

Ingredients & Allergen Menu

Euston First Class Lounge Allergen & Ingredients Menu 19th March 2025

Breakfast

Rye Bread with Smoked Salmon & Cream Cheese

Rye Bread (**WHEAT** Flour (**WHEAT** Flour, Calcium, Niacin, Iron, Thiamin), Water, White Sour Starter (**WHEAT** Flour, Water), Light **RYE** Flour, Salt, Improver (**WHEAT** Flour), Roasted **BARLEY** Malt Extract, Yeast, Semolina (**WHEAT**), Rapeseed Oil), **SMOKED SALMON** (25%) [Salmon (**FISH**) (*Salmo salar*), Salt, Demerara Sugar], **CUCUMBER** (16%), **LEMON AND BLACK PEPPER CRÈME FRAICHE MAYONNAISE** (8%) [Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range **EGG** and **EGG** Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from Concentrate, Flavouring, Antioxidant (Calcium Disodium EDTA), Colour (Paprika Extract)), Crème Fraiche (Skimmed **MILK**, Cream (**MILK**), Modified Starch, Stabiliser (Guar Gum), Dextrose, Preservative (Potassium Sorbate), Culture), Lemon Juice (Lemon Juice from Concentrate, Preservative (Potassium **METABISULPHITE**), Black Pepper), **PICKLED RADISH** (3%) [Radish, Water, White Wine Vinegar (White Wine Vinegar, Antioxidant (Sodium **METABISULPHITE**)), Sugar, Salt], Chives, Black Pepper, Red Chard, Swiss Chard, Lemon. Per serving 165 kcal.

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

Porridge

Gluten free wholegrain **OATS** (73%), skimmed **MILK** powder. Per serving 252 kcal.
Toppings: Honey (81 kcal)

Allergy Advice: For allergens see ingredients in bold. Packed in a factory that handles peanuts and nuts. Contains naturally occurring sugars. Suitable for Coeliac, Vegetarians.

Fresh Fruit Salad Bowl

Honey Dew Melon 35%, Cantaloupe Melon 35%, Orange 20%, Black Grapes 10%. Per serving 34 kcal.

Lemon Curd Yogurt

Pasteurised Whole **MILK** Lemon Curd Style Compote 18% (Sugar, Water, Glucose Syrup, Salted Butter (**MILK**), Lemon Juice Concentrate, Stabilizer, Cornstarch, Natural Flavouring, Natural Colour: Lutein). Per serving 214 kcal.

Passion Fruit Yogurt

Pasteurised Whole **MILK** Passion Fruit Compote 25% (Water, Sugar, Passionfruit Puree, Stabiliser: Cornstarch, Lemon Juice, Gelling Agent: Pectin, Natural Flavouring, Natural Colours: Carotene, Lutein). Per serving 194 kcal.

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).

Cheese & Crackers

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, Oregon, 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, Balsamic 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: Ascorbic Acid, Preservative: Sodium **METABISULPHITE**, Estate Dairy Butter (Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture), Swiss Chard (3.4%). Per serving 278 kcal.

Option with Naim's Crackers (GF) Gluten Free Wholegrain **OATS** (51%), Maize Flour, Rice Flour, Sustainable Palm Fruit Oil, Tapioca Starch, Maize Starch, Raising Agent: Ammonium Carbonates, Brown Rice Syrup, Sea Salt. Per serving 358 kcal.

Swiss Chard may contain Mustard and Celery. May contain traces of Peanuts, Hazelnuts. May contain fruit stones.

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.

BBQ Corn Nibbles

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

Garlic and Basil Olives

Halkidiki Olives 90%, Rapeseed Oil 5%, Basil 3%, Garlic Olives 2%, Lemon juice (traces), white wine vinegar (traces), salt (traces). Per serving 50 kcal.

Although extra care has been taken to remove all stones, some may remain.

Wild Garlic Mixed Nuts

PEANUTS CASHEWS ALMONDS HAZELNUTS Sugar, Salt, Basil, Rapeseed Oil, Garlic Powder, Black Pepper, Wild Garlic Leaves, Oregon. Per serving 121 kcal.
Factory handles other allergens.

Uncle Joe's Mint Ball Brownie

Sugar, Butter (**MILK** Salt), Dark Chocolate 17% (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**SOYA** Lecithin E322), Natural Vanilla Flavouring), **EGG**, Gluten Free Flour (Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)), Dark Chocolate Chips 8% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **SOYA** Lecithin, Natural Vanilla Flavouring), Cocoa Powder, Xanthum Gum, Potassium Sorbate (E202), Uncle Joe's Peppermint Flavouring 0.07%. Per serving 265 kcal.
Made in bakery that processes gluten, peanuts, nuts and sulphur dioxide.

Classic Caramel Popcorn

Corn, Sugar, Butter (**MILK**), Corn Syrup. Per serving 32 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.

Plain Mini Croissant

WHEAT Flour, fine butter (**MILK**) 23%, water, sugar, yeast, whole **MILK** powder, salt, **WHEAT GLUTEN**, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid), **EGGS**. Per serving 125 kcal.

May contain nuts.

Mini Pain au Raisin

Danish Pastry Dough (Flour **WHEAT** bread/strong white, Butter Laminating (**MILK**), Water, **MILK** whole pasteurized (**MILK**), Caster Sugar, Butter Unsalted (**MILK**), Yeast, Salt, **BARLEY** malt flour), Raisins, Creme Pat (Water, Custard Crem Mix (Sugar, Modified starch; Skimmed **MILK** Powder, Lactose and **MILK** Proteins; Coconut oil; Gelling agent: Sodium phosphates, Diphosphates, Sodium alginate, Calcium sulphate; Firming agent: Calcium sulphate; Flavouring (contains **MILK**); Color: Carotenes)). Per serving 129 kcal.

May contain nuts.

Mini Berry Danish

Danish Pastry Dough (Flour **WHEAT** bread/strong white, Butter Laminating (**MILK**), Water, **MILK** whole pasteurized (**MILK**), Caster Sugar, Butter Unsalted (**MILK**), Yeast, Salt, **BARLEY** malt flour), Fruit of Forest Filling (Forest Fruits Mix, Sugar Cater, Glucose Syrup, Lemon juice fresh, Pectin), Creme Pat (Water, Custard Cream Mix (Sugar, Modified starch; Skimmed **MILK** Powder, Lactose and **MILK** Proteins; Coconut oil; Gelling agent: Sodium phosphates, Diphosphates, Sodium alginate, Calcium sulphate; Firming agent: Calcium sulphate; Flavouring (contains **MILK**); Color: Carotenes)). Per serving 153.

May contain nuts.

Cheese Savoury Pastry

Mini Cheese Savoury pastry: Cheese Pastry (100%) [Croissant Pastry Dough (**WHEAT** Strong Flour (**WHEAT**), Butter (**MILK**) Laminating (**MILK**), Water, **MILK** Sugar, Unsalted Butter (**MILK**), Yeast, Salt, **BARLEY** Malt Flour), Cheese (**MILK**) Filling, Cheese (**MILK**) Feta 81.52%, (**MILK**) (Pasteurised Sheep & Goat's **MILK**), Grated Hard Cheese (**MILK**) 18.12%, (**MILK**) (Pasteurised Cow's **MILK** Salt, Microbial Rennet, Cultures), **EGGS**]. Per serving 136 kcal.

Lemon & Poppy Seed Muffin

Lemon Muffin (**WHEAT** Flour (**WHEAT**, Iron, Niacin (B3), Thiamin (B1), Raising Agents Bicarbonate Of Soda, Mono Calcium Phosphate E341), Sugar, Sunflower Oil, **EGG**, **MILK**, Butter (**MILK** Salt), Natural Lemon Flavouring (1%), Glycerine, Poppy Seed (0.4%), Salt, Potassium Sorbate (E202)).

Per serving 375 kcal.

Made in a Bakery that processes peanuts, nuts, soya and sulphur dioxide.

Lemon Drizzle Flapjack

Gluten Free **OATS**, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt (2.0%), Emulsifier (E475), Colour (E100, E160b(i)), Flavourings), Golden Syrup (Invert Sugar Syrup), Sugar (Sugar And Cane Molasses), Lemon Icing 1% (Sugar, Glucose Syrup, Vegetable Oil, Water, Sicilian Lemon Oil (0.5%), Emulsifier (**SOYA**), Stabiliser, Preservative (Potassium Sorbate), Lutein), Natural Lemon Flavouring 0.3%. Per serving 247 kcal.

Made in bakery that processes milk, gluten, eggs, peanuts, nuts and sulphur dioxide.

Rest of the day

Mini Victoria Sandwich

Plain Vanilla Sponge (Cake Mix (**GLUTEN**, **MILK**) (**WHEAT** flour, sugar, raising agents: E 450, E 500, modified starch, whey permeate powder (from **MILK**), palm oil, emulsifiers: E 471, E 472b, E 475; whey powder (from **MILK**), glucose syrup, salt, thickener E 415, flavouring, skim (**MILK** powder), **EGGS**, Vegetable Oil (**SOYA** bean oil (produced from genetically modified fully refined **SOYA**), Antifoaming agent (E900)), Water), UHT Whipping Cream (**MILK**), Raspberry Jam (Glucose Syrup, Raspberry Puree Concentrate (7%), Raspberries (6%), Gelling Agent Pectin, Acidity Regulator (Citric Acid), Caster Sugar, Sweet Snou Dust (Dextrose, Sugar, Corn Flour, Vegetable oil) Vanilla Flavouring (Glucose syrup, water, flavouring (natural and artificial flavours), vanilla, stabilizer E406 (agar), colours E101 (riboflavin) E160a (β-carotene)). Per serving 150 kcal.

May contain nuts.

Mini Raspberry Choux Bun

Raspberry Choux Bun (100%) [White Chocolate Whipped Ganache (UHT Whipping Cream (**MILK**), White Chocolate 28%, Cocoa Solids (Sugar 46.5%, Cocoa Butter 29.5%), Whole **MILK** Powder 23.5%, Emulsifier: **SOYA** Lecithin <1%; Natural Vanilla Flavouring <1%), UHT Whipping Cream (**MILK**), Caster Sugar, Glucose Syrup), Choux Buns Small (**EGGS**), Soft Light Brown Sugar, **WHEAT** Plain Flour (**WHEAT**) (**WHEAT** Flour 99.6%, Calcium Carbonate, Thiamin, Niacin, Iron), Butter Unsalted (**MILK**), White Strong Bread Flour (White **WHEAT** Flour With Added Calcium Carbonate, Nicotinamide, Iron And Thiamine), Water, **MILK**, Butter Unsalted (**MILK**), Sugar Cater, Salt), Ruby Chocolate Glaze (Ruby Couverture Chocolate (Sugar 35.5%, Cocoa Butter 29.5%, Skimmed **MILK** Powder 16.5%), Whole **MILK** Powder 12.5%; Cocoa Mass 4.5%; Emulsifier **SOYABEANS** Lecithin <1%; Acid: Citric Acid <1%; Natural Vanilla Flavouring <1%), Vegetable Oil (**SOYA** bean Oil (Produced From Genetically Modified, Fully Refined **SOYA**), Antifoaming Agent (E900)), Raspberry Freeze Dry]. Per serving 79 kcal.

Mini Lemon Tart

Flour (**WHEAT**) Golden Jewel (**WHEAT** Flour, Maize Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Butter (**MILK**) Unsalted (**MILK**), Sugar Icing, **EGGS**, Salt), **EGGS** Sugar Cater, Butter (**MILK**) Unsalted (**MILK**), Lemon Juice Fresh 10.5%, Natural Glaze (Glucose Syrup, Water, Sugar, Gelling Agent (Pectin (E440)), Acid (Citric Acid (E330)), Thickener (Gellan Gum (E418), Xanthan Gum (E415)), Preservative (Potassium Sorbate (E202))), Lemon Zest]. Per serving 152 kcal.

Salted Caramel Cake Slice

Caramel Cake (100%) [Salted Caramel Icing (37%)(Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono And Di Glycerides Of Fatty Acids)), Glucose Syrup, Water, Tapioca Starch, Palm Oil, Rapeseed Oil, Dried Glucose Syrup, Partially Inverted Refiners Syrup, Salt, Flavouring, Emulsifiers (Mono And Di Glycerides Of Fatty Acids, Polyglycerol Esters Of Fatty Acids)), Caramelised Sugar Syrup), Chocolate Icing (22%)(Sugar, Margarine (Palm Oil), Rapeseed Oil, Water, Emulsifier (Mono And Di Glycerides Of Fatty Acids)), Water, Fat Reduced Cocoa Powder, Chocolate (6%)(Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Rapeseed Lecithin), Flavouring), Glucose Syrup, Dried Glucose Syrup, Tapioca Starch, Flavouring, Rapeseed Oil, Emulsifiers (Mono And Di Glycerides Of Fatty Acids, Polyglycerol Esters Of Fatty Acids)), Sugar, Water, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin) Rapeseed Oil, Cocoa Nibs (1.5%), Fat Reduced Cocoa Powder, Modified Maize Starch, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate, Potassium Hydrogen Carbonate Flavouring, Lemon Juice, Stabiliser (Xanthan Gum)), **WHEAT GLUTEN**]. Per serving 757 kcal.
May contain traces of Eggs, Milk, Hazelnuts, Pecans, Almonds, Walnuts, Pistachios

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 217 kcal.
Factory handles other allergens.

Lily O'Brien Dark Chocolate with Himalayan Salt Bar

Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring), Himalayan Salt 0.2%, Butter Oil (**MILK**). Per serving 75 kcal.

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WEST COAST
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