

# Non-Gluten Ingredient Menu

The items on this menu are made with ingredients which do not intentionally contain gluten. However, we handle gluten-containing ingredients in our kitchens, so we cannot guarantee our dishes are 100% gluten-free.

Please ensure you make our staff aware when ordering from this menu.

Adults need around 2000 kcal a day.

Kcal information provided is per serving/portion.

**V Vegetarian**

**VG Vegan**

If you're making a short trip with us, we may not have the full menu available but you will have time for a drink. All items on the menu are subject to availability.

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

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.

## Breakfast

 Sourced along route

### Shakshuka with Moroccan Bites (254 kcal) **VG**

Moroccan spiced falafel bites with a spicy tomato and mushroom shakshuka sauce.

We can add a poached egg too. (320 kcal) **V**

### Smoked Salmon with Scrambled Eggs (226 kcal)

Smoked Scottish salmon served with scrambled eggs and a wedge of lemon.

### Bacon Roll (367 kcal)

Thick cut smoked British bacon on a brown seeded gluten-free roll.

## Fresh Fruit

### Banana (100 kcal) **VG**

### Satsuma (50 kcal) **VG**

## Rest of the day

### **Sea Salt Crisps (217 kcal), Vegetable Crisps (105 kcal) or Chips & Dips (204 kcal) **VG****

Deliciously thick handmade crisps or crunchy corn chips with a selection of dips.

### **Luxury Chocolate Bar (85 kcal) **VG****

47% chocolate made from single origin Colombian cacao, with white miso and natural caramel. Created by chocolatiers in Stoke-on-Trent.

### **The West Coast Cheese Board (627 kcal) **V****

Red Fox Aged Red Leicester, Blackstone Vintage Cheddar and Tasty Lancashire with Country Garden Chutney, sun blushed tomato, dried apricot, grapes and gluten-free crackers.

**We recommend**

### **All the trimmings Festive Curry with Rice (357 kcal) **VG****

Cauliflower, shredded sprouts, parsnips and carrots with roasted onion in a creamy katsu curry sauce. Served with basmati rice.

