

Ingredients & Allergen Menu

Euston First Class Lounge Allergen & Ingredients Menu – June 2023:

Breakfast

Smoked Salmon and Cream cheese on Rye Bread:

Bread: Rye Flour (45%), Water, Sunflower Seeds (10%), Malted **WHEAT** Flakes (5%), Rapeseed Oil, Black Treacle, Salt, Yeast, **WHEAT** Flour, **Barley** Malt Flour, **Barley** Malt Extract, Malted **WHEAT** Flour.

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%)

Chocolate chip banana bread:

Banana (Potassium, Vit B6, Vit C), **WHEAT** Flour (**GLUTEN**), Sugar, Dark Chocolate, Natural Vanilla Flavouring (**SOYA**), Water, Vegetable Oil, Raising Agent, E450i, E500i, E516 (**WHEAT**), Vanilla, E1520, E415, E330, E202, Salt, E535, Preservative [E202 Potassium Sorbate, E282 Calcium Propionate], Maize Starch.

Mixed Berry Danish:

Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin),

Flour Treatment Agent: E300), Water, Butter (**MILK**), Strawberry (8%), Raspberry (8%), Glaze (Water, Pea Protein, Glucose Syrup, Rice Flour), Apricot Flavoured Glaze (Water, Glucose- Fructose Syrup, Sugar, Gelling Agent: E440, Acidity Regulators: E300, E332, E341, Preservative: E202, Flavour, Colour: E160a), Pastry Cream (Sugar, Modified Starch, Whey Powder (**MILK**), Whey Permeate (**MILK**), Dextrose, Skimmed **MILK** Powder, Emulsifiers: E401, E450iii, Preservative: E202, Flavours, Salt, Colour: E160a(ii)), Stabiliser: E451, Palm Oil, **MILK** Protein), Sugar, Whole **MILK**, Salt, Yeast, Cornflour.

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

Breakfast Muesli Bar:

308 kcal

Gluten Free **OATS**, Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Distilled Monoglyceride, Natural Vegetable Colours: Annatto, Curcumin, Natural Flavouring), Golden Syrup, Sugar, Sultanas, Sunflower seeds, Pumpkin seeds, Cranberries, Inulin, Cinnamon.

Factory handles all other allergens.

Red Leicester & Chive Scone:

Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Whole **MILK**, Unsalted Butter (**MILK**), Red Leicester Cheese (11%) (**MILK**, Colour: E160b), Pasteurised **EGG** Yolk (**EGG** Yolk, Acidity Regulator: E330, Preservative: E202), Chives (2%), Baking Powder (Raising Agents: E450i, E500ii, Wheat Starch), Salt, Flour Treatment Agent: E300. Served with butter (**MILK**).

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

Fresh Fruit Salad Bowl:

Honey Dew Melon 35%, Cantaloupe Melon 35%, Orange 20%, Black Grapes 10%.

Rest of the day

Charcuterie Grazing Plate:

Charzo sliced (Pork Meat, Sea Salt, Paprika, Dextrin, Pork Protein, Dextrose, Garlic Powder, Preservative (Potassium Nitrate), Preservative (Sodium Nitrite), Acidity Regulator (Sodium Ascorbate)).

Milano Salami Sliced (Pork, Salt, Natural Flavouring, Dextrose, Sugar, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite).

Orsom Lester Cheese (Pasteurised Cow's **MILK**, Salt, Colour: Annatto Norbixin, Vegetarian Coagulant, Starter Cultures, Firming Agent: Calcium Chloride).

Kirkhams Creamy Cheese (Unpasteurised Cow's **MILK**, Salt, Vegetarian Rennet, Lactic Acid Starter Cultures).

Semi-dried Tomatoes (Tomato Segments (50.3%), Sunflower Oil, Garlic Flakes, Salt, Oregano, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid).

Olive Garlic and Basil (Pitted Olives, Water, Salt, Acidity Regulator: Lactic Acid, Basil Puree (Basil Leaves, Sunflower Oil, Salt, Antioxidant: Ascorbic Acid) (15.3%), Garlic Puree (1.79%), Brine (Water, Rapeseed Oil)).

Butter: Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture.

Charcoal wafers:

Stoneground Wholemeal Flour (89%) (**WHEAT**), Corn Oil, Autolyzed Yeast, Salt, Malted **BARLEY** Flour, Malt Extract (**BARLEY**), Raising Agent [Sodium bicarbonate (E500)], Charcoal Powder (1%). Manufacturing site handles Nuts, not suitable for nuts allergy sufferers.

Crispbread Peters Yard original:

MILK, **RYE** flour, **WHEAT** flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamine), Sourdough (**RYE** Flour, Water), Wholemeal **WHEAT** flour, Honey, Salt. It may contain traces of Nuts.

Optional

Gluten Free crackers:

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%).

Garlic and Basil Olives

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

Popchips:

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.

Wild Garlic Mixed Nuts:

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

Factory handles other allergens.

Plain Croissant:

Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), flour Treatment Agent: E300), Butter (**MILK**), Water, Glaze (Water, Pea Protein, Glucose Syrup, Rice Flour), Whole **MILK**, Sugar, Salt, Yeast.)

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

Pain aux Raisin:

Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Flour Treatment Agent: E300), Butter (**MILK**), Water, Sultana (11%) (Sultana, Sunflower Oil), Apricot Flavoured Glaze (Water, Glucose- Fructose Syrup, Sugar, Gelling Agent: E440, Acidity Regulators: E300, E332, E341, Preservative: E202, Flavour, Colour: E160a), Whole **MILK**, Pastry Cream (Sugar, Modified Starch, Whey Powder (**MILK**), Whey Permeate (**MILK**), Dextrose, Skimmed **MILK** Powder, Emulsifiers: E401, E450iii, Preservative: E202, Flavours, Salt, Colour: E160a(ii)), Stabiliser: E451, Palm Oil, **MILK** Protein), Sugar, Salt, Yeast

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

Lemon & Poppyseed Muffin:

Sugar, **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin, Raising Agents E341 & E500), Vegetable Oil, **EGG**, **MILK**, Butter (**MILK**, salt), Natural Lemon Flavouring (1%), Glycerine, Poppy seeds (0.4%), Salt (E535), Potassium Sorbate (E202).

Factory handles all other allergens.

Porridge:

Gluten free wholegrain **OATS** (73%), skimmed **MILK** powder.

Toppings: Honey and Banana

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).

Made in a factory that handles milk powders etc.

Salted caramel tart:

Sweet Tart (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (**MILK**), Sugar, Free Range Whole **EGG**, Rapeseed Oil, Flour Treatment Agent: E300), Chocolate Sauce (38%) (Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **SOYA** Lecithin, Natural Vanilla Flavouring), Whipping Cream (**MILK**), Sugar, Whole **MILK**, Unsalted Butter (**MILK**)), Salted Caramel Ganache (19%), (Sugar, Whipping Cream (**MILK**), White Chocolate (Sugar, Cocoa Butter, Whole **MILK** Powder, Emulsifier: **SOYA** Lecithin), Sea Salt), Caramelised **HAZELNUTS** (Sugar, **HAZELNUTS**).

Factory handles all other allergens.

Citron Tart:

Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (**MILK**), Lemon Puree (19%), Sugar, Whole **EGG**, **EGG** Yolk, Glaze (Water, Sugar, Glucose Syrup, Gelling Agent: E440, Acidity Regulator: E330, Natural Apricot Flavouring, Preservative: E202, Colours: E160a(ii), E163), Rapeseed Oil, Cornflour, Flour Treatment Agent: E300.

Factory handles all other allergens.

Cream Tea:

Scone (37.7%) [Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Flour Treatment Agent: Ascorbic Acid], Whole **MILK**, Unsalted Butter (**MILK**), Sugar, Pasteurised **EGG** Yolk, Baking Powder (Raising Agents: E450(i), E500(ii)), **WHEAT** Starch), Salt, Flour Treatment Agent: E300.]

Tiptree Strawberry Jam (26.4%) [Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulatory: Citric Acid]

Cream (26.4%) (**MILK**)

Butter (9.4%) (**MILK**)

Factory handles all other allergens.

Bakewell Tart:

ALMOND Cream (58%) (**ALMOND** Powder, Free Range Whole **EGG**, Unsalted Butter (**MILK**), Sugar, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Flour Treatment Agent: E300), Sweet Tart Case (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (**MILK**), Sugar, Free Range Whole **EGG**, Rapeseed Oil, Flour Treatment Agent: E300), Raspberry Seedless Conserve (3%) (Sugar, Raspberries, Gelling Agent: E440, Acidity Regulator: E331), **ALMOND** Flakes, Icing Sugar.

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

Sicilian Lemon Shortbread Biscuit

217 kcal

WHEAT Flour (**GLUTEN**), Butter, Salt (**MILK**), Sugar, Natural Lemon Flavouring, Lemon Zest.

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

Chocolate Fudge Cheesecake

Chocolate Cheesecake (71%)[Full Fat Cream Cheese (46%)](Curd (**MILK**), Modified Maize Starch, Salt, Stabilisers (Xanthan Gum, Locust Bean Gum), Starter Culture], Dairy Cream Alternative [Invert Sugar, Water, Palm Oil, Coconut Oil, **MILK** Proteins, Stabilisers (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Emulsifier (Sodium Stearoyl-2-Lactylate), Salt, Acidity Regulator (Disodium Phosphate)], Cream (**MILK**), Chocolate (6%)[Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Flavouring], Whey Powder (**MILK**), Sweetened Condensed **MILK**, Sugar, Cocoa Powder (3.0%), Water, Dark Chocolate (2.0%)[Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Flavouring], Stabiliser Blend [Stabilisers (Carboxymethyl Cellulose, Agar, Locust Bean Gum), Modified Maize Starch], Flavouring], Chocolate Biscuit Base (29%)[Biscuit Crumb (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Wholemeal **WHEAT** Flour, Palm Oil, Rapeseed Oil, Invert Sugar Syrup, Raising Agents (Sodium Bicarbonate, Ammonium Carbonate), Salt], Sugar, Glucose Syrup, Fat Reduced Cocoa Powder (3.5%), Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)].

Factory handles other allergens.

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 food allergy or special dietary requirements.

AVANTI
WEST COAST
FIRST

