

# Ingredients & Allergen Menu

Regional First Class Lounge Allergen & Ingredients Menu – 23<sup>rd</sup> March 2024

## Breakfast

### Porridge

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

**Toppings:** Honey (322 kcal)

**Packed in a factory that handles peanuts and nuts. Contains naturally occurring sugars. Suitable for Coeliac, Vegetarians.**

### 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.**

### 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 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

### Sour Cream & Onion 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. Per serving 99 kcal.

### 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.**

### 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 34 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.**

### Chocolate Chunk Shortbread Biscuits

**WHEAT** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Butter (**MILK**, Salt), Sugar (or Sucrose), Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt (2.0%), Emulsifier (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 bakery that processes gluten, peanuts, nuts and sulphur dioxide.**

### Rosemary and Thyme Pitta Chips

**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Rapeseed Oil, Olive Oil (6%), Sea Salt, Rosemary (1%), Thyme (1%), Black Pepper, Yeast. Per serving 113 kcal.

**Produced in a factory that handles milk ingredients.**

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.

**AVANTI**  
WEST COAST  
FIRST

