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),
Park Fat, Salt, Dextrose, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser (Sodium Tripolyphosphate), Preservative (Sodium **SULPHITE**), Flavour Enhancer (Monos Niacin, Thiamin), Stabiliser (Sodi Glutamate), Spices [White Pepper, Black Pepper, Cayenne Chilli], Yeast Extract, Antioxidant (Ascorbic Acid), Spice Extracts (Bl Pepper Extract, Nutmeg Extract, Capsicum Extract, Ginge Extract], Citric Acid, Colour (Carmine), (SULPHITES)), Dried Parsley, Natural Hog Casing], ROSTI BITES (27%) [potato, Vegetable Oil (Palm), Salt, Dextrose (Maize), Onion Powd vegetaaie Uni (Haim), Sait, Dextrose (Maize), Union Foulaet, 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%) [Pas 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.

all other allergens.

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

Tomatoes, Malt Vir egar (from **BARLEY**), Molasses, Glu

Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflo

RYEFlour, Salt, Spices, Flavourings, Tamarind.

[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, WHE
Flour], Bacon (22.4%) [BEECHWOOD SMOKED BACON [Port Water, Salt, Antioxidant (Sodium Ascorbate), Preservative n Nitrite)]], BUTTER (7.5%) [Pasteurised Cows Crea (MILK), Salt, Lactic Culture), SWISS CHARD (3%). Per serving 404

(contain **CELERY**), spice. HP Brown sauce: Tomatoes, Malt Vinegar (from BARLEY), Ma

Add Banana and Honey. Per serving 392 kcal.

ugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lec

Pain Au Chocolate WHEAT Flour, Fine Butter (MILK) 21%, Water, Choo

Natural Vanilla Flavouring), Yeast, Sugar, EGGS, Salt, WHEAT GLUTEN, Flour (WHEAT) Treatment Agents (Alpha An Hemicellulases, Ascorbic Acid)]. Per serving 284 kcal. May contain traces of Sesame, Hazelnuts, Pecans, Almo

Rhubarb & Strawberry Yogurt Pasteurised Whole MILK, Strawberry & Rhubarb Compote 25% (Sugar, Water, Strawberries, Rhubarb, Stabilizer: Cornflour, Lema Juice Concentrate, Natural Flavouring, Natural Colour:

ins (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 Auocado (41.2%) [AVOCADO (98%) [Auocado, 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, Beta Carotene, Vitamins: A, D2.], Swiss Chard (2.1 %). Per serving

If served with butter: Pasteuris

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

Swiss Chard may contain mustard and cele

Smoked Salmon and Scrambled Eggs cooked egg_Scrambled EGG (69.4%) [SCRAMBLED EGG (80%)

[Pasteurised Free Range EGG, Water, Rapeseed Oil, Tap Starch, Skimmed MILKPowder, Lemon Juice, Salt, Ground White Pepper], WHITE SAUCE (20%) [Water, Rapeseed Oil, Modifi Starch, Salt, Whey (MILK) Protein Concentrate (MILK), Sugar, Vegetable Stock (Salt, Maltodextrin, Yeast Extract, Sugar,
Vegetables (Onion, Parsnip), Carrot Extract, Rapeseed Oil, Tom 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 kcc 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.

Iron, Niacin, Thiamin), Water, Yeast, Salt, SOYA Flour, Preservative

Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids),

Niacin, Thiamin], Water, Malted WHEAT Flakes (9.0%), WHEAT Bran (2.3%), Yeast, Molted BARLEY Flour (1.0%), Salt, Vegetable Oi [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),

ving 315 kcal.

Rapeseed Oil, Flour Treatment Agent (E300 Ascorbic Acid)]], Butter

sed Cows Cream (MILK), Salt, Lactic Culture).

ate), Emulsifiers (E472e Mono And Diacetyl

Toast with butter

(E282 Calcium Propio

Per serving 254 kcal.

Malted Bread: [WHEAT Flour [with Add

Salt, Lactic Culture]. Per sen

ctin. Per serving 71 kcal.

Classic Bacon Sandwich MALTED BROWN BLOOMER BREAD (67.2%) [WHEAT FIG

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

Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Ext

Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, RYE Flour, Salt, Spices, Flavourings, Tamarind.

MOMA plain No Added Sugar Porridge [Wholegrain OATFLAKES (73%), Skimmed MILK Powder, Water, Per serving 252 kcal.

TEACAKE (63.1%) [WHEAT Flour (WHEAT Flour, Calc

Pectin; Acidity Regulatory: Citric Acid. Per serving 76 kcal. Honey: Pure Honey. Per serving 81 kcal.

Tiptree Strawberry jam: Sugar, Strawberries, Gelling Agent: Citrus

Toasted Teacake

Carbonate, Iron, Niacin, Thiamin), Water, Sultanas (14%), Currants (10%), Sugar, Yeast, Mixed Peel (3.8%) (Contains: Orange Peel, Glucase Fructase 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 Agen Citrus Pectir; Acidity Regulatory: Citric Acid]. BUTTER (9.7%) (Pasteurised Cows Cream (MILK) Salt, Lactic Culture]. Per serv

347 kcal. Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias. Sulphites <10ppm.

Mushroom & Spinach Brioche

Rest of the day

Chicken & Spring Vegetable Risotto icken Spring Greens Risotto (100%) [Ingredients: W 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,

n Soup Stock, Salt, Yeast Extract, Chicken Fat, Sug

Lemon Juice Concentrate, Onion Powder, Concentrated Chicken t). Olive Pomace Oil. Sea Salt. Garlic Puree. Mint. Sua

ng 389 kcal

pper, Ground Fennel]. Per serv

NOTE: Although white wine is used as an ingredient is sho

Brie & Red Onion Quiche Quiche (56.2%) [Red Onion (21%), WHEAT Flour (Calcium

Carbonate, Iron, Niacin, Thiamine), Whole MILK, Mature Che (MILK, Salt, Starter, Rennet, Potato Starch), Liquid EGG, atoes (12%) Unsalted Butter (MILK) Brie (8%) (Paste

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 m METABISULPHITE (E224 (SULPHITES))), Cracke Pepper, White Wine Vinegar 6% Acidity, Apricots (Apricots, Rice Flour, Preservative: SULPHUR Dioxide (SULPHITES)), Sultan (Sultanas, Sunflower Oil), Malt Vinegar (BARLEY), Granulate Sugar, Garlic, IQF Ginger Puree, Cinnamon], Coleslaw (41.4%) [RED CABBAGE (55%), MAYONNAISE (30%) [Rapeseed O. Water, Pasteurised Liquid Whole EGG, Acidity Regulator (Acetic Acid), Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gi Acidity Regulator (Citric Acid), Preservative (Potassium Sc ervative (Potassium Sorba CARROT (10%), RED ONION (5%)], Chard, Swiss, Raw (2.4%). Per Swiss Chard may contain Mustard and Celery. Fruit stones might Lemon Posset Dessert Pot

Lemon Dessert Pot (95.7%) [Lemon Cremeux (**EGGS**, Butter (**MIL** Unsalted (**MILK**), Lemon Juice, Sugar, Lemon Peel), Lemon Posse (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 m MILK), Palm Oil, Emulsifiers: E 471, E 472b E 475; Whey Powder (MILK), Glucose Syrup, Salt, Thickener E 415, Flavouring Skim MILK Pou der), **EGGS**, Rapeseed Oil (Rapeseed Oil, Anti Foaming Agent (Dimethylpolysiloxane)), Water)], Mint (4.3%) [Fresh, Whole Sprigs of Mint]. Per serving 298 kcal. nd sulph Sea Salt Crisps

s and Vegans.

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

Raspberry & White Chocolate Shortbread

WHEAT Flour (WHEAT, Calcium, Iron, Niacin, Thiamin), Butte (MILK, Salt), Sugar, White Chocolate Chip 9% (Sugar, C Butter, Whole MILK Powder, Lactose (MILK), Whey (MILK) Powder (MILK), Emulsifier (E322 (SOYA)), Nati Flavouring), Freeze Dried Raspberries 0.4%, Natural Raspber Flavouring 0.3%. Per serving 217 kcal Factory handles other allerg

Cox & Co Chocolate bar Dark Chocolate [Cocoa Mass, Sugar, Cocoa Butter, Em SOYA Lecithin), Natural Vanilla Flavouring], Himalayan uring], Himalayan Salt 0.2%, Butter Oil (MILK). Per serving 75 kcal.

BBQ Corn Nibbles

BBQ Corn Nibbles: [Corn, Sunflower Oil, Salt, Maltodextrin Of Maize, Smoke Flavour, Flavour Enhancer, Acidifier (Citric Acid)

Cheese (8.9%) [Water, Coconut Oil, Modified Starch Starch, Sea Salt, Sunflower Kernel Grounded, Acidity Regulator: Lactic Acid,

Mushroom Spinach Brioche (97.8%) [Flour (WHEAT) [WHEAT,

Olive Extract, Colour: B Carotene, Vitamin B12, Sunflower Oil, Red Lentils, Spinach (7.1%), Leeks, Coconut Milk (Water, Coconut Milk Regulators [Potassium Phosphates], Calcium [Calcium Carbonate], Sea Salt, Flavouring, Stabiliser [Gellan Gum], Vitam B12, D2], White Mushrooms (5.4%), Sugar, Chestnut Mushrooms (5.2%), OAT Milk [Water, OATS, Rapeseed Oil, Acidity Regulator Potassium Iodide), Salt, Vitamins (D2, Riboflavin And B12)] Cooking Apples, Vegan Spread [Plant Oils (Rapeseed, Sur Linseed), Water, Coconut Fat, Salt, Plant Based Emulsifier (Lecithin), Natural Flavourings, Vitamin A), Plant Butter [Plant Oils (Coconut, Rapeseed, Sunflower, in Varying Proportions), Water, Sea Salt, Faba Bean Preparation, Emulsifier (Lecithin), Natural Flavourings, Colour (Carotenes)], Yeast, Dried Potato, Water, So Wholegrain OATS, Ground Coriander, Black Pepper, Nigella Seeds. Swiss Chard (2.2%). Per serving 479 kcal day contain traces of Peanuts, Eggs, Milk, Fish, Celery, I ne, Sulphites, Barley, Hazelnuts, Pecans, Almonds, Cashe Walnuts, Brazil nuts, Pistachios, Macadamias. Swiss Chard may ain Mustard and Celery.

Ploughman's Grazing Plate SCOTCH EGG (50.4%) [PORK (60%), HARD BOILED EGG (29%), Water, Rusk (WHEAT Flour, (Calcium Carbonate, Iron, Nia hiamin), Salt, Leavening Agent (Ammonium Bicarbonate)),

WHEAT Starch, Batter (WHEAT Flour), Seasonina, (Salt. Dextro WHEAT Flour, Stabiliser (Sodium Triphosphate)), Flavour Enh (Monosodium Glutamate), Preservative (Sodium SULPHITE), Flauourings, Pepper, Maltodextrin, Antioxidants (Asc Palmitate, Alpha Tocopheroll, Pepper, Citric Acid, SULPHU Dioxide (SULPHITES), WHEAT Flour, SOYA Flour, Breadcrumbs (WHEAT Flour, Water, Salt, Paprika, Yeast), Rapeseed Oil (Anti Foaming Agent (Dimethylpolysiloxane))], Ploughman's Tray (43.4%) [RED FOX CHEESE (Pasteurised Cow's MILK, PDV Salt Starter Culture, Colour: Annatto Norbixin E160b (li), 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, WHEAT), Sourdough (RYE Flour, Water), Wholemeal WHEAT Flour, Honey, Salt) SEMI DRIED TOMATOES (Semi Dried Tomatoes, Sunflower Oil, Salt, Garlic Flak Preservative: Potassium Sorbate) COUNTRY GARDEN CHUTNEY (Vegetables (Onion, Carrot, Swede, Turnip, Parsnip), Raw Cane Sugar, Cider Vinegar, Apricots, Bramley Apples, Tomato Puree, Sultanas, Garlic Pure, Sea Salt, Tamarind Paste, MUSTARD Flour Red Chillies, Ground Ginger, Ground Cinnamon, Ground Allspice, Ground Black Pepper) ONION IN BALSAMIC (Onions, Balsami Dressing (Grape Must, Preservative: Potassium METABISULPHITE 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: Asco Acid, Preservative: Sodium METABISULPHITE)], ESTATE DAIRY BUTTER (4.4%) [Pasteurised Cows Cream (MILK), Salt, Lactic Culture], SWISS CHARD (1.8%). Per serving 670 kcal Swiss Chard may contain Mustard and Celery. Fruit stone

Nalm's Crackers (GF) Gluten Free Wholegrain OATS (51%), Maize Flour, Rice Flour, Sustainable Palm Fruit Oil, Tapioca Starch, Maiz Starch, Raising Agent: Ammonium Carbonates, Brown Rice Syrup, Sea Salt. Per serving 31 kcal.

Cheese Plate with GF biscuits-358 kcal

Chips and Dips ps (100%) [SALTED TORTILLA CHIPS (Corn Flour (79%), Sunflower Oil, Salt) TOMATO SALSA MEXICANA (Tomatoes (50%), Water, Tomato Puree (7%), Spirit Vinegar, Modified Maize Starch, Jalapeno Peppers (jalapeno Peppers, Water, Distilled Vinegar, Salt) (2%), Dried Onion, Sugar, Salt, Dried Red Pepper, Garlic Powder, Curnin Powder, Preservative: Potassium Sorbate, Chili Powder, Oregano, Black Pepper) Gherkin Relish (Gherkin (40%), Sugar Water, Onions, Modified Maize Starch, Salt, MUSTARD Seeds Ground Ginger, Turmeric) SWEETCORN RELISH (Water, Swee (25%), Sugar, Spirit Vinegar, Modified Maize Starch, Dried Onion, Red Peppers, Salt, Lemon Juice Concentrate, Turmeric,

Preservative: Potassium Sorbate, Dill Powder, Chili Powder, Garlic

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.

