

# Menu

Regional FCL

AVANTI  
WEST COAST  
FIRST





## Breakfast

Porridge Bowl **V** **GF** (232 kcal)

*(Add a drizzle of honey if you like.) (282 kcal)*

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

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

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

## Rest of the day

Lightly Salted Crisps **VG** (103 kcal)

Garlic & Basil Olives **VG** **GF** (55 kcal)

Rosemary & Thyme Pitta Chips **VG** (133 kcal)

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

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

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

Sicilian Lemon Shortbread **V** (217 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.



## 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 Decaff 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)

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)

## 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

### Two Birds

Busy lifestyle? Kill two birds with one bean – a rich coffee hit with added health benefits! This independent Glasgow family business have developed a refreshing change to your morning coffee, afternoon pick-me-up or pre-activity boost with all the added health and anti-inflammatory benefits to help you keep up that busy routine.

### 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.

### 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.

### The Pickle House

The Pickle House sprang into action over in Hackney back in 2014. Having first tried pickle juice across the pond in New York, founder Florence Cherruault wanted to create a recipe that was specifically made for cocktails and smoothies. After many months crafting the perfect pickle juice, they launched their first product: The Pickle House Original Pickle Juice. Since then, they've created award-winning pickle mixes which can be used in alcoholic and non-alcoholic cocktails. Try their Spiced Tomato Mix which you can find onboard and in our lounges.



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