

Ingredients & Allergen Menu

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

Breakfast

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.

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.

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.

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, Onion Powder, 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 it is showing negligible alcohol after cooking. Many contain chicken bones.

Mushroom & Spinach Brioche

Mushroom Spinach Brioche (97.8%) [Flour (**WHEAT**) (**WHEAT**, Calcium Carbonate, Iron, Thiamine Vitamin B1, Niacin(B3)), Vegan Cheese (8.9%) [Water, Coconut Oil, Modified Starch Starch, Sea Salt, Sunflower Kernel Grounded, Acidity Regulator: Lactic Acid, Olive Extract, Colour: B Carotene, Vitamin B12, Sunflower Oil, Red Lentils, Spinach (7.1%), Leeks, Coconut Milk (Water, Coconut Milk, Coconut Cream, Hulled **SOYA** Beans, Sugar, Fructose, Acidity Regulators [Potassium Phosphates], Calcium [Calcium Carbonate], Sea Salt, Flavouring, Stabiliser (Gellan Gum), Vitamins B12, D2), White Mushrooms (5.4%), Sugar, Chestnut Mushrooms (5.2%), **OAT** Milk (Water, **OATS**, Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Minerals (Calcium Carbonate, Potassium Iodide), Salt, Vitamins (D2, Riboflavin And B12)), Cooking Apples, Vegan Spread (Plant Oils (Rapeseed, Sunflower, 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, Salt, Wholegrain **OATS**, Ground Coriander, Black Pepper, Nigella Seeds. Swiss Chard (2.2%). Per serving 479 kcal.

May contain traces of Peanuts, Eggs, Milk, Fish, Celery, Mustard, Sesame, Sulphites, Barley, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias. Swiss Chard may contain Mustard and Celery.

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.

Coix & 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 75 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.

Ploughman's Grazing Plate

SCOTCH **EGG** (50.4%) [PORK (60%), HARD BOILED **EGG** (29%), Water, Rusk (**WHEAT** Flour, (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Leavening Agent (Ammonium Bicarbonate)), **WHEAT** Starch, Batter (**WHEAT** Flour), Seasoning, (Salt, Dextrose, **WHEAT** Flour, Stabiliser (Sodium Triphosphate)), Flavour Enhancer (Monosodium Glutamate), Preservative (Sodium **SULPHITE**), Flavourings, Pepper, Maltodextrin, Antioxidants (Ascorbyl Palmitate, Alpha Tocopherol), Pepper, Citric Acid, **SULPHUR** 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) CRISP BREAD (**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 Flakes, Oregano, 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 (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 stones might remain.

Nairn'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 31 kcal.

Cheese Plate with sourdough biscuits- 278 kcal

Cheese Plate with GF biscuits- 358 kcal

Chips and Dips

Chips (100%) [Salted Tortilla Chips (Corn Flour (79%), Sunflower Oil, Salt) Tomato Salsa Mexicana (Tomatoes (50%), Water, Tomato Puree (7%), Spirit Vinegar, Modified Malt Starch, Jalapeno Peppers [Jalapeno Peppers, Water, Distilled Vinegar, Salt] (2%), Dried Onion, Sugar, Salt, Dried Red Pepper, Garlic Powder, Cumin 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, Sweetcorn (25%), Sugar, Spirit Vinegar, Modified Maize Starch, Dried Onion, Red Peppers, Salt, Lemon Juice Concentrate, Turmeric, Preservative: Potassium Sorbate, Dill Powder, Chili Powder, Garlic Powder)]. Per serving 204 kcal.

Produced on a site which handles Nuts and Gluten.

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.

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