

Ingredients & Allergen Menu

Weekend First Class Allergen & Ingredients Menu from 28th September 2024

Breakfast

Bacon Sandwich

Malted Bread (53.3%) [**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], Pre Cooked Bacon (37.3%) [Pork, Salt, Sugar, Preservatives: Sodium Nitrite, Sodium Nitrate, Antioxidant: Sodium Ascorbate], Unsalted Butter (5.9%) (**MILK**), Swiss Chard (2.4%), Vegetable Oil, Blended, Average (1.2%), Per serving 441 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

MOMA plain No Added Sugar Porridge: [Wholegrain **OAT** flakes (73%), Skimmed **MILK** Powder]. Per serving 252 kcal.

MOMA with banana and honey: Water, MOMA Plain No Added Sugar Porridge [Wholegrain **OAT** flakes (73%), Skimmed **MILK** Powder], Bananas, Honey. Per serving 392 kcal.

Plum Bircher

Low Fat Natural Yoghurt (**MILK**) (61%) (**MILK**), Plums (18%) (Plum Halves, Water, Sugar, Acidity Regulator (Citric Acid)), Granola (17%) (GF **OATS**, Granulated Sugar, Rapeseed Oil, Glucose Syrup, Honey), Caster Sugar (4%) (Cane Sugar), Mint (0.55%) Per serving 269 kcal

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.

Swiss Chard may contain mustard and celery.

Smoked Salmon and Scrambled Eggs

Scrambled **EGGS** (61.7%) [Cooked Scrambled **EGG** (80%) (Intensive Pasteurized Whole **EGG**, Water, Rapeseed Oil, Cornflour, Butter **MILK** Powder, Lemon Juice Concentrate, Salt, White Pepper), Bechamel Sauce (20%) (Skimmed **MILK**, Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Vegetable Extract, Tomato Powder, Louage), Palm Oil, Modified Maize Starch, Salt, Emulsifier (**SOYA** Lecithin))], Smoked Salmon (24.7%) [Salmon (**FISH**) (96%) (Salmo Salar), Salt, Sugar, Oak Smoke], Lemon (11.1%), Swiss Chard (2.5%). Per serving 205 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)

Rest of the day

BBQ Pulled Pork Brioche

Cooked Pork (35.3%), Flour (**WHEAT GLUTEN**), Water, BBQ Sauce (6.9%) (**BARLEY GLUTEN, SOYA, SULPHITES**), Onions, Sugar, **EGGS**, Sunflower Oil, Butter (**MILK**), Fresh Yeast, **MILK** Salt, **MUSTARD**, Spices, Flax Seeds (Brown), Dried Parsley, Swiss Chard (1.3%). Per serving 290 kcal.

This product may also contain traces of **TREE NUTS**.

Swiss Chard may contain mustard and celery.

Bombay Potato Salad

Bombay Potato Salad (97.8%) [Cooked Potatoes (46%) (Baby Potatoes (100%)), Chickpeas (11%) (Chickpeas, Water, Antioxidant (Ascorbic Acid)), Madras Paste (9%) (Water, Tomato Puree, Rapeseed Oil, Ground Coriander, Dried Onion, Paprika, Salt, Ginger, Turmeric, Cumin, Chilli Powder, Acidity Regulators (Lactic Acid, Acetic Acid), Black Pepper, Garlic Powder, Cinnamon, Cardamom, Preservative (Potassium Sorbate), Cloves), Vegan Mayonnaise (6%) (Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract)), Spiced Mango Chutney (3%) (Mango (56%), Sugar And Cane Molasses, Red Wine Vinegar, Spices, Sea Salt, Curry Powder (Coriander, **MUSTARD**, Turmeric, Fenugreek, Paprika, Salt, Ginger, Cumin, Garlic Powder, Onion Powder, Clove, Green Cardamom, Turmeric Extract, Natural Flavouring, Black Pepper)), Spring Onion (9%), Sweetcorn (6%), Red Pepper (6%), Lettuce (6%)], Swiss Chard (2.2%)

Per serving 203 kcal.

Olly's Pretzel Thins

Flour, Sunflower Oil, Sugar, **BARLEY** Malt Extract, Salt, Emulsifier, **SOYA** Lecithin, Water, Raising Agent Sodium Bicarbonate. Per serving 59 kcal.

Made in a factory that handles sesame and milk.

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.

Butternut Squash, Mushroom & Basil Pasta

Butternut, Mushroom & Basil Pasta (98.7%) [Pasteurised Semi Skimmed **MILK**, Water, Sterling Penne Pasta [**WHEAT**], Diced Butternut Squash, Double Cream (**MILK**) (**MILK**), Mushroom, Peas, Modified Maize Starch, Basil, Garlic, Vegetable Stock (Organic Onion, Organic Carrot, Organic **CELERY**, Sea Salt, Organic Leek, Organic Fennel, Organic Parsley, Organic Extra Virgin Olive Oil, Organic Garlic, Organic Turmeric, Organic Black Pepper, Organic Bay Powder), Sea Salt Crystals, Dried Parsley, Olive Oil, Black Pepper], Swiss Chard (1.3%).

Per serving 421 kcal.

Swiss Chard may contain mustard and celery.

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.

Maple & Fudge Shortbread biscuit

Maple & Fudge Shortbread: **WHEAT** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Butter (**MILK**, Salt), Sugar, Fudge Pieces (Sugar, Condensed **MILK**, Glucose Syrup (**SULPHITES**), Palm Oil, Salt) 8%, Natural Maple Flavouring 0.2%].

Per serving 219 kcal.

Made in bakery that processes eggs, nuts, peanuts and sulphur dioxide.

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