

# Welcome to our lounge

This is your time – to pause, recharge and enjoy a little calm before the journey ahead.

Whether you're on a busy schedule or celebrating a special occasion or even just treating yourself (and why not?), our First Class Lounge is designed to make every moment feel special. Settle in and help yourself to a great selection of small bites and drinks, perfectly matched to the time of day and all inspired by the flavours of the West Coast.

It's everything you need to get that First Class feeling started, before you even step onboard.

Adults need around 2000 kcal a day.

Kcal information provided is per serving/portion.

**V Vegetarian**

**VG Vegan**

**GF Gluten Free**

Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish or wheat. While we take steps to minimise risk and safely handle the foods that contain potential allergens, please be advised that cross contamination may occur.

**View calories, allergens and ingredients online [here](#).**

If you need assistance viewing our allergens and ingredients menu, please speak with a member of the team who'll be happy to help.

## Breakfast

Sourced along route

**Porridge Bowl** (252 kcal) **V** **GF**

Add a drizzle of honey if you like. (322 kcal)

**Cheddar & Chive Pinwheel** (154 kcal) **V**

Mature Cheddar with chives baked in a soft fluffy dough.

**Cinnamon Cruffin** (224 kcal) **V**

When a croissant meets a muffin! Lightly spiced with cinnamon and sprinkled with sugar.

**Wild Berries Porridge Oat Bar** (200 kcal) **VG** **GF**

## Snacks and treats

**Sea Salt Crisps** (217 kcal) **VG** **GF**

**Vegetable Crisps** (105 kcal) **VG** **GF**

Deliciously handmade cooked crisps – grown and cooked just yards from our tracks in Staffordshire.

**Sweet Chilli Nuts & Seeds** (157 kcal) **VG** **GF**

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

**Uncle Joe's Mintball Chocolate Brownie** (265 kcal) **V** **GF**

**Shortbread Biscuit** (205 kcal) **V**

Handmade, hand-wrapped, melt in the mouth shortbread. Made in North Wales, just a stone's throw from the railway line.

**St Clements Biscuit** (185 kcal) **V** **GF**

**Salted Caramel Popcorn** (97 kcal) **V**

**Dark Chocolate with Himalayan Salt Bar** (75 kcal) **V**

**Salted Caramel Marshmallow Bites in Milk Chocolate** (160 kcal)

**Jelly Beans** (36 kcal)

## Fresh Fruit

**Pink Lady Apples** (70 kcal) **VG** **GF**

**Banana** (100 kcal) **VG** **GF**

**Satsuma** (50 kcal) **VG** **GF**

## Hot drinks

Sourced along route

**Americano** (5 kcal)

**Cappuccino** (129 kcal)

**Flat White** (94 kcal)

**Latte** (129 kcal)

**Mocha** (125 kcal)

**Americano White** (28 kcal)

**Espresso** (5 kcal)

**Decaf Coffee** (0 kcal)

**Hot Chocolate** (224 kcal)

**English Breakfast Tea** (1 kcal)

**Speciality Teas** (1 kcal)

Our staff can tell you what's available today.

**Fresh Semi-skimmed Milk 20ml** (10 kcal)

*Prefer oat milk? Just ask.*

## Soft drinks

**Orange or Apple Juice** (102 kcal)

**Wenlock Spring Still or Sparkling Water** (0 kcal)

**Pepsi Max** (1 kcal)

**Fever Tree Light Lemonade** (27 kcal)

**Remedy Wild Berry Kombucha** (6 kcal)

**The Pickle House Spiced Tomato Mix** (30 kcal)

## Sourced with pride along our route

Our First Class menu is shaped by the company we keep. We partner with exceptional producers found along the West Coast, people who care deeply about quality, craft and doing things the right way.

By keeping things local, we're able to support independent businesses, reduce food miles and work together on smarter, more sustainable choices.

From field to fork (or glass), every detail is considered. Because it's not just what we serve, but the people we work with, that makes it special.



**Regional FCL Winter 2026**

**AVANTI WEST COAST FIRST**