

# Ingredients & Allergens Menu

Euston First Class Lounge Ingredients & Allergens menu from **3rd December 2025**

## Breakfast

### Rye Bread with Smoked Salmon & Cream Cheese

Rye Bread (**WHEAT** Flour (**WHEAT** Flour, Calcium, Niacin, Iron, Thiamin), Water, White Sour Starter (**WHEAT** Flour, Water), Light **RYE** Flour, Salt, Improver (**WHEAT** Flour), Roasted **BARLEY** Malt Extract, Yeast, Semolina (**WHEAT**), Rapeseed Oil), SMOKED SALMON (25%) [Salmon (**FISH**) (Salmo salar), Salt, Demerara Sugar), CUCUMBER (16%), LEMON AND BLACK PEPPER CRÈME FRAICHE MAYONNAISE (8%) [Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range **EGG** and **EGG** Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from Concentrate, Flavouring, Antioxidant (Calcium Disodium EDTA), Colour (Paprika Extract)), Crème Fraiche (Skimmed **MILK**, Cream (**MILK**), Modified Starch, Stabiliser (Guar Gum), Dextrose, Preservative (Potassium Sorbate), Lemon Juice (Lemon Juice from Concentrate, Preservative (Potassium **METABISULPHITE**), Black Pepper), PICKLED RADISH (3%) [Radish, Water, White Wine Vinegar (White Wine Vinegar, Antioxidant (Sodium **METABISULPHITE**), Sugar, Salt), Chives, Black Pepper. Red Chard: Swiss Chard. Lemon. Per serving 165 kcal. **Although every care has been taken to remove all bones, some may remain. Swiss Chard is produced on a site which handles Gluten, Celery and Mustard.**

### Porridge

Gluten free wholegrain **OATS** (73%), skimmed **MILK** powder. Per serving 252 kcal.  
**Toppings:** Honey (81 kcal)

**Allergy Advice:** For allergens see ingredients in bold. Packed in a factory that handles peanuts and nuts. Contains naturally occurring sugars. Suitable for Coeliac, Vegetarians.

### Fresh Fruit Salad Bowl

Honeydew (29%), Pineapple (29%), Cantaloupe Melon (25%), Grape (17%). Per serving 44 kcal.

### Lemon Curd Yogurt

Pasteurised Whole **MILK**, Lemon Curd Style Compote 18% (Sugar, Water, Glucose Syrup, Salted Butter (**MILK**), Lemon Juice Concentrate, Stabilizer: Cornstarch, Natural Flavouring, Natural Colour: Lutein). Per serving 214 kcal.

### Passion Fruit Yogurt

Pasteurised Whole **MILK**, Passion Fruit Compote 25% (Water, Sugar, Passionfruit Puree, Stabiliser: Cornstarch, Lemon Juice, Gelling Agent: Pectin, Natural Flavouring, Natural Colours: Carotene, Lutein). Per serving 194 kcal.

### Rhubarb & Strawberry Yogurt

Pasteurised Whole **MILK**, Strawberry & Rhubarb Compote 25% (Sugar, Water, Strawberries, Rhubarb, Stabilizer: Cornflour, Lemon Juice Concentrate, Natural Flavouring, Natural Colour: Anthocyanins (Purple Carrot Concentrate).

## Rest of the day

### The West Coast Cheese Board

[RED FOX CHEESE (Pasteurised Cow's **MILK**, PDV Salt, Starter Culture, Colour: Annatto Norbixin E160b (li), Microbial Rennet) BLACKSTONE VINTAGE CHEDDAR CHEESE (Pasteurised Cow's **MILK**, Salt Contains Anti Caking Agent Sodium Ferrocyanide, Vegetarian Rennet, Starter Culture) CROXTON MANOR LANCASHIRE CHEESE (Pasteurised Cow's **MILK**, Starter Culture, PDV Salt, Microbial Rennet). **Crispbread** (**MILK**, **RYE** Flour, **WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Thiamine, Niacin), Sourdough (**RYE** Flour (**WHEAT**), Water), Wholemeal **WHEAT** Flour, Honey, Salt), **Semi Dried Tomatoes** (Semi Dried Tomatoes, Sunflower Oil, Salt, Garlic Flakes, Oregano, Preservative: Potassium Sorbate) **Country Garden Chutney** (Vegetables (Onion, Carrot, Swede, Turnip, Parsnip), Raw Cane Sugar, Cider Vinegar, Apricots, Bramley Apples, Tomato Puree, Sultanas, Garlic Pure, Sea Salt, Tamarind Paste, **MUSTARD** Flour), Red Chillies, Ground Ginger, Ground Cinnamon, Ground Allspice, Ground Black Pepper) **Dried Apricots** (Apricots, Preservative: **SULPHUR DIOXIDE** (**SULPHITES**)), Green Grapes (32.4%) [Fresh Whole Grapes White Seedless], **Estate Dairy Butter** (5.4%) [Pasteurised Cow's Cream (**MILK**, Salt, Lactic Culture), **Micro Leaf Ruby/Red Chard** (0.54%). Per serving 650 kcal.  
Optional:  
**Nalms GF Crackers** (6.3%) [Gluten Free Wholegrain **OATS** (51%), Maize Flour, Rice Flour, Sustainable Palm Fruit Oil, Tapioca Starch, Maize Starch, Raising Agent: Ammonium Carbonates, Brown Rice Syrup, Sea Salt].

**May contain traces of Celery, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias. Although every care has been taken, some fruit stones may remain.**

### Sea Salt Crisps

Potatoes, Cold Pressed Rapeseed Oil, Sea Salt. Per serving 217 kcal. **Gluten Free. Produced in a nut-free facility. Suitable for Vegetarians and Vegans.**

### Vegetable Crisps:

Mixed Root Vegetables in varying proportions (Parsnips, Carrots, Beetroot) 61%, Cold Pressed Rapeseed Oil, Sea Salt. Per serving 105 kcal.

### Garlic and Basil Olives

Halkidiki Olives 90%, Rapeseed Oil 5%, Basil 3%, Garlic Olives 2%, Lemon juice (traces), white wine vinegar (traces), salt (traces). Per serving 50 kcal. **Although extra care has been taken to remove all stones, some may remain.**

### Wild Garlic Mixed Nuts

**PEANUTS, CASHEWS, ALMONDS, HAZELNUTS.** Sugar, Salt, Basil, Rapeseed Oil, Garlic Powder, Black Pepper, Wild Garlic Leaves, Oregano. Per serving 121 kcal. **Factory handles other allergens.**

### 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.**

### Classic Caramel Popcorn

Corn, Sugar, Butter (**MILK**), Corn Syrup. Per serving 32 kcal.

### Jellybean Pyramid

Sugar, Glucose Syrup, Modified Cornstarch, Blueberry Puree, Acidity Regulators (E330, E325, E296), Glazing Agents (E904, E901, E903), Flavourings, Banana Puree, Concentrates Of (Spirulina, Carrot, Apple, Blackcurrant, Turmeric, Pumpkin, Hibiscus) For Colour, Lemon Puree, Pear Juice Concentrate, Tangerine Juice Concentrate, Watermelon Juice Concentrate, Cherry Juice Concentrate, Apple Juice Concentrate, Coconut Puree, Colours (E172, E162, E160a), Tapioca Dextrin]. Per serving 36 kcal.

### Carrot Cake

Soft Brown Sugar, Gluten Free Flour Blend(Rice, Potato, Tapioca, Raising Agents(Monocalcium Phosphates, Sodium Bicarbonate), Maize, Buckwheat, Stabiliser(Xanthan Gum)], **EGG**, Rapeseed Oil, Reduced Fat Cream (**MILK**) Cheese (Skimmed **MILK**, Cream (**MILK**), Maize Starch, Salt, Gelling Agents (Xanthan Gum, Locust Bean Gum)), Carrot (8%), Icing Sugar, Pineapple, Shortening(Palm Oil), Rapeseed Oil], Water, Butter (**MILK**), Desiccated Coconut, **HAZELNUT** (1.0%), Humectant(Glycerol), Modified Maize Starch, Cinnamon, Mixed Spice (Coriander, Cassia, Ginger, Cardamom, Clove, Fennel, Nutmeg), Raising Agent(Sodium Bicarbonate), Stabiliser(Xanthan Gum), Salt, Flavouring, Colours (Curcumin, Annatto Norbixin)]. Per serving 511 kcal.  
**May contain traces of Pecans, Almonds, Walnuts, Pistachios**

### Warm Mince Pie

Crumble Topped Mince Pie (60%) [Mincedmeat: 44% (Vine Fruits (28%) (Sultanas, Raisins, Sunflower Oil), Apple (24%) (Apples, Preservative: Acetic Acid), Sugar, Glucose Fructose Syrup, Candied Mixed Peel (3.4%) (Orange Peel, Glucose Fructose Syrup, Sugar, Lemon Peel, Acidity Regulator: Citric Acid), Vegetable Suet (2.5%) (Palm Oil, Rice Flour, Sunflower Oil), Modified Maize Starch, Mixed Spices, Acidity Regulator: Citric Acid, Colour: Plain Caramel, Orange Oil), Sweet Pastry Case 38% (**WHEAT** Flour (**WHEAT** Flour, Calcium, Niacin, Iron, Thiamin), Water, Rapeseed Oil, Palm Oil, Palm Stearin, Sugar, Skimmed **MILK** Powder, Salt, Raising Agents (Disodium Diphosphate, Carbonate (**BARLEY**)), Crumble Topping 17% (Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt (2%), Emulsifier: Polyglycerol Esters Of Fatty Acids, Colours: Curcumin, Annatto Bixin, Flavouring), Sugar, Sugar (Sugar And Cane Molasses)), Dextrose (**WHEAT**), Cornflour, Vegetable Oil)]. Per serving 260 kcal. **May contain traces of Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias.**

**Allergy Advice:** For allergens, see ingredients in **BOLD**.

**Adults need around 2000 kcal a day.**

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.

### Plain Mini Croissant

**WHEAT** flour, fine butter (**MILK**) 23%, water, sugar, yeast, whole **MILK** powder, salt, **WHEAT GLUTEN**, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid), **EGGS**. Per serving 125 kcal. **May contain nuts.**

### Mini Pain au Raisin

Danish Pastry Dough (Flour **WHEAT** bread/strong white, Butter Laminating (**MILK**), Water, **MILK** whole pasteurized (**MILK**), Caster Sugar, Butter Unsalted (**MILK**), Yeast, Salt, **BARLEY** malt flour), Raisins, Creme Pat (Water, Custard Crem Mix (Sugar, Modified starch; Skimmed **MILK** Powder, Lactose and **MILK** Proteins; Coconut oil; Gelling agent: Sodium phosphates, Diphosphates, Sodium alginate, Calcium sulphate; Firming agent: Calcium sulphate; Flavouring (contains **MILK**; Color: Carotenes)). Per serving 129 kcal. **May contain nuts.**

### Mini Berry Danish

Danish Pastry Dough (Flour **WHEAT** bread/strong white, Butter Laminating (**MILK**), Water, **MILK** whole pasteurized (**MILK**), Caster Sugar, Butter Unsalted (**MILK**), Yeast, Salt, **BARLEY** malt flour), Fruit of Forest Filling (Forest Fruits Mix, Sugar Caster, Glucose Syrup, Lemon juice fresh, Pectin), Creme Pat (Water, Custard Cream Mix (Sugar, Modified starch; Skimmed **MILK** Powder, Lactose and **MILK** Proteins; Coconut oil; Gelling agent: Sodium phosphates, Diphosphates, Sodium alginate, Calcium sulphate; Firming agent: Calcium sulphate; Flavouring (contains **MILK**; Color: Carotenes). Per serving 153 kcal. **May contain nuts.**

### Cinnamon Cruffin

Cinnamon Cruffin (100%) [White Strong Bread Flour (White **WHEAT** Flour With Added Calcium Carbonate, Nicotinamide, Iron And Thiamine, **WHEAT**), Water, Butter (**MILK**) Laminating (**MILK**, **MILK** Whole, Caster Sugar, Soft Light Brown Sugar, Butter (**MILK**) Unsalted (**MILK**), Yeast Bakers Compressed, Cinnamon Ground 0.92%, Salt, Table, **BARLEY** Malt Flour (**WHEAT**)). Per serving 224 kcal. **May contain traces of Eggs, Fish, Soya, Sulphites.**

### Mini Cheddar Cheese & Chive Pinwheel

White Mature Cheddar (Pasteurised Cows **MILK**, Starter, Vegetarian Rennet, Salt, Potato Starch (Anti Caking Agent)), White Strong Bread Flour (White **WHEAT** Flour With Added Calcium Carbonate, Nicotinamide, Iron And Thiamine, **WHEAT**), Butter (**MILK**) Laminating (**MILK**, Water, Whole Pasteurised **MILK**, **WHEAT**), Caster Sugar, Pasteurised Liquid Whole **EGG**, Butter (**MILK**) Unsalted (**MILK**), Yeast Bakers Compressed, Salt, Table, Chives 0.29%, **BARLEY** Malt Flour). Per serving 154 kcal. **May contain traces of Fish, Soya, Sulphites.**

### Wild Berries Porridge OAT Bar

Gluten Free **OATS** (37%), Mixed Fruits (11%) (Chopped Dates (Dates, Rice Flour), Sweetened Dried Cranberries (Cranberries, Sugar), Sweetened Dried Blueberries (Blueberries, Sugar, Fructose Glucose Syrup, Sunflower Oil, Dried Raspberry), Chicory Fibre, Date Paste, Sunflower Oil, Humectant (E422), Rice Syrup, Rapeseed Oil, Dextrose, Puffed Quinoa, Dried Sweetened Blueberries (2%)[Blueberries, Sugar, Fructose Glucose Syrup, Sunflower Oil, Natural Flavouring]. Per serving 200 kcal. **May contain traces of Peanuts, Eggs, Milk, Sesame, Soya, Sulphites, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias.**

### Mini Victoria Sandwich

Plain Vanilla Sponge (Cake Mix (**GLUTEN**, **MILK**), **WHEAT** flour, sugar, raising agents: E 450, E 500; modified starch, whey permeate powder (from **MILK**), palm oil, emulsifiers: E 471, E 472b, E 475; whey powder (from **MILK**), glucose syrup, salt, thickener E 415, flavouring, skim **MILK** powder). **EGGS**. Vegetable Oil (**SOYA**bean oil (produced from genetically modified, fully refined **SOYA**), Antifoaming agent (E900)], Water), UHT Whipping Cream (**MILK**), Raspberry Jam (Glucose Syrup, Raspberry Puree Concentrate (7%), Raspberries (6%), Gelling Agent Pectin, Acidity Regulator (Citric Acid)), Caster Sugar, Sweet Snow Dust (Dextrose, Sugar, Corn flour, Vegetable oil) Vanilla Flavouring (Glucose syrup, water, flavouring (natural and artificial flavours), vanilla, stabilizer E406 (agar), colours E101 (riboflavin) E160a (b-carotene)). Per serving 150 kcal. **May contain nuts.**

### Mini Orange Frangipane Tart

Mincemeat:(Sugar, Apple Puree (Apple Puree, Preservative: Potassium Sorbate), Raisins (11%) (Raisins, Sunflower Oil), Sultanas (11%) (Sultanas, Sunflower Oil), Currants (6.5%) (Currants, Sunflower Oil), Glucose Syrup, Mixed Peel (3.5%), (Orange Peel, Fructose Glucose Syrup, Lemon Peel, Sugar, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Modified Maize Starch, Spices, Acidity Regulator: Citric Acid, Acetic Acid, Colour: Caramel, Orange Oil, Lemon Oil ), Sweet Tart Case (Flour (**WHEAT**) Golden Jewel (**WHEAT** Flour (**WHEAT**), Maize Flour, Calcium Carbonate, Niacin, Iron, Thiamine) Butter (**MILK**) Unsalted (**MILK**), Sugar Icing, **EGG**, Salt)), Cake Mix (**WHEAT**, **MILK**) (**WHEAT** Flour, Sugar, Raising Agents: E 450, E 500; Modified Starch, Whey (**MILK**) Permeate Powder (From **MILK**), Palm Oil, Emulsifiers: E 471, E 472b, E 475; Whey (**MILK**) Powder (From **MILK**), Glucose Syrup, Salt, Thickener E 415, Flavouring, Skim **MILK** Powder), **EGG**, Rape Seed Oil, Antifoaming Agent(E900)), Water, Double Cut Mixed Peel (Sulphur DIOXIDE (**SULPHITES**)) (Orange Peel, Glucose Fructose Syrup, Lemon Peel, Acidity Regulator: Citric Acid, (Sulphur DIOXIDE (**SULPHITES**)), Sweet Snow Dust (Dextrose, Sugar, Corn Flour, Vegetable Oil), Orange Zest). Per serving 158 kcal. **May contain traces of Fish, Soya.**

### Mango & Passion Fruit Tart

Flour (**WHEAT** Flour, Maize Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Mango Puree, Caster Sugar, Pasteurised Liquid Whole **EGG**, Butter (**MILK**) Unsalted (**MILK**), Passionfruit Puree, Sugar Icing, Glucose Syrup, **EGG**, Lemon Juice Fresh, Flour (**WHEAT**) Corn, Pectin, Salt]. Per serving 148 kcal. **May contain traces of Fish, Soya, Sulphites.**

### Mini Jaffa Cake Choux Bun

Water, Dark Chocolate (Cocoa Mass; Sugar; Cocoa Butter; Emulsifier: **SOYA** Lecithin; Natural Vanilla Flavouring), Crème Patisserie (Sugar, Modified Starch; SKIMMED **MILK** POWDER; Lactose (**MILK**) AND **MILK** PROTEINS; Coconut Oil; Gelling Agent: Sodium Phosphates, Diphosphates, Sodium Alginate, Calcium Sulphate; Firming Agent: Calcium Sulphate; Flavouring (CONTAINS **MILK**; Colour: Carotenes), Butter (**MILK**) Unsalted (**MILK**), **EGGS**, Soft Light Brown Sugar, **WHEAT** Plain Flour (**WHEAT** Flour, Calcium Carbonate, Thiamine, Niacin, Iron), White Strong Bread Flour (White **WHEAT** Flour With Added Calcium Carbonate, Nicotinamide, Iron And Thiamine, **WHEAT**), Orange Compound Coating (Sugar, Vegetable Fats(Palm, Coconut), Lactose (**MILK**), Whey (**MILK**) Powder (**MILK**), Emulsifiers(E492, E322 **SOYA**), Natural Orange Flavour, Colouring Food(Paprika Oil Extract), Natural Vanilla Flavour), Rapeseed Oil (Rapeseed Oil, Anti Foaming Agent (Dimethylpolysiloxane)), **MILK**, Orange Zest, Sugar Caster, Salt). Per serving 106 kcal. **May contain traces of Fish, Sulphites.**

### Saint Clements Biscuit

Gluten Free Flour [Rice, Potato, Tapioca, Maize, Buckwheat Flours], Caster Sugar, Gluten Free **OAT** Flour, Unsalted Butter (**MILK**) (**MILK**), Mixed Peel (11%) (Orange Peel, Glucose Fructose Syrup, Sugar, Lemon Peel, Acidity Regulator (E330)), Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt, Emulsifier (E475), Colours (E100, E160b), Flavouring), Lemon Meringue Filling (8%) (Water, Sugar, Modified Waxy Maize Starch, Lemon Commintute, Gelling Agent (E440ii), Preservative (E202), Acidity Regulators (E330, E331), Thickener (E410), Colours ( E171, E100)], Baking Powder (Raising Agents (E341, E500), Corn Starch), Salt]. Per serving 185 kcal. **May contain traces of Gluten, Eggs, Sesame, Soya, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Pistachios, Macadamias.**

### Orange & Cranberry Shortbread

**WHEAT** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Butter (**MILK**, Salt), Cranberries 13% (Sugar, Sunflower Oil), Sugar (Or Sucrose), Natural Orange Flavouring 0.4%. Per serving 208 kcal. **May contain traces of Peanuts, Eggs, Soya, Sulphites, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias.**

### Lily O'Brien Dark Chocolate with Himalayan Salt Bar

Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring), Himalayan Salt 0.2%, Butter Oil (**MILK**). Per serving 75 kcal. **May contain Traces of Nuts and Cereals containing Gluten.**

### Mallow & Marsh chocolate covered bites

Milk Chocolate (50%) (Sugar, Cocoa Butter, Whole **MILK** Powder, Cocoa Mass, Emulsifier: **SOYA** Lecithin, Natural Vanilla Flavouring), Sugar, Glucose Syrup, Water, Dextrose, Beef Gelatine, Humectant: Glycerol, Cornflour, Flavouring, Burnt Sugar Syrup). Per serving 160 kcal. **May contain traces of Peanuts, Eggs, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias. Contains Beef Gelatine.**

