

Menu

**Pendolino Weekday
Spring 2025**

**AVANTI
WEST COAST
FIRST**





Adults need around 2000 kcal a day.

Kcal information provided is per serving/portion.

V Vegetarian **VG** Vegan **GF** Gluten Free

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.

View calories, allergens and ingredients online [here](#)

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.

Breakfast

Lighter choices

Perfect for a shorter journey

Toast with Butter & Preserves **v** (214 - 315 kcal)

Toasted white or malted bloomer slices with cultured butter, jam, marmalade or honey. Our bread is vegan, we also offer a vegan spread – just ask. **VG**

Pain au Chocolat **v** (284 kcal)

Delicious flaky pastry with a chunky dark chocolate centre.

Toasted Teacake **v** (347 kcal)

A delicious toasted sweet and soft dough bun filled with raisins and served with cultured butter and jam – perfect any time of the day.

Classic Bacon Sandwich (404 kcal)

Thick cut smoked British bacon on malted bloomer bread.

Estate Dairy Yogurt **v** (195 kcal)

Creamy natural Greek yoghurt with a strawberry and rhubarb compote.

Porridge Bowl **v** (271 kcal)

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

Larger plates

The Breakfast Grill (544 kcal)

Smoked British bacon, pork and 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.

Smashed Avocado Bagel **VG** (457 kcal)

A warm toasted bagel loaded with smashed avocado. We can add a poached egg if you'd prefer a vegetarian option. **v** (523 kcal)

Rest of the day

Lighter choices and sweet treats

Perfect for shorter journeys or in between meals

Sea Salt Crisps (109 kcal) or **Chips & Dips** (204 kcal) **VG** **GF**

Deliciously thick handmade crisps or crunchy corn chips with a selection of dips.

Raspberry & White Chocolate Shortbread **V** (217 kcal)

Handmade, hand-wrapped, melt in the mouth shortbread. Made in North Wales, just a stone's throw from the railway track.

Luxury Chocolate Bar **V** (87 kcal)

Luxuriously smooth single origin 41% milk chocolate. Made by local chocolatiers in Stoke-on-Trent.

Lemon Posset Dessert Pot **V** (298 kcal)

Lemon sponge surrounded by a rich lemon cream topped with a zingy lemon posset.

Larger plates

Mushroom & Spinach Brioche **VG** (479 kcal)

A medley of sautéed seasonal mushrooms with fresh spinach and baked in a soft brioche bun. Served warm.

Brie & Red Onion Quiche **V** (360 kcal)

Buttery pastry with a creamy filling of red onion chutney, chunks of brie and topped with a slice of tomato. Served with a red cabbage coleslaw.

Chicken & Spring Vegetable Risotto (389 kcal)

Tender chunks of chicken breast with edamame and green beans, served with a creamy risotto and seasoned with mint.

Ploughman's Grazing Plate (617 kcal)

A traditional, hand-finished scotch egg served with Red Fox aged Red Leicester and Blackstone Vintage Cheddar, 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 their own **V** (278 kcal) or with gluten free crackers. **GF** (358 kcal))

Something to drink?

Soft drinks

Orange or Apple Juice
(102 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)

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)

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 130 people experiencing homelessness*.

For more information visit changeplease.org

*Based on sales up to September 2024.

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

avantiwestcoast.co.uk/travel-information/onboard/supplier-stories