain Au Chocolate

WHEAT Flour, Fine Butter (**MILK**) 21%, Water, Chocolate 9% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring), Yeast, Sugar, **EGGS**, Salt, **WHEAT GLUTEN**, Flour (**WHEAT**) Treatment Agents (Alpha Amylases, Hemicellulases, Ascorbic Acid)]. Per serving 284 kcal.

May contain traces of Sesame, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias.

Rhubarb & Strawberry Yogurt

Pasteurised Whole **MILK**, Strawberry & Rhubarb Compote 25% (Sugar, Water, Strawberries, Rhubarb, Stabilizer: Cornflour, Lemon Juice Concentrate, Natural Flavouring, Natural Colour: Anthocyanins (Purple Carrot Concentrate)]. Per serving 195 kcal.

Smashed Avocado Bagel

Toasted Bagel (51.6%) [Plain Bagel [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Maize, Yeast, Rapeseed Oil, Salt, **WHEAT** Gluten, Malted **BARLEY** Flour, Flour Treatment Agent (Ascorbic Acid)]]], AWC March 25 Smashed Avocado (41.2%) [AVOCADO (98%) [Avocado, Lime Juice, Salt, Black Pepper], LEMON JUICE (2%) [Lemon Juice From Concentrate, Preservative (Potassium **METABISULPHITE**)]], Sunflower Spread Portion (5.2%) [Water, Vegetable Oils (Sunflower, Palm, Safflower Oil), Salt, Emulsifier: Mono And Diglycerides Of Fatty Acids, Acid: Citric Acid, Flavouring, Colour: Beta Carotene, Vitamins: A, D2.], Swiss Chard (2.1%). Per serving 457kcal.

If served with butter: Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture].

Add poached egg: **EGG** (Graded Class A Medium Free-Range **EGG** (100%). Per serving 523 kcal.

Swiss Chard may contain mustard and celery.

Smoked Salmon and Scrambled Eggs

Pre-cooked egg, Scrambled **EGG** (69.4%) [SCRAMBLED **EGG** (80%) [Pasteurised Free Range **EGG**, Water, Rapeseed Oil, Tapioca Starch, Skimmed **MILK** Powder, Lemon Juice, Salt, Ground White Pepper], WHITE SAUCE (20%) [Water, Rapeseed Oil, Modified Starch, Salt, Whey (**MILK**) Protein Concentrate (**MILK**), Sugar, Vegetable Stock (Salt, Maltodextrin, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Carrot Extract, Rapeseed Oil, Tomato, Louage), Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum)], Preservative (Potassium Sorbate), Stabiliser (Guar Gum), Spices]], SMOKED SALMON (27.8%) [Salmon (**FISH**) (96%) [Salmo Salar], Salt, Sugar, Oak Smoke], Swiss Chard (2.8%). Per serving 226 kcal.

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

Toast with butter

White Bloomer: [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, **SOYA** Flour, Preservative (E282 Calcium Propionate), Emulsifiers [E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Rapeseed Oil, Flour Treatment Agent (E300 Ascorbic Acid)]]], Butter (14%) [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture]. Per serving 254 kcal.

Malted Bread: [**WHEAT** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **WHEAT** Flakes (9.0%), **WHEAT** Bran (2.3%), Yeast, Malted **BARLEY** Flour (1.0%), Salt, Vegetable Oils [Rapeseed, Palm], **WHEAT** Protein, Spirit Vinegar, Emulsifiers [E471, E472(E)], Malted **WHEAT** Flour, Flour Treatment Agent (E300), Palm Fat, **WHEAT** Flour]], Butter (11.6%) [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture]. Per serving 315 kcal.

Tiptree Marmalade: Sugar, Seville Oranges, Gelling Agent: Citrus Pectin. Per serving 71 kcal.

Tiptree Strawberry jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin; Acidity Regulatory: Citric Acid. Per serving 76 kcal.

Honey: Pure Honey. Per serving 81 kcal.

Toasted Teacake

TEACAKE (63.1%) [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sultanas (14%), Currants (10%), Sugar, Yeast, Mixed Peel (3.8%) (Contains: Orange Peel, Glucose Fructose Syrup, Lemon Peel, Sucrose, Preservative (E202), Acidity Regulator (E330)), Vegetable Oil (Palm, Rapeseed), Salt, Emulsifier (E472e), Nutmeg, Flavouring, Flour Treatment Agent (E300), Colour (E160a)].

STRAWBERRY JAM (27.2%) [Sugar, Strawberries, Gelling Agent: Citrus Pectin; Acidity Regulatory: Citric Acid]. BUTTER (9.7%) [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture]. Per serving 347 kcal.

May contain traces of Tree nuts, Eggs, Sesame, Soya, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias. Sulphites <10ppm.

Rest of the day

Chicken & Spring Vegetable Risotto

Chicken Spring Greens Risotto (100%) [Ingredients: Water, Chicken (17%), Whole **MILK**, Arborio Rice, Green Beans, Double Cream (**MILK**), **SOYA** Beans (Edamame (**SOYA**)), Peas, White Wine (Preservative: **SULPHITES**), Lemon Juice, Onion, Modified Waxy Maize Starch, Chicken Stock (Chicken Meat, Maltodextrin, Chicken Soup Stock, Salt, Yeast Extract, Chicken Fat, Sugar, Lemon Juice Concentrate, Natural Flavouring, Concentrated Chicken Extract), Olive Pomace Oil, Sea Salt, Garlic Puree, Mint, Sugar, Black Pepper, Ground Fennel]. Per serving 389 kcal.

Swiss Chard may contain mustard and celery.

NOTE: Although white wine is used as an ingredient is showing negligible alcohol after cooking. Many contain chicken bones.

Brie & Red Onion Quiche

Quiche (56.2%) [Red Onion (21%), **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Whole **MILK**, Mature Cheese (**MILK**), Salt, Starter, Rennet, Potato Starch], Liquid **EGG**, Tomatoes (12%), Unsalted Butter (**MILK**), Brie (8%) [Pasteurised Cow's **MILK**, Salt, Cultures, Rennet], Water, IQF Basil, Molasses Sugar, Maize Starch, Rapeseed Oil (Anti Foaming Agent (Polydimethylsiloxane)), Caster Sugar, Bramley Apple (Ascorbic Acid, Citric Acid, Salt), Tapioca Starch, Onion, Salt, Balsamic Vinegar (Wine (**SULPHITES**) Vinegar, Concentrated Grape Must, Potassium **METABISULPHITE** (E224 (**SULPHITES**))), Cracked Black Pepper, White Wine Vinegar 6% Acidity, Apricots (Apricots, Rice Flour, Preservative: **SULPHUR** Dioxide (**SULPHITES**)), Sultanas (Sultanas, Sunflower Oil), Malt Vinegar (**BARLEY**), Granulated Sugar, Garlic, IQF Ginger Puree, Cinnamon), Coleslaw (41.4%) [RED CABBAGE (55%), MAYONNAISE (30%) [Rapeseed Oil, Water, Pasteurised Liquid Whole **EGG**, Acidity Regulator (Acetic Acid), Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)], CARROT (10%), RED ONION (5%)], Chard, Swiss, Raw (2.4%). Per serving 360 kcal.

Swiss Chard may contain Mustard and Celery. Fruit stones might remain.

Lemon Posset Dessert Pot

Lemon Dessert Pot (95.7%) [Lemon Cremeux (**EGGS**), Butter (**MILK**) Unsalted (**MILK**), Lemon Juice, Sugar, Lemon Peel], Lemon Posset (UHT Whipping Cream (**MILK**), Caster Sugar , Lemon Juice Fresh), Sponge Cube(Cake Mix (**WHEAT** Flour, Sugar, Raising Agents: E 450, E 500; Modified Starch, Whey (**MILK**) Permeate Powder (From **MILK**), Palm Oil, Emulsifiers: E 471, E 472b E 475; Whey Powder (**MILK**), Glucose Syrup, Salt, Thickeners E 415, Flavouring, Skim **MILK** Powder), **EGGS**, Rapeseed Oil (Rapeseed Oil, Anti Foaming Agent (Dimethylpolysiloxane)), Water], Mint (4.3%) [Fresh, Whole Sprigs of Mint]. Per serving 217 kcal.

May contain soya and sulphur dioxide, sulphites.

Sea Salt Crisps

Crisps (100%) [Potatoes, Cold Pressed Rapeseed Oil, Sea Salt]. Per serving 82 kcal.

Gluten Free. Produced in a nut-free facility. Suitable for Vegetarians and Vegans.

Raspberry & White Chocolate Shortbread

WHEAT Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Butter (**MILK**, Salt), Sugar, White Chocolate Chip 9% (Sugar, Cocoa Butter, Whole **MILK** Powder, Lactose (**MILK**), Whey (**MILK**) Powder (**MILK**), Emulsifier (E322 (**SOYA**)), Natural Vanilla Flavouring), Freeze Dried Raspberries 0.4%, Natural Raspberry Flavouring 0.3%. Per serving 298 kcal.

Factory handles other allergens.

Cox & Co Chocolate bar

Dark Chocolate [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier **SOYA** Lecithin], Natural Vanilla Flavouring], Himalayan Salt 0.2%, Butter Oil (**MILK**). Per serving 31 kcal.

Also Contain Traces of Nuts and Cereals containing Gluten.

BBQ Corn Nibbles

BBQ Corn Nibbles: [Corn, Sunflower Oil, Salt, Maltodextrin Of Maize, Smoke Flavour, Flavour Enhancer, Acidifier (Citric Acid)]. Per serving 100 kcal.

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

