

Breakfast

The Great British Breakfast

Bacon (21.1%) [Pork (87%); Water, Salt; Antioxidant: E301; Preservatives: E250 (Sodium Nitrite), E252 (Potassium Nitrate)], Tomatoes (19.6%) [Tomatoes], Paris Brown Mushrooms (17.2%) [Chestrnut Mushrooms], Bird Bros Medium **EGGS** (14%) [**EGG**, Pork & Parsley Sausage (13.7%) [Pork(61%), Water, Rusk

WHEAT Flour (calcium Carbonate, Iron, Niacin, Thiamin), Salt), Seasoning [salt, Dextrose, **WHEAT** Flour (calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser: E451, Preservative: E221

(SULPHITES), Flavour Enhancer: E621, Spices (white Pepper, Black Pepper, Cayenne Chili), Flavourings: **(SULPHITES)**, Yeast Extract, Spice Extracts (black Pepper, Nutmeg, Capsicum, Ginger), Sunflower Oil, Maltodextrin, Antioxidants: [E307;E304, acid:E330, colour:E120], Dried Parsley Filled Into A Natural Hog Casing], Mini Hash Brown Puffs (12.3%) [Potatoes (82%), Vegetable Oils (rapeseed, Sunflower, In Varying Proportions), Potato Starch, Onion, Potato Flakes, Salt, Pea Fibre, Dextrose, Flavouring (Onion Extract), Spice], KTC Veg Oil (1.2%)

[SOYA]bean Oil (produced From Genetically Modified **SOYA**-fully refined), Anti Foaming Agent: Dimethyl Polysiloxane (E900)]. Butter (**MILK**), Swiss Chard (0.98%). Per serving 544 kcal.

Swiss Chard may contain mustard and celery.

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.

Classic Bacon Sandwich

Bacon (48.5%) [Pork (87%); Water, Salt; Antioxidant: E301; Preservatives: E250, E252], Malted Bread (43.7%) [**WHEAT** Flour (with Added Calcium, Iron, Niacin And Thiamine), Water, Malted **WHEAT** Flakes (9.5%), **WHEAT** Bran (2.8%), Yeast, **WHEAT GLUTEN, BARLEY** Malt Flour (0.9%), Salt, Emulsifiers: E472e, Rapeseed Oil, Flour (**WHEAT**) Treatment Agent: E300], Salted Butter E12718 (4.9%) [Butter (**MILK**) (Minimum Fat Content: 80%), Salt (1.9% Maximum)], Swiss Chard (1.9%), Vegetable Oil (0.97%) **[SOYA]**bean Oil (produced From Genetically Modified **SOYA**), Anti Foaming Agent: Dimethyl Polysiloxane (E900)]. Per serving 526 kcal.

Swiss Chard may contain mustard and celery.

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*

Plain porridge: Semi Skimmer **MILK**, Mornflake **OATS** (**OAT** flakes). Per serving 271 kcal.

Porridge with banana and honey: Semi Skimmer **MILK**, Bananas, Mornflake **OATS** (**OAT** flakes), Honey. Per serving 420 kcal.

May contain wheat, barley.

Breakfast Hash

Hash: Potatoes (55%) (**SULPHITES**), Diced Sweet Potatoes (15%), Sundried Tomatoes (12%) [Sun-Dried Tomatoes, Rapeseed Oil, Salt, Oregano, Garlic, Glucose, Syrup, Citric Acid, Preservative (Potassium Sorbate), Antioxidant (Ascorbic Acid), Rapeseed Oil, Salt, Oregano, Garlic, Glucose Syrup, Citric Acid, Preservative (Potassium Sorbate), Antioxidant (Ascorbic Acid), Mushroom (9%), Chopped Kale (6%), Rapeseed Oil, Ground Roast Cumin, Sea Salt. Per serving 242 kcal.

Hash with fried egg: (79.2%) [New Potato Hash With Sundried Tomato & Cumin (98.2%) [Potatoes (55%) (**SULPHITES**), Diced Sweet Potatoes (15%), Sundried Tomatoes (12%) [Sun Dried Tomatoes, Rapeseed Oil, Salt, Oregano, Garlic, Glucose, Syrup, Citric Acid, Preservative (Potassium Sorbate), Antioxidant (Ascorbic Acid), Rapeseed Oil, Salt, Oregano, Garlic, Glucose Syrup, Citric Acid, Preservative (Potassium Sorbate), Antioxidant (Ascorbic Acid), Mushroom (9%), Chopped Kale (6%), Rapeseed Oil, Ground Roast Cumin, Sea Salt], Swiss Chard (1.8%)], Medium **EGG** (20.1%) [**EGG**, KTC Veg Oil (0.71%) [**SOYA**bean Oil (produced From Genetically Modified, fully refined **SOYA**), Anti Foaming Agent: Dimethyl Polysiloxane (E900)]. Per serving 335 kcal.

Swiss Chard may contain mustard and celery.

Smoked Salmon and Scrambled Eggs*

Freshly prepared scrambled eggs: **EGGS**, Semi Skimmed **MILK** (16.8%), Butter (4.7%) (**MILK**), Lemons (4.7%). Salmon (**FISH**) (96%) (Salmo salar), Salt, Sugar, Oak Smoke), Swiss Chard. (1.9%). Per serving 323 kcal.

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

Toast

White Bloomer: [**WHEAT** Flour (with Added Calcium Carbonate, Niacin, Iron, Thiamine), Water, Vegetable Oils (Rapeseed, Palm), Yeast, Salt, Dextrose, **WHEAT** Protein, Spirit Vinegar, Emulsifiers [E471, E472(e)], Palm Fat, Flour (**WHEAT**) Treatment Agent [E300], **WHEAT** Flour].

Malted Bread: **WHEAT** Flour (with Added Calcium, Iron, Niacin And Thiamine), Water, Malted **WHEAT** Flakes (9.5%), **WHEAT** Bran (2.8%), Yeast, **WHEAT** Gluten, **BARLEY** Malt Flour (0.9%), Salt, Emulsifiers: E472e, Rapeseed Oil, Flour (**WHEAT**) Treatment Agent: E300].

Tiptree Marmalade: Sugar, Seville Oranges, Gelling Agent: Citrus Pectin.

Tiptree Strawberry jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin; Acidity Regulatory: Citric Acid.

Honey: Pure Honey.

Butter: (**MILK**), Salt.

Per serving (181-279 kcal)

Bircher Bowl

Low Fat Natural Yoghurt (61%) (**MILK**), Apricot Compote (22%) (Apricots 80%, Sugar, Water, Gelling Agent: Fruit Pectins, Thickener: Locust Bean Gum, Concentrated Acerola Cherry Juice), Granola (17%) GF **OATS**, Granulated Sugar, Rapeseed Oil, Glucose Syrup, Honey. Per serving 243 kcal.

Rest of the day

Cheese & Mushroom Croque

White bread (**WHEAT** Flour (with Added Calcium, Iron, Niacin And Thiamine), Water, Yeast, Salt, Emulsifier: E472e, Preservative: E282, Rapeseed Oil, Flour Treatment Agent: E300), Mushroom (16%) (Mushrooms, Water, Acidity Regulator (Citric Acid), Antioxidant (ascorbic Acid)), Emmental (12%) (Pasteurised Cow's **MILK**, Starter Culture, Salt, Rennet), Bechamel (9%) (Skimmed **MILK**, Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Vegetable Extract, Tomato Powder, Louve), Palm Oil, Modified Maize Starch, Salt, Emulsifier (**SOYA**: Lecithin)), Cheddar Cheese (**MILK**) & Mozzarella Blend (8%) (Pasteurised Cow's **MILK**, Salt, Starter Culture, Non Animal Rennet, Microbial Rennet, Potato Starch (Anti Caking Agent), Mayonnaise (7.4%) (Rapeseed Oil, Water, Free Range Salted **EGG** Yolk (**EGG** Yolk, Salt), Liquid Sugar (Sugar, Water), Spirit Vinegar, Salt, Stabilisers: Guar Gum, Xanthan Gum, Preservative: Potassium Sorbate, Lemon Juice), Marmite (Yeast Extract Contains **BARLEY, WHEAT, OATS, RYE**), Salt, Vegetable Juice Concentrate, Vitamins (Thiamine, Riboflavin, Niacin, Vitamin B12 And Folic Acid) Natural Flavouring (Contains **CELERY**, Black Pepper)], Swiss Chard (1.9%). Per serving 507 kcal.

Swiss Chard may contain mustard and celery.

Falafel and Orange Salad

Fried Sweet Potato Falafel (32%) (Chickpeas (55%), Sweet Potato (27%), Onion, Garlic, Salt, Citrus Fibre, Spices, Raising Agent (Sodium Bicarbonate), Rapeseed Oil), Cooked Rice (16%), Apollo Leaf (10%), Carrot (10%), Orange (10%), Vegetable Oil (**SOYABEAN** Oil (produced from genetically modified **SOYA**)), Lime Juice (**SULPHUR DIOXIDE**) (Water, Concentrated Lime Juice, Preservative (Potassium **METABISULPHITE**)), Sultanas (3%) (Sultanas, Sunflower Oil), **CELERY** (3%), Tomato Puree (Tomatoes), Caster Sugar (White Sugar, Sugar), Smoked Paprika. Per serving 288 kcal.

Produced on a site which handles gluten.

Sour Cream and Onion Pochips

Dried Potato, Rice Flour, Sunflower Oil, Potato Starch, Sour Cream & Onion Flavour [Dried Sour Cream (**MILK**), Dried Onion, Sugar, Yeast Extract, Potassium Chloride, Dried Whey (**MILK**), Dried Garlic, Maltodextrin, Salt, Natural Flavourings (contain **MILK**), Acid: Citric Acid, Dried Parsley], Salt. Per serving 99 kcal.

Marbled Bar

Marbled bar: White Chocolate 65% [Sugar, Whole **MILK** Powder, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavour], Dark Chocolate 35% [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavour]. Per serving 76 kcal.

May contain Nuts and Cereals containing Gluten.

Chocolate Chunk Shortbread Biscuit

WHEAT Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Butter (**MILK**, Salt), Sugar (or Sucrose), Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt (2.0%)), Margarine (E475), Colour (E100, E160b(i)), Flavourings), Dark Chocolate Chips 5% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **SOYA** Lecithin; Natural Vanilla Flavouring), **MILK** Chocolate Chunks 5% (Sugar, Whole **MILK** Powder, Cocoa Butter, Cocoa Mass, Whey Powder (**MILK**), Skimmed **MILK** Powder, Emulsifier: **SOYA** Lecithin, Natural Vanilla Flavouring). Per serving 218 kcal.

Made in a factory which processes nuts, peanuts, soya, and sulphur dioxide.

Chicken and Pearl Barley

Chicken And Pearl **BARLEY** (98.7%) [Water, Chicken (17%), Pearl **BARLEY** (10%), Baby Pickling Onion (10%), Chopped Kale (7%), Double Cream (**MILK**), Carrot, Onion, Chicken Stock (Chicken Meat, Maltodextrin, Chicken Soup Stock, Salt, Yeast Extract, Chicken Fat, Sugar, Lemon Juice Concentrate, Onion Powder, Concentrated Chicken Extract), Modified Maize Starch, Butter (**MILK**), Salt, Olive Oil, Garlic, Sea Salt, Parsley, Thyme, Black Pepper], Swiss Chard (1.3%). Per serving 368 kcal.

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

Grazing Plate

Fox Cheese (pasteurised Cow's **MILK**, pdu Salt, starter Culture, colour: Annatto Norbixin (e160b(ii)), microbial Rennet).

Coastal Cheddar Cheese (pasteurised Cow's **MILK**, pdu Salt, starter Culture, colour: Annatto Norbixin (e160b(iii)), microbial Rennet) (pasteurised Cow's **MILK**, pdu Salt, starter Culture, colour: Annatto Norbixin (e160b(iii)), Microbial Rennet) (Pasteurised Cow's **MILK**, Salt, Starter Culture, Vegetable Rennet).

Crispbread (**MILK, RYE** Flour, **WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Thiamin, Niacin), Sourdough 12% **RYE** Flour, Water), Wholemeal (**WHEAT**) **WHEAT** Flour, Honey, Salt).

Semi Dried Tomatoes (Semi Dried Tomatoes 51.2%, Sunflower Oil, Salt, Garlic Flakes, Oregano, Preservative: Potassium Sorbate).

Plum & Ginger Chutney (Diced Plums 37.61%, Granulated Sugar, Granny Smith Apples, Dextrose, Garlic Powder, Anti Oxidant: Sodium Protein 0.69%, Dextrose, Garlic Powder, Anti Oxidant: Sodium Ascorbate, Preservatives: Sodium Nitrite, Potassium Nitrate). Estate

Butter Portion (7.8%) [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture] Swiss Chard (3.1%). Per serving 401 kcal.

Gluten Free crackers (optional) 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%).

Swiss Chard may contain mustard and celery.

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

Tiramisu

Tiramisu Cream (62%) (Cheese Mascarpone (**MILK**), UHT Whipping Cream (**MILK**), Caster Sugar, **EGG** Yolk Pasteurized (**EGGS**), Mousse Stabilizer (**MILK**) (Dextrose, Sugar, Thickener modified starch, Skimmed **MILK** Powder, **MILK** Protein), Tiramisu Flavour (flavouring preparations, flavouring substances, natural flavouring substances, smoke Flavourings), Coffee Syrup (Water, Caster Sugar, Ground Coffee, Nescafe Coffee Granules, Whisky Flavour (flavouring substances, flavouring preparations, natural flavouring substances, propylene glycol (74%), water, glycerol), Thickening Starch (100% modified maize starch E142)), Sponge Fingers (**EGG, GLUTEN**) (**WHEAT** flour, sugar, **EGG** 26%, raising agents (ammonium hydrogen carbonate, sodium hydrogen carbonate, disodium diphosphate), glucose syrup, flavouring, salt), Cocoa Powder 10 - 12% (Fat Reduced Cocoa Powder, Potassium Carbonate (E501)). Fresh Mint. Per serving 231 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.

AVANTI
WEST COAST
FIRST

