

# Ingredients & Allergen Menu

Pendolino First Class Allergen & Ingredients Menu – 1<sup>th</sup> June

## Breakfast

### The Great British Breakfast

435 kcal  
**Bacon:** Pork (87%), Water, Salt; Antioxidant: E301; Preservatives: E250, E252. Per serving 150 kcal.  
**Pork and parsley sausage:** Pork (61%), water, rusk [WHEAT flour (calcium carbonate, iron, niacin, thiamin), salt], seasoning [salt, dextrose, WHEAT flour (calcium carbonate, iron, niacin, thiamin), stabiliser: E451, preservative: E221 (SULPHITES), flavour enhancer: E621, spices (white pepper, black pepper, cayenne chilli), flavourings (SULPHITES), yeast extract, spice extracts (black pepper, nutmeg, capsicum, ginger), sunflower oil, maltodextrin, antioxidants: E307; E304, acid: E330, colour: E120], dried parsley. Filled into a natural hog casing. Per serving 82 kcal.

**Tomatoes:** Tomato, Vegetable Oil (Rapeseed), salt, pepper 20 kcal

**Portobello mushroom:** Whole fresh portobello, Salt, Oil. Per serving 40 kcal.

#### Optional

**Heinz Tomato ketchup:** Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extract (contain **CELERY**), spice. Per serving 15 kcal.  
**HP Brown sauce:** Tomatoes, Malt Vinegar (from **BARLEY**), Molasses, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, **RYE** Flour, Salt, Spices, Flavourings, Tamarind. Per serving 18 kcal

### Classic Bacon Sandwich

406 kcal  
**Bacon:** Pork (87%), Water, Salt; Antioxidant: E301; Preservatives: E250, E252. Per serving 151 kcal.  
**Brown Bloomer:** WHEAT Flour (with added calcium, iron, niacin and thiamine), Water, Malted Wheat Grains (9.0%), Yeast, WHEAT Gluten, BARLEY Malt Flour, Salt, Emulsifier: E472e, Buckwheat Flour, SOYA Flour, Preservative: E282, Rapeseed Oil, Sugar, Flour Treatment Agent: E300. Per serving 178 kcal.

**Butter:** 40% butterfat cream (MILK). Per serving 77 kcal.

#### Optional

**Heinz Tomato ketchup:** Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extract (contain **CELERY**), spice. Per serving 15 kcal.  
**HP Brown sauce:** Tomatoes, Malt Vinegar (from **BARLEY**), Molasses, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, **RYE** Flour, Salt, Spices, Flavourings, Tamarind. Per serving 18 kcal

### Porridge

245 kcal  
Mornflake **OATFLAKES** (100%) **OATS**. Semi-skimmed **MILK**  
May contain: Wheat and Barley.

### Vegetarian

**Vegan**

### Gluten Free

**GF**

### Grill Ham & Cheese

#### Croque Monsieur

426 kcal  
White Bread (53%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Palm Oil, Rapeseed Oil, Emulsifier (E471, E472e), BARLEY Malt Flour, Flour Treatment Agent (E300)], Cooked Ham (16%) [Pork, Water, Cure Mix (Pea Starch, Dried Glucose Syrup, Dextrose, Tapioca Starch, Stabilisers (E451, E450) Salt, Yeast Extract, Antioxidant (E301), Potato Fibre, Preservative (E250)], Salt, Waxy Maize Starch], Béchamel Sauce (14%) [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herb), Skimmed MILK, Palm Oil, Modified Maize Starch, Butter (MILK), Whey Protein Concentrate (MILK), Salt, Emulsifier (E322(SOYA))], Emmental (11%) (MILK), Cheddar (4%) (MILK), Mozzarella (4%) (MILK).  
Product may contain eggs and mustard seeds

### Vegetable Noodle Bowl

187 kcal  
**SESAME** Oil Noodles Vegan (39%) (WHEAT Noodles (Water, Noodles (WHEAT Flour (with Calcium, Iron, Niacin, Thiamine), Salt, Turmeric, Paprika, Firming Agents: Potassium Carbonate, Sodium Carbonate, Acidity Regulator Citric Acid), Blended SESAME and SOYA Oil); Vegan Hoisin Sauce (26%) (Water, Hoisin Sauce (Water, Sugar, SOYbean Paste (Water, SOYA Bean, Rice, Salt), Garlic Puree, Modified Maize Starch, Colour Plain Caramel, White Rice Vinegar, Spice Blend (Fennel, Black Pepper, Cinnamon, Cloves, Cumin, Star Anise), Red Chilli Paste (Red Chilli Peppers, Salt, Acidity Regulator Acetic Acid), Yeast Extract Paste (Yeast Extract, Salt), Salt, Acidity Regulator Citric Acid), Bouillon Vegetable Stock (Salt, Cornflower, Potato Starch, Vegetable Powders (Onion, Carrot, Pea), Flavouring, Tomato Powder, Palm Oil, Black Pepper, Dried Parsley, Ground Turmeric, Colour Ammonia Caramel), Cornflour; Cauliflower (17.5%); Baby Corn (6.5%); Red Pepper (4.5%); Mangetout (4.5%) (Water, Mangetout); Spring Onion (2%);

### Summer Salad

88 kcal  
Garden Salad Mix (92%) (Cucumber, Red Onion, Tomato, Chickpeas [Chickpeas, Water, Antioxidant (Ascorbic Acid)], Sweetcorn, Coriander Apollo Lettuce (8%).  
**Lime & chilli Dressing Mix** (100%) (Vegetable Oil [SOYAbean Oil (produced from genetically modified SOYA)], Lime Juice [Lime Juice from Concentrate, Preservative (E224 (SULPHITES) ], Caster Sugar [white sugar, sugar], Sriracha Sauce [Water, Sugar, Salt, Garlic Puree (Acidity Regulator (E330))], Tomato Paste, Habanero Chilli Puree (Habaneo Chillies (Salt, Acidity Regulator (E260)), Modified Maize Starch, Acidity Regulator (E330), Garlic Granules, Cayenne Pepper, Dried Crushed Chillies, Dried Red Bell Peppers, Rapeseed Oil, Paprika, Colour (E160c), Stabiliser (E415), Flavourings, Preservative (E202), Sunflower Oil])

### Charcuterie Grazing Plate

797 kcal  
**Italian Coppa Sliced** (Pork, Salt, Natural Flavouring, Dextrose, Sugar, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite).  
**Milano Salami Sliced** (Pork, Salt, Natural Flavouring, Dextrose, Sugar, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite).  
**Orsom Lester Cheese** (Pasteurised Cow's MILK, Salt, Colour: Annatto Norbixin, Vegetarian Coagulant, Starter Cultures, Firming Agent: Calcium Chloride).  
**Kirkhams Lancashire Red Cheese** (Unpasteurised Cow's MILK, Salt, Vegetarian Rennet, Lactic Acid Starter Cultures, Colour: Annatto Norbixin).  
**Butter Netherend Salted** (Cream (MILK), Salt).

**Semi-dried Tomatoes** (Tomato Segments (50.3%), Sunflower Oil, Garlic Flakes, Salt, Oregano, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid).

**Olive Greek Mix Pitted** (S. Colossal Olives (Pitted Olives, Water, Salt, Acidity Regulator (Lactic Acid, Preservative: Citric Acid) Pitted Kalamata Olives (Olives, Water, Salt, Vinegar), Dried Thyme, Dried Oregano, Rosemary, Water, Sunflower Oil).

**Charcoal wafers:** Stoneground Wholemeal Flour (89%) (WHEAT), Corn Oil, Autolysed Yeast, Salt, Malted BARLEY Flour, Malt Extract (BARLEY), Raising Agent [Sodium bicarbonate (E500)], Charcoal Powder (1%). Manufacturing site handles Nuts, not suitable for nuts allergy sufferers.

**Crispbread Peters Yard original:** MILK, RYE flour, WHEAT flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamine), Sourdough (RYE Flour, Water), Wholemeal WHEAT flour, Honey, Salt. It may contain traces of Nuts.

#### Optional

**Gluten Free Crackers:** Gluten free OAT Crackers in portion packs - 2 crackers per pack. Wholegrain OATS (89%), Sustainable Palm Fruit Oil (6%), Maize Starch (2.5%), Ammonium Bicarbonate (1%), Sea Salt (1%). Per pack 100 kcal.

### Uglie Chocolate

100 kcal  
Milk Chocolate 76% [Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavour], Cocoa Flavoured Biscuits 22% [WHEAT Flour, Vegetable Fat (Rapeseed & Palm), Sugar, Brown Sugar, Cocoa Powder, Glucose Syrup, Skimmed MILK Powder, BARLEY Syrup, Raising Agent (Sodium Bicarbonate), Salt, Malt Extract, Flavouring, Acidifying Agent (Tartaric Acid), Butter Oil (MILK). This product may contain traces of Nuts. Per serving 100 kcal.

### Penn Pretzels

98 kcal  
Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Sea Salt, Dextrose, Dried Yeast, Acidity Regulator: Sodium Hydroxide.

### White Chocolate & Passionfruit Tart

443 kcal  
Sweet Pastry Case (35%) (WHEAT Flour (Calcium Carbonate E170, Iron, Nicotinamide, Thiamine), Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt, Emulsifier E471, Colour E160bi, E100, Natural Flavourings), Sugar, Pasteurised Liquid Whole EGG, Pastry Improver (Full fat SOYA Flour, WHEAT Flour (Calcium Carbonate E170, Iron, Nicotinamide, Thiamine), Flour Treatment Agent E920), Cocoa Powder), White Chocolate (27%) (Sugar, Cocoa butter, Whole MILK powder, SOYA lecithin, Natural vanilla), Passion Fruit Glaze (18%) (Passionfruit Puree with Seeds, Glucose Syrup, Water, Sugar, Lemon Juice, Thickeners Modified Starch E1442, Gelling Agent Pectin E440(ii), Acidity Regulator Citric Acid E330, Natural Flavouring, Preservative Potassium Sorbate E202, Colour Lutein E161b), Pasteurised Whipping Cream (13%) (from MILK), Unsalted Butter (MILK) (4.6%), Vanilla Flavour (Pure Cane Sugar, Water, Pure Madagascar Bourbon Vanilla Extract, Vanilla Bean Specks and Gum Tragacanth).

#### Optional

**Gluten Free Crackers:** Gluten free OAT Crackers in portion packs - 2 crackers per pack. Wholegrain OATS (89%), Sustainable Palm Fruit Oil (6%), Maize Starch (2.5%), Ammonium Bicarbonate (1%), Sea Salt (1%). Per pack 100 kcal.

### Breakfast Hash

211 kcal  
**Hash:** Vegan Potato Hash (88%) (Potatoes (Sodium METABISULPHITE), Mushrooms, Red Onion, Roast Sweet Potato (Sweet Potato, Rapeseed Oil, Salt), cabbage Kale, Rapeseed Oil, Salt, Water, Cornflour, Ground Cumin, Thyme, Black Pepper, Hot Smoked Paprika); Semi-dried Tomato (12%) (Tomato, Sunflower Oil, Garlic Flakes, Salt, Oregano, Citric Acid, Ascorbic Acid).  
**Fried EGG** can be added (311 kcal)

### Fresh Fruit Salad Bowl

88 kcal  
Melon 70% (Cantaloupe & Honeydew), Black grapes 10%, Strawberry 10%, Banana 10%  
**Optional:** Fruit syrup: Granulated Sugar (64%), Water, Lemon Verbena Leaves (5%), Passion Fruit (4%). Per serving 56 kcal.  
Pink Guava & Lime syrup: Water, sugar, lemon juice from concentrate (7%). Acid: citric acid. Natural flavouring, fruits and vegetable concentrates: black carrot, elderberry. Stabilisers: acacia gum, coconut oil. Per serving 25 kcal.

### Smoked Salmon and Scrambled Eggs

264 kcal  
Freshly prepared scrambled eggs: EGGS, MILK. Per serving 191 kcal.  
Salmon: Salmon (FISH) (96%) (Salmo salar), Salt, Sugar, Oak Smoke). Per serving 73 kcal.

### Toast

89 kcal  
**White Bloomer:** WHEAT Flour (with added calcium, iron, niacin and thiamine), Water, Yeast, Salt, SOYA Flour, Preservative: E282, Emulsifier: E472e, Rapeseed Oil, Flour Treatment Agent: E300. Per slice 89 kcal.  
**Brown Bloomer:** WHEAT Flour (with added calcium, iron, niacin and thiamine), Water, Malted WHEAT Grains (9.0%), Yeast, WHEAT Gluten, BARLEY Malt Flour, Salt, Emulsifier: E472e, Buckwheat Flour, SOYA Flour, Preservative: E282, Rapeseed Oil, Sugar, Flour Treatment Agent: E300. Per serving 89 kcal.

**Chuckleberry Jam:** Chuckleberry (49.59%), Unrefined Cane Sugar (41.27%), Water (8.26%), 100% Lemon Juice Concentrate (0.88%). Per jar 77 kcal.

**Lemon Marmalade with Vanilla:** Lemon (35.18%), Unrefined cane sugar (42.80%), Water (20.45%), Vanilla bean (0.27%), Lemon juice concentrate (1.11%), Sea Salt (0.19%). Per jar 71 kcal.

**Tiptree jam:** Sugar, Strawberries, Gelling Agent: Citrus Pectin; Acidity Regulatory: Citric Acid. Per portion 76 kcal.

**Honey:** Pure Honey (80 kcal)

**Butter:** 40% butterfat cream (MILK). Per serving 77 kcal.

### Afternoon Tea

Mixed selection 900 kcal  
Vegetarian selection 886 kcal  
Cream Tea: 486 kcal

**Plain scone:** Flour (WHEAT) (gluten), Water, Sugar, Raising Agent, Vegetable Fat (Palm Oil), Vegetable Oil (Rapeseed), starch, Dextrose, BUTTERMILK Powder (MILK), SOY Flour, MILK Cream Powder, Emulsifier, Salt, Flavouring, Stabiliser, Preservative (E202 Potassium Sorbate, E282 Calcium Propionate), Pasteurised EGG. Per serving 143 kcal.

**Clotted cream:** Pasteurized Cow's MILK (100%). Per serving 266 kcal.

**Tiptree jam -** Sugar, Strawberries, Gelling Agent: Citrus Pectin; Acidity Regulatory: Citric Acid. 76 kcal

**Strawberry & Rosewater Jam- Strawberries** (35.2%), Unrefined cane sugar (45.1%), Water (18.1%), Rosewater (1.0%) - Lemon juice concentrate (0.6%). Per jar 78 kcal

**Wiltshire Ham Sandwich:** (26%) (Wiltshire Ham (50%), Pork, Salt, Brown Sugar, Antioxidant (E301), Preservative (E250), White Bread (45%) (WHEAT Flour (Calcium, Iron, Niacin, Thiamine), Water, Yeast, Salt, Emulsifier (E472e), Preservative (E282), Rapeseed Oil, Flour Treatment Agent (E300)), 50% Vegetable Fat Spread (4%) (Vegetable Oils (Rapeseed, Palm), Water, Salt, Emulsifier (E471), Preservative (E202), Colour (E160, E100), Acidity Regulator (E330), Flavouring)),

**Coronation Chicken Finger Sandwich:** (EGGS) (25%) (Coronation Chicken Mix [Coronation Mayonnaise (Rapeseed oil, Water, Curry Paste (7.4%) (Rapeseed Oil, Water, Coriander, Salt, Rice Flour, Turmeric, Fenugreek, Black Pepper, Cumin, Acidity Regulators: Acetic Acid, Citric Acid; Garlic Powder, Spice Extracts, Flavourings, Colours: Paprika Extracts, Curcumin; Emulsifier, Polysorbate 80), Pasteurised EGG Yolk (6.3%), Spirit Vinegar, Sugar, Salt, Stabilisers: Guar Gum, Xanthan Gum], Pulled Chicken, Sultanas [Sultanas, Sunflower Oil]), Malted Bread [WHEAT Flour (Calcium, Iron, Niacin Thiamine), Water, Malted WHEAT Flakes, WHEAT (Bran), Yeast, WHEAT (Gluten), BARLEY Malt Flour, Salt, Emulsifiers (E472e, E471), Rapeseed Oil, Flour Treatment Agent (E300)], Pumpkin Seeds),

**Egg & Cress Finger Sandwich:** (25%) (EGG & Cress Mix [EGG Mayonnaise (93%) (EGG, Mayonnaise (Rapeseed Oil, Water, Free Range EGG, Spirit Vinegar, Sugar), Cracked Black Pepper), Cress (7%)], Wholmeal Bread [SOYA] [Wholemeal WHEAT Flour, Water, Yeast, Salt, Emulsifier (E472e), Preservative (E282), Rapeseed Oil, Flour Treatment Agent (E300)]),

**Cheese & Chutney Finger Sandwich:** (25%) (Malted Bread [WHEAT Flour (Calcium, Iron, Niacin Thiamine), Water, Malted WHEAT Flakes, WHEAT (Bran), Yeast, WHEAT (Gluten), BARLEY Malt Flour, Salt, Emulsifiers (E472e, E471), Rapeseed Oil, Flour Treatment Agent (E300)], Lancashire Cheese & Mayo mix 2 [Lancashire Cheese (Pasteurised Cow's MILK, Starter, Non Animal Rennet, Salt (contains anti caking agent E535)], Full Fat Mayo (Rapeseed Oil, Water, Salted EGG Yolk (EGG Yolk, Salt), Liquid Sugar (Sugar, Water), Spirit Vinegar, Salt, Stabilisers: Guar Gum, Xanthan Gum, Preservative: Potassium Sorbate, Lemon Juice), Red Onion Chutney [Rehydrated Red Onions (49%) (Water, Red Wine Vinegar [Red Wine Vinegar, Preservative (SULPHUR DIOXIDE)], Kibbled Onion), Red Onion (20%), Demerara Sugar, Muscovado Sugar, Red Wine Vinegar [Red Wine Vinegar, Preservative (SULPHUR DIOXIDE)], Modified Tapioca Starch, Salt, Black Pepper.])

**Spiced Cauliflower Sandwiches:** Malted Bread [WHEAT Flour (Calcium, Iron, Niacin Thiamine), Water, Malted WHEAT Flakes, WHEAT (Bran), Yeast, WHEAT (Gluten), BARLEY Malt Flour, Salt, Emulsifiers (E472e, E471), Rapeseed Oil, Flour Treatment Agent (E300)], Lancashire Cheese & Mayo mix 2 [Lancashire Cheese (Pasteurised Cow's MILK, Starter, Non Animal Rennet, Salt (contains anti caking agent E535)], Full Fat Mayo (Rapeseed Oil, Water, Salted EGG Yolk (EGG Yolk, Salt), Liquid Sugar (Sugar, Water), Spirit Vinegar, Salt, Stabilisers: Guar Gum, Xanthan Gum), Cauliflower Bhaji Bites [Cauliflower, Chickpea, Onion, Gram Flour, Tomato Flake, Rapeseed Oil, Salt, Fenel Seeds, Nigella Seeds, Purato, Black Pepper, Cayenne Pepper, Cumin, Coriander, Ground Fennel, Cassia, Star Anise, Cloves, Mace, Nutmeg, Green Cardamom, Rose Petals, Black Cardamom], Mango Chutney [Sugar, Mangoes, Salt, Acidity Regulator (E260), Garlic, Ginger, Chilli], Pumpkin Seeds),

**Cream cheese and Cucumber sandwiches:** (White Bread [WHEAT Flour (Calcium, Iron, Niacin, Thiamine), Water, Yeast, Salt, Emulsifier (E472e), Preservative (E282), Rapeseed Oil, Flour Treatment Agent (E300)], Cucumber, Low fat Cream Cheese [ (MILK) ],

### Celebration Loaf Cake

515 kcal  
Vanilla Frosting (Sugar, Vegetable Oils (Palm, Rapeseed), Water, Humectant (Sorbital Syrup), Skimmed MILK powder, Cream Cheese Powder (MILK): 3.5%, Citric Acid, Salt, Emulsifier (Polysorbate 60), Preservative (Potassium Sorbate), Natural Flavouring), WHEAT Flour (WHEAT Flour (gluten), Calcium Carbonate, Iron, Niacin, Thiamin, Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate), Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono and Diglycerides of Fatty Acids; Flavouring, Colours: Annatto Bixin, Curcumin), Pasteurised EGG, Raspberry Jam (Glucose Syrup, Sugar, Concentrated Raspberry Purée, Water, Gelling Agent: Pectin, Acidity Regulators: Citric Acid, Trisodium Citrate, Colour: Anthocyanin), Sprinkles (Icing Sugar (sugar, starch), Maize Starch, Unhydrogenated Vegetable Fat (palm), Water, Emulsifier (Rapeseed Lecithin), Colour ( E129, E102, E132, E110, E122, E124, E104, E151), Glaze (Glazing Agents (Shellac, Acacia Gum), Sugar (WHEAT, RYE, MILK, EGG, SOYA, CELERY)), MILK Glycerine E422, Vanilla Flavouring, Preservative (E202 Potassium Sorbate, E282 Calcium Propionate, Maize Starch).

### Salted Caramel Pretzel Loaf Cake

374 kcal  
WHEAT Flour (WHEAT Flour (GLUTEN), Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate, Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Distilled Monoglyceride, Natural Vegetable Colours: Annatto; Curcumin, Natural Flavouring), Pasteurised EGG, Caramel (14%) [Sweetened Condensed Skimmed MILK, Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Butter (MILK), Sugar, Emulsifier: Mono- And Di-Glycerides Of Fatty Acids, Stabiliser: Pectin, Salt, Natural Flavouring), Pretzel (6%) (WHEAT Flour (GLUTEN), Salt, Vegetable Oil (Corn Oil, Sunflower Oil, Canola Oil, Palm Oil), Yeast, Acidity Regulators (Citric Acid, Lactic Acid), Sodium Bicarbonate), MILK, Treacle (Cane Molasses, Cane, Beet), Glycerine E422, Vanilla Flavouring (E1520 E415 E330 E202, Toffee Flavouring (Propylene Glycol, Ethanol, Flavouring, Colour 105c), Preservative (E202 Potassium Sorbate, E282 Calcium Propionate, Maize Starch), Salt E535

Vegetarian **V** Vegan **VG**

Allergy Advice: For allergens, see ingredients in **BOLD**.

Adults need around 2000 kcal a day. Kcal information provided is per serving/portion.

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 food allergy or special dietary requirements.