

# Menu

Euston FCL

AVANTI  
WEST COAST  
FIRST





## Breakfast

Smoked Salmon & Cream Cheese  
on Rye Bread (448 kcal)

Porridge Bowl **V** **GF** (232 kcal)  
*(Add a drizzle of honey if you like.)*

Fresh Fruit Salad Bowl **VG** (114 kcal)  
A selection of freshly prepared seasonal fruit  
with a drizzle of lemon verbena syrup

Freshly Baked Pastries: **V**  
Apricot Danish (195 kcal)  
Apple Danish (190 kcal)  
Plain Croissant (340 kcal)

Iced Cinnamon Bun **V** (449 kcal)

Choc Chip Banana Bread **VG** (326 kcal)

Apple & Cinnamon Muffin **V** (434 kcal)

Breakfast Muesli Bar **VG** **GF** (308 kcal)

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

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



**View calories, allergens and ingredients online**

Simply scan this QR code to view on your  
mobile device.

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.



## Rest of the day

### British Cheese Selection **V** (706 kcal)

Blackstone Vintage Cheddar, Shropshire Blue and Mrs Kirkham's Red Lancashire cheese served with Rubies in the Rubble West Coast apple chutney, sun-dried tomatoes and sourdough & charcoal crackers.

### Sea Salted Pretzels **VG** (98 kcal)

### Garlic & Basil Olives **VG** (60 kcal)

### Truffle & Pecorino Nut Mix **V** (190 kcal)

### Choc Chip Banana Bread **VG** (326 kcal)

### Chocolate Brownie **V GF** (272 kcal)

### Mini Scones with Chuckleberry **V** Jam & Clotted Cream (477 kcal)

### Jammie Dodger Loaf Cake **V** (442 kcal)

### Sicilian Lemon Shortbread **V** (217 kcal)





## Drinks

### Barista Coffee:

8oz Americano (5 kcal)

8oz Cappuccino (129 kcal)

8oz Flat White (94 kcal)

8oz Latte (129 kcal)

8oz Mocha (125 kcal)

8oz Americano White (28 kcal)

6oz Espresso (5 kcal)

8oz Decaf Coffee (0 kcal)

8oz Hot Chocolate (224 kcal)

Fresh Semi-skimmed Milk 20ml (10 kcal)

Speciality Teas (1 kcal)

### Wenlock Still or Sparkling Water

Cawston Press Orange or Apple Juice (120 kcal)

Pepsi Max (1 kcal)

Fever Tree Lemonade (52 kcal)

Fever Tree Ginger Ale (27 kcal)

Fever Tree Tonic (42 kcal) or Light Tonic (23 kcal)

Fever Tree Mediterranean Tonic (28 kcal)

Two Birds Vitamin Enriched Cold Blend Coffee  
(40 kcal)

Two Birds Vitamin Enriched Iced Mint & Green Tea  
(37 kcal)

Fitch Nitro Cold Brew Coffee (2 kcal)

Fitch Cold Brew Teas (2 kcal)

Remedy Raspberry Lemonade Kombucha  
(7 kcal)

The Pickle House Spiced Tomato Mix (40 kcal)



## From the bar

<b>Spirits</b>	<b>25ml</b>	<b>50ml</b>
Stolichnaya Vodka	£4.50	£8.50
The Lakes Vodka	£5.50	£10.00
Bombay Sapphire Gin	£4.50	£8.50
Forest Gin	£5.50	£10.00
Whitley Neill Rhubarb & Ginger Gin	£5.00	£9.00
Famous Grouse Whisky	£4.50	£8.50
The Lakes Blended Whisky	£5.50	£10.00
Johnnie Walker Red Label	£4.50	£8.50
Bacardi Rum	£4.50	£8.50
Havana Club 7yr Rum	£5.50	£10.00
Cockburn's Fine Ruby Port	£4.60	£9.00
Courvoisier	£5.00	£9.00

<b>Beers</b>	<b>330ml</b>
Drygate Orinoco Mocha Milk Stout	£4.00
Camden Hells Lager	£4.00
Camden Pale Ale	£4.00
Caple Road Cider	£3.60

<b>Cocktails</b>	<b>250ml</b>
Eden Mill Berry Bramble	£6.00
Eden Mill Basil Smash	£6.00

<b>Wines</b>	<b>125ml</b>	<b>250ml</b>	<b>750ml</b>
Pinot Grigio	£3.60	£6.50	-
Chenin Blanc	£4.00	£7.00	-
Sauvignon Blanc	£4.00	£7.00	-
Shiraz	£4.00	£7.00	-
Malbec	£4.20	£7.50	-
Garnacha Rosado	£3.80	£6.50	-
Prosecco	£6.00	-	£15.00

## 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 and in our lounges. 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

### London Borough of Jam

When tasting their handmade preserves, you will always taste the fruit first followed by natural sugars and a special complementary flavour. That's because since 2011, founder Lillie O'Brien has made sure to only use unrefined sugars and no commercial pectins. Their products are also dairy-free and totally vegan! Try their chuckleberry jam with afternoon tea.

### 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.

### 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.

### The Pudding Compartment

Not far from our tracks in North Wales, Steve and the team at The Pudding Compartment are busy creating the apple and cinnamon muffin, lemon shortbread and choc chip banana bread for our lounges, plus the red velvet Jammie Dodger cake served onboard and in lounges. They support many other businesses in the area by buying lots of their ingredients locally.



Scan the QR code to find out about more local suppliers along our route.