

# Menu

For allergens and full product ingredients, please speak to a member of the onboard team.

## Breakfast

### Breakfast Grill

620 kcal

Traditional Welsh pork & leek sausage, British dry cured bacon, tomato, mushrooms, black pudding, free range scrambled eggs.

### Bacon Roll

369 kcal

British dry cure bacon in a crusty white roll.

### Gluten Free Bacon Roll GF

272 kcal

British dry cure bacon in a gluten free roll.

### Porridge V

291 kcal

Offered with honey 64 kcal

### Potato Hash VG

205 kcal

Sauté potato and roasted sweet potato with mushroom, kale and slices of bean, tomato and pesto sausage.

### Fresh Fruit Salad VG GF

44 kcal

Seasonal fresh fruit.

### Drinks

Tea / Coffee

Still Water / Sparkling Water / Orange Juice

## Rest of the day

### Pork & Apple Sausage Roll

409 kcal

British pork and apple sausage roll with layers of crisp golden pastry.

### Mediterranean Focaccia VG

481 kcal

A taste of The Med puffed up in a herby focaccia that's filled with rocket, pesto and a slice of vegan cheese.

### Smoked Ham & Egg Sandwich

512 kcal

A ham & egg butty with British smoked ham and free-range eggs (that goes for the mayo too).

### Coronation Chickpea Salad VG

412 kcal

A coronation chickpea salad with bulgur wheat, sultanas, apricot and red pepper topped with a madras dressing.

### Cheese & Crackers Selection V GF

259 kcal

There's a selection of British cheeses to try with gluten-free crackers and some tasty chutney to top it all off.

### Nibbles

Lightly Salted Crisps / Chocolate Uglie

### Drinks

Tea / Coffee

Still Water / Sparkling Water / Orange Juice / Pepsi / Pepsi Max / Lemonade

Beck's Lager / Wreckless Ale

Shiraz / Chenin Blanc Wine

Gin & Tonic

