

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 (323 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

Indian Salad (316 kcal) **VG**

A delicately spiced salad of onion bhaji, pav bhaji, chickpea, carrot and cabbage pickle with spinach and coriander mayo.

