

Ingredients & Allergens Menu

First Class Pendolino & Evero Weekend Ingredients & Allergen Menu from
from 3rd December 2025

Breakfast

Classic Bacon Roll

Bacon Roll (92.5%) [White Roll (**WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Water, **RYE** Flour, Potato Starch, Potato, Yeast, Sugar, Rapeseed Oil, Salt, **WHEAT** Flour, Emulsifier (Sodium Stearoyl 2 Lactylate), Fermented **WHEAT** Flour, Flour Treatment Agent (Ascorbic Acid)), BEECHWOOD SMOKED BACK BACON (29%) [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], BEECHWOOD SMOKED STREAKY BACON (6%) [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Natural Flavourings, Natural Beechwood Smoke]],

Butter (7.5%) [Pasteurised Cow's Cream (**MILK**) 98.49%, Salt 1.5%, Lactic Culture 0.01%].

Per serving 431 kcal.

May contain egg & mustard. Swiss Chard may contain mustard and celery.

Classic Bacon Roll (GF)

Bacon Roll (91.6%) [Gluten Free Brown Seeded Roll (Water, Tapioca Starch, Rice Flour, Seeds (Sunflower, Linseed, Millet, Poppy), Rapeseed Oil, Psyllium Fibre, Potato Flakes, Treacle, Humectant (Glycerine), Stabiliser (Hydroxypropyl Methyl Cellulose), Yeast, Maize Flour, Millet Flakes, Sugar, Salt, Sugar Beet Fibre, Fermented Rice Flour, Reduced Fat Cocoa Powder), BEECHWOOD SMOKED BACK BACON (33%) [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], BEECHWOOD SMOKED STREAKY BACON (7%) [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Natural Flavourings, Natural Beechwood Smoke]].

Butter (8.4%) [Pasteurised Cow's Cream (**MILK**) 98.49%, Salt 1.5%, Lactic Culture 0.01%].

Per serving 396 kcal.

May contain egg & mustard. Swiss Chard is produced on a site which handles Gluten, Celery and Mustard.

Optional:

Tiptree Tomato ketchup: Tomatoes (180g per 100g of Ketchup), Sugar, Wine Vinegar, Lemon Juice, Salt, Spices (Onion Powder, Chilli Powder, Ground Cinnamon, Ground Cloves). Per serving 15 kcal.

Tiptree Brown sauce: Tomatoes, Sugar, Treacle, **BARLEY** Malt Vinegar, Wine Vinegar, Apples, Sultanas, Oranges, Citrus Fibre, Salt, Tamarind, Lemon Juice, Spices (Onion Powder, Chilli Powder, Ground Cinnamon, Ground Ginger, Ground Cloves). Per serving 15 kcal.

Porridge

MOMA plain No Added Sugar Porridge [Wholegrain

OATFLAKES (73%), Skimmed **MILK** Powder, Water,. Per serving 252 kcal.

Add Banana and Honey. Per serving 392 kcal.

Cinnamon Cruffin

Cinnamon Cruffin (100%) [White Strong Bread Flour (White **WHEAT** Flour With Added Calcium Carbonate, Nicotinamide, Iron And Thiamine, **WHEAT**), Water, Butter 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.

Winter Berry Waffles with Greek Style Yogurt

Mixed Berry Waffle (51.6%) [Dough (flour (**WHEAT**, Malted **WHEAT**), Vegetable Oil (Palm, Rapeseed), Water, BUTTER (**MILK**), Sugar, Yeast, Whole **MILK** Powder, Salt, **EGG** Powder, Emulsifier (E471), antioxidant (E300), Acid (E330), Colour (E160a(iii)), Filling (49.5%) [Mixed Berries (69%) (Raspberries, Redcurrants, Strawberries, Blackcurrants, Blackberries, Blueberries), Sugar, Modified Starch]]. Greek Style Yoghurt (48.4%) [Pasteurised Cow's **MILK**, Cream (**MILK**), Skimmed **MILK** Powder, Cultures]. Per serving 282 kcal.

Rest of the day

New York Deli Pretzel Roll

New York Deli Pretzel Roll (97.3%) [Pretzel Roll (**WHEAT** Flour, Water, Rapeseed Oil, Salt, Yeast, **WHEAT GLUTEN**, Flour Treatment Agent (Ascorbic Acid), Acidity Regulator (Sodium Hydroxide)], PASTRAMI (18%) [Beef, Salt, Cracked Black Pepper, Stabilisers (Diphosphates, Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], EMMENTAL CHEESE (14%, **MILK**) (**MILK**, Salt), GHERKIN AND Mustard MAYONNAISE MIX (11%) [Mayonnaise (Rapeseed Oil, Water, Pasteurised Liquid **EGG**, Acidity Regulator (Acetic Acid), Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)), Gherkins (Gherkins, Water, Sugar, Spirit Vinegar, Salt, Firming Agent (Calcium Chloride), Natural Flavouring, Colour (Riboflavin), Dijon **MUSTARD** (Water, **MUSTARD** Seed, Spirit Vinegar, Salt, Preservative (Sodium Hydrogen **SULPHITE**)), Yellow **MUSTARD** (Water, Spirit Vinegar, **MUSTARD** Seed, Salt, Spices, Flavourings)], Micro Leaf Ruby/Red Chard (2.7%)]. Per serving 377 kcal.

May contain traces of Celery. Although every care has been taken to remove all bones, some may remain.

West Coast Cheeseboard

West Coast Cheese Plate (61.6%) [RED FOX CHEESE (Pasteurised Cow's **MILK**, PDV Salt, Starter Culture, Colour: Antinno Norbixin E160b (ii), 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), 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, Tamarind 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.

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.

Optional:

Nairns GF Crackers . 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. Per serving 31 kcal.

Warm Mince Pie

Crumble Topped Mince Pie (60%) [Mincemeat 44% (Vine Fruits (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, Calcium Carbonate)), 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.

Sea Salted 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.**

Sea Salt Vegetable Crisps

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

Shakshuka with Moroccan Bites

Shakshuka With Moroccan Spiced Bites (98%) [SHAKSHUKA MUSHROOM MIX (75%) [Shakshuka (Tomato, Red Peppers, Peeled Plum Tomatoes In Tomato Juice (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Onions, Tomato Purée, Olive Pomace Oil, Garlic, Red Chilli, Smoked Paprika, Sea Salt, Coriander, Cumin, Black Pepper), Mushroom (Mushrooms, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Smoked Paprika], MOROCCAN STYLE SPICED FALAFEL (25%) [Chickpeas (Water, Chickpeas), Cauliflower, Onion, Dates, Rapeseed Oil, Potato Flake, Sweet Potato, Dried Red Pepper, Garlic Purée (Water, Garlic Granules), Coriander, Lemon Juice Concentrate, Salt, Parsley, Raising Agent (Sodium Bicarbonate), Ground Coriander, Ground Paprika, Ground Cumin, Ground Cinnamon, Mint, Ground Black Pepper, Chilli Flakes]], Micro Leaf Ruby/Red Chard (2%)]. Per serving total 254 kcal.

Made to a vegan recipe in a factory that handles Milk and Egg so may not be suitable for allergy sufferers.

Add poached egg: **EGG** (24.6%) [Graded Class A Medium Free-Range **EGG** (100%), Sunflower Oil]. Per serving 320 kcal.

May contain traces of Gluten, Eggs, Milk, Celery, Mustard.

Smoked Salmon and Scrambled Eggs

PRE-COOKED EGG Scrambled **EGG** (69.4%) [SCRAMBLED **EGG** (80%) [Pasteurised Free Range **EGG**, Water, Rapeseed Oil, Tapioca Starch, Skimmed **MILK** Powder, Lemon Juice, Salt, Ground White Pepper], WHITE SAUCE (20%) [Water, Rapeseed Oil, Modified Starch, Salt, Whey (**MILK**) Protein Concentrate (**MILK**), Sugar, Vegetable Stock (Salt, Maltodextrin, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Carrot Extract, Rapeseed Oil, Tomato, Louage), Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Stabiliser (Guar Gum), Spices]], SMOKED SALMON (27.8%) [Salmon (**FISH**) (96%) (Salmo Salar), Salt, Sugar, Oak Smoke], Swiss Chard (2.8%). Per serving 226 kcal.

May contain gluten. Swiss Chard is produced on a site which handles Gluten, Celery and Mustard.

Although every care has been taken to remove bones, some may remain. Swiss Chard may contain mustard and celery.

Toast with butter

White Bloomer: [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, **SOYA** Flour, Preservative (E282 Calcium Propionate), Emulsifiers (E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Rapeseed Oil, Flour Treatment Agent (E300 Ascorbic Acid)], BUTTER (14%) [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture].

Per serving 254 kcal.

Malted Bread: **WHEAT** Flour (with Added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **WHEAT** Flakes (9.0%), **WHEAT** Bran (2.3%), Yeast, Malted **BARLEY** Flour (1.0%), Salt, Vegetable Oils [Rapeseed, Palm], **WHEAT** Protein, Spirit Vinegar, Emulsifiers [E471, E472(E)], Malted **WHEAT** Flour, Flour Treatment Agent (E300), Palm Fat, **WHEAT** Flour]], BUTTER (11.6%) [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture]. Per serving 315 kcal.

Tiptree Marmalade: Sugar, Seville Oranges, Gelling Agent: Citrus Pectin. Per serving 71 kcal.

Tiptree Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin; Acidity Regulatory: Citric Acid. Per serving 76 kcal.

Honey: Pure Honey. Per serving 81 kcal.

Toasted Teacake

TEACAKE (63.1%) [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sultanas (14%), Currants (10%), Sugar, Yeast, Mixed Peel (3.8%) (Contains: Orange Peel, Glucose Fructose Syrup, Lemon Peel, Sucrose, Preservative (E202), Acidity Regulator (E330)), Vegetable Oil (Palm, Rapeseed), Salt, Emulsifier (E472e), Nutmeg, Flavouring, Flour Treatment Agent (E300), Colour (E160a)].

Tiptree Strawberry Jam (27.2%) [Sugar, Strawberries, Gelling Agent: Citrus Pectin; Acidity Regulatory: Citric Acid].

Butter (9.7%) [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture]. Per serving 347 kcal.

May contain traces of Tree nuts, Eggs, Sesame, Soya, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias. Sulphites <10ppm.

All The Trimmings Curry & Rice

Curry Sauce (38%) (Water, Onion, Lentil Protein Cream, Carrot, Coconut Cream, Sugar, Rapeseed Oil, Gluten Free **SOY** Sauce (Water, **SOY** Beans, Salt, Spirit Vinegar), Curry Powder (Coriander, Cumin, Turmeric, Fenugreek, Cassia, Black Pepper, Ginger, Nutmeg, Cloves, Salt), Modified Maize Starch, Red Chilli Puree, Lime Juice (**SULPHITES**), Ginger, Garlic Puree, Basil, Salt, Lime Zest), Steamed Basmati Rice (36%), Cauliflower Florets (11%), Parsnips (8%), Sprouts (7%), Micro Leaf Ruby/Red Chard (1.2%). Per serving 357 kcal.

This product is produced in a facility which handles Nuts, Gluten, Celery, Mustard therefore may contain traces of Gluten, Celery, Mustard, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias.

Indian Salad

Indian Salad (100%) [CHICKPEA SALAD (29%) [Cooked Chickpeas (Chickpeas, Water), Tomato, Slow Roasted Tomato (Tomatoes, Sunflower Oil, Salt, Garlic, Oregano), Salsa (Tomatoes, Water, Spirit Vinegar, Tomato Purée, Jalapeño Peppers (Jalapeño Peppers, Water, Spirit Vinegar, Salt), Dried Onion, Modified Maize Starch, Sugar, Salt, Dried Red Pepper, Garlic Powder, Cumin, Preservative (Potassium Sorbate), Chilli Powder, Oregano, Black Pepper), Red Onion, Lemon Juice (Lemon Juice From Concentrate, Preservative (Potassium **METABISULPHITE**)), Coriander, Madras Curry Powder (Coriander, Turmeric, Rice Flour, Fenugreek, Ginger, Salt, Cumin, Black Pepper, Paprika, Colour (Paprika Extract), Fennel, Nutmeg), Salt, Cracked Black Pepper], MASHED VEGETABLE CURRY (19%) [Cauliflower, Aubergine, Onion, Tomato Paste, Coconut Milk, Water, Garlic Purée, Ginger Purée, Light Brown Sugar, Vegetable Stock (Salt, Maltodextrin, Rice Flour, Vegetables (Onion, Carrot, Parsnip), Yeast Extract, Sunflower Oil, Parsley, Turmeric), Garam Masala Powder, Rapeseed Oil, Red Chilli, Coriander, Salt, Turmeric, Black Pepper], ONION BHAJI (19%) [Onion, Gram Flour (Yellow Split Pea, Channa Dal)], Rapeseed Oil, Lemon Juice, Salt, Cumin Powder, Coriander Powder, Cumin Seed, Ajwain Seed, Garam Masala (Coriander, Cumin, Cinnamon, Ginger, Black Pepper, Clove, Nutmeg, Cardamom, Bay Leaf, Chilli Powder), Chilli Powder, Turmeric, Black Pepper, Baking Powder (Mono Calcium Phosphate, Cornstarch, Sodium Bicarbonate)], SPINACH (12%), CARROT AND CABBAGE PICKLE (12%) [Carrot, Red Cabbage, Sugar, White Wine Vinegar (White Wine Vinegar, Antioxidant (Sodium **METABISULPHITE**)), CORIANDER VEGAN MAYONNAISE (10%) (Vegan Mayonnaise (Rapeseed Oil, Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser (Xanthan Gum), Flavouring, Colour (Carotene), Antioxidant (Calcium Disodium EDTA)), Red Onion, Coriander]]. Per serving 316 kcal.

May contain traces of Gluten, Eggs, Milk, Celery, Mustard, Sesame, Soya, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias. Made to a vegan recipe in a factory that handles Milk and Egg so may not be suitable for allergy sufferers.

Chips and Dips

Chips (100%) [Salted **Tortilla Chips** (Corn Flour (79%), Sunflower Oil, Salt) **Tomato Salsa Mexicana** (Tomatoes (50%), Water, Tomato Puree (7%), Spirit Vinegar, Modified Maize Starch, Jalapeno Peppers (Jalapeno Peppers, Water, Distilled Vinegar, Salt) (2%), Dried Onion, Sugar, Salt, Dried Red Pepper, Garlic Powder, Cumin Powder, Preservative: Potassium Sorbate, Chilli Powder, Oregano, Black Pepper) Gherkin Relish (Gherkin (40%), Sugar, Water, Onions, Modified Maize Starch, Salt, **MUSTARD** Seeds, Ground Ginger, Turmeric) **Sweetcorn Relish** (Water, Sweetcorn (25%), Sugar, Spirit Vinegar, Modified Maize Starch, Dried Onion, Red Peppers, Salt, Lemon Juice Concentrate, Turmeric, Preservative: Potassium Sorbate, Dill Powder, Chilli Powder, Garlic Powder)]. Per serving 204 kcal.

Produced on a site which handles Nuts and Gluten.

Orange & Cranberry Shortbread

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.

Luxury Chocolate Bar

Miso Caramel Oat Milk Chocolate (100%) [Colombian Couverture Dark Chocolate (99%) (Cocoa Mass, Sugar, Dried Gluten Free **OAT** Powder, Cocoa Butter, Dried Rice Powder, Emulsifier (Soybean Lecithin, Vanilla Extract), Miso (**SOYA**) Powder (<1%) (**SOY** bean, Rice, Salt, Vitamin B2), Natural Caramel Flavour (<1%)]. Per serving 85 kcal.

May contain traces of Peanuts, Eggs, Milk, Wheat, 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.

