

Ingredients & Allergen Menu

Euston First Class Lounge Allergen & Ingredients Menu – 13th July 2024

Breakfast

Smoked Salmon and Cream cheese on Rye Bread

Bread: Water, Light **RYE** Flour, Wholemeal Rye Flour, Stone Ground Wheat Flour (**WHEAT** Flour, **WHEAT** Gluten, Malted **WHEAT** Flour), Sunflower Seeds (17%), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Flour Treatment Agent: E300

Smoked Salmon (33.5%) [Raw Salmon (**FISH**) Fillet, Brown Sugar, Salt, Sodium Hexacyanoferrate (III)].

Full Fat Soft Cheese (22.4%) [Full Fat Soft Cheese (**MILK**) Salt Stabiliser [Locust Bean Gum (E410)] Acidity Regulator [Citric Acid (E330)], Swiss Chard (5.4%), Dill (2.7%). Per serving 233 kcal.

May contain nuts, mustard, celery, eggs, sesame, soya, sulphur dioxide

Porridge

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

Toppings: Honey (70 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.**

Mango & Coconut Overnight Oats

Coconut Yoghurt (61%) (Coconut milk (71%) Coconut Water (24%), Cornflour, Potato Starch, Stabiliser (Fruit Pectin), Corn Fibre, Cultures (S. thermophilus, L. bulgaricus, Lactobacillus acidophilus, Bifidobacterium lactis)), Mango Pulp (25%) (Kesar Mangoes (95%), Sugar Syrup, Citric Acid), **OATS** (11%) (**OATS**), Desiccated Coconut (3%) (Coconut, Preservative (Sodium Metabisulphite)). Per serving 291 kcal.

Double Chocolate Oat Cookie

WHEAT Flour, Humectant (Vegetable Glycerine) Hydrolysed **WHEAT** Protein, Olive Oil, **SOY** Protein, Chocolate Chips (Cocoa Mass, Sugar, Emulsifier [**SOY** Lecithin], Flavouring) Maltodextrin, Jumbo **OATS**, Inulin (Chicory Root) Cocoa Powder, **SOY** Crispies (**SOY** Protein, Tapioca Starch, Calcium Carbonate, Salt) Cocoa Nibs, Emulsifier (Gum Acacia), Coconut Oil, Raising Agent (Sodium Bicarbonate), Flavouring Green Tea, Extract Sweetener (Sucralose). Per serving 200 kcal. **Made in a factory that handles milk powders etc.**

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.**

Pain aux 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.**

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

Raspberry Muffin

Sugar, **WHEAT** Flour (**WHEAT**, Iron, Niacin (B3), Thiamin (B1), Raising Agents Bicarbonate Of Soda, Mono-calcium Phosphate E341), Rapeseed Oil (E900), **EGG**, **MILK**, Glycerine, Natural Raspberry Flavouring 0.8%, Freeze Dried Raspberries 0.5%, Salt. Per serving 364 kcal.

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

Rest of the day

Cheese Plate

Cornish Nettle Yarg Cheese (Pasteurised cow's **MILK**, Salt, Nettle Leaves (1%), Starter Culture, Vegetarian Rennet, Calcium Chloride, Penicillium Candidum).
Red Fox Cheese (Pasteurised Cow's **MILK**, PDV Salt, Starter Culture, Colour: Annatto Norbixin E160b (ii), Microbial Rennet)
Coastal Cheddar Cheese (Pasteurised Cow's **MILK**, Pure Dried Vacuum Salt, DVI Starter Culture, Vegetable Rennet)
Crispbread (**MILK**, **RYE** Flour, **WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Thiamin, Niacin), Sourdough (12%) (**RYE** Flour, Water), Wholemeal **WHEAT** Flour, Honey, Salt).
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). **May contain fruit stones.**
Red Seedless Grapes, White Seedless Grapes, Estate Butter Portion (Pasteurised Cow's Cream (**MILK**), Salt, Lactic Culture). Swiss Chard (2.5%). Per serving 424 kcal.

Gluten Free crackers (instead of Crispbread): Gluten free **OAT** Crackers in portion packs - 2 crackers per pack. Wholegrain **OATS** (89%), Sustainable Palm Fruit Oil (6%), Maize Starch (2.5%), Ammonium Bicarbonate (1%), Sea Salt (1%).

May contain nuts, mustard, celery. Although extra care has been taken to remove all stones, some may remain

Garlic and Basil Olives

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

Olly's Pretzel Thins

WHEAT Flour, Sunflower Oil, Sugar, **BARLEY** Malt Extract, Salt, Emulsifier, **SOYA** Lecithin, Water, Raising Agent Sodium Bicarbonate. Per pack 117 kcal.

Made in a factory that handles sesame and milk.

Pizzeria Bites

WHEAT flour, sunflower oil, tomato powder (3%), sea salt, extra virgin olive oil, brewer's yeast, **WHEAT** malt, oregano, dried onion, garlic, rosemary. Per serving 110 kcal.

May contain traces of sesame seeds, milk and mustard.

Wild Garlic Mixed Nuts

PEANUTS, CASHEWS, ALMONDS, HAZELNUTS, Sugar, Salt, Basil, Rapeseed Oil, Garlic Powder, Black Pepper, Wild Garlic Leaves, Oregano. 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.

Salted Caramel popcorn

Corn, Sugar, Butter (**MILK**), Corn Syrup, Sea Salt.

Per serving 72 kcal.

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 Snow 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 (b-carotene)). Per serving 150 kcal. **May contain nuts.**

Mini Raspberry Choux Bun

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** 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: **SOYA** beans 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.

May contain nuts.

Mini Lemon Tart

Sweet Tart Case (Flour Golden Jewel (**GLUTEN**) (**WHEAT** Flour, Maize Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Butter unsalted (**MILK**), Sugar icing, **EGGS**, Salt), **EGGS** Sugar Cater, Butter 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.

May contain nuts.

Cream & Jam Scone

White self-raising Flour (**WHEAT**) (**GLUTEN**), UHT Whipping Cream (**MILK**), Butter unsalted (**MILK**), **EGGS**, Sugar Caster, **MILK**, Strawberry Jam (Strawberries Fresh, Caster Sugar, Glucose Syrup, Lemon juice fresh, Pectin), Yogurt (**MILK**), Table Salt, Baking powder (**GLUTEN**) (Raising Agents: Sodium Acid Pyrophosphate, Sodium Bicarbonate; Fortified **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin)). Per serving 257 kcal.

Bakewell Tart

Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Flour Treatment Agent: E300), Butter (**MILK**), Sugar, Whole **EGG**, **ALMOND** Powder (15%), Raspberry Preserve (4%) (Raspberry, Sugar, Lemon Juice, Natural Pectin), Rapeseed Oil, **ALMOND** Flakes, Cornflour, Icing Sugar. Per serving 486 kcal.

May contain: Sesame seeds, Tree Nuts (almonds, hazelnuts, walnuts, pecans, pistachios and macadamia nuts), Soya and Sulphites.

Raspberry & White Chocolate Shortbread biscuit

WHEAT Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Butter (**MILK**, Salt), Sugar, White Chocolate Chip 9% (Sugar, Cocoa Butter, Whole **MILK** Powder, Lactose (**MILK**), Whey Powder (**MILK**), Emulsifier (E322 (**SOYA**)), Natural Vanilla Flavouring), Freeze Dried Raspberries 0.4%, Natural Raspberry Flavouring 0.3%. Per serving 217 kcal.

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

Allergy Advice: For allergens, see ingredients in **BOLD**.

Adults need around 2000 kcal a day. Kcal information provided is per serving/portion.

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.

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