

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)

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

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

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)

Satsuma (50 kcal)

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.

Evero Weekday

Winter 2020

AVANTI

WEST COAST

FIRST

