

# Menu

**V&W**

**AVANTI**  
WEST COAST  
**FIRST**





# Breakfast

## **The Great British Breakfast** (659 kcal)

British bacon, pork and parsley sausage, and Lancashire black pudding served with portobello mushroom, roasted tomato and scrambled eggs.

## **Classic Bacon Sandwich** (406 kcal)

Thick cut British bacon on granary bread.

## **Breakfast Hash** **VG** (211 kcal)

A potato mix blended with mushrooms, semi-dried tomatoes, onion, kale, cumin and paprika.

## **Smoked Salmon & Scrambled Eggs** (169 kcal)

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

## **Fresh Fruit Salad Bowl** **VG** (144 kcal)

A selection of freshly prepared seasonal fruit offered with a drizzle of refreshing syrup.

## **Porridge Bowl** **V** (232 kcal)

Traditional creamy porridge served with an option of honey and/or sliced banana. (395 kcal).

Adults need around 2000 kcal a day.

Kcal information provided is per serving/portion.

**V** Vegetarian

If you're making a short trip with us, we may not have the full menu available. If you're travelling between London and Milton Keynes, then you'll only have time for a drink. All items on the menu are subject to availability.

**VG** Vegan



### **View calories, allergens and ingredients online**

Simply scan this QR code to view on your mobile device.

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.

## Rest of the day

### Grilled Ham & Cheese Croque Monsieur (426 kcal)

A generous toasted bloomer bread sandwich filled with premium ham, mozzarella cheese and topped with a creamy bechamel sauce.

### Vegetable Noodle Bowl **VG** (187 kcal)

A selection of fresh stir-fried seasonal vegetables in a sweet aromatic hoisin sauce, served with soft vegan noodles.

### Summer Salad **VG** (87 kcal)

A freshly chopped mix of tomato, cucumber, red onion, coriander, sweetcorn & chickpeas served on a bed of crisp salad leaves and offered with a drizzle of chilli & lime dressing.

### Charcuterie Grazing Plate (797 kcal)

Milano salami and Italian coppa served with Mrs Kirkham's Lancashire cheese, Orsom Red Lester cheese, sourdough & charcoal crackers, olives and sundried tomatoes.

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## Fancy something sweet?

### A Chocolate Treat **V** (100 kcal)

Crunchy biscuit cocoa cookie nuggets smothered in the same smooth (but knobbly) Lily O'Brien's milk chocolate.

### Mini Loaf Cake **V** (374-515 kcal)

A hand decorated mini loaf cake.



### Afternoon Tea (900 kcal)

(Available between 14.00 & 17.00)

A classic selection of sandwiches and warm scone served with jam and clotted cream.

Vegetarian? Just let us know, we have a selection of finger sandwiches just for you. (886 kcal)

Fancy something lighter? You can just choose a selection of sandwiches or a cream tea if you'd prefer.



## Hot drinks

Freshly Brewed Coffee (2 kcal)

Decaf Coffee (0 kcal)

English Breakfast Tea (1 kcal)

Earl Grey Tea (1 kcal)

Green Tea (1 kcal)

Worker Bee Hot Chocolate (90 kcal)

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## Soft drinks

Cawston Press Orange or Apple Juice (120 kcal)

Wenlock Spring Water

Pepsi Max (1 kcal)

Fever Tree Lemonade (52 kcal)

Fever Tree Tonic (42 kcal) or Light Tonic (23 kcal)

Fever Tree Ginger Ale (27 kcal)

Remedy Raspberry Lemonade Kombucha (7 kcal)

The Pickle House Spiced Tomato Mix (40 kcal)



## Alcoholic drinks

### Forest Gin

*An exclusive blend for Avanti West Coast*

### Manchester Gin

*Raspberry Infused with Sicilian Lemon Tonic*

### Vodka

### East London Liquor Company

*Vodka & Rhubarb*

### Famous Grouse Whisky

### Red Wine

### White Wine

### Prosecco

### Becks Lager

### Caple Road Cider

### Camden Ale

## Suppliers along our route

We've teamed up with a lovely bunch of local suppliers, handpicked to deliver some of your delicious and responsibly sourced refreshments onboard. Most can be found along our route which helps to reduce our footprint, minimise food waste and work together on more sustainable packaging.



## Our supplier stories

### Forest Distillery

This unique distillery is based out of a 17th century barn, nestled 1200ft above sea level in the Peak District National Park. We've collaborated with the team at Forest Distillery to create a unique gin blend which can be found in First Class called Forest to First. Try some today with a dash of refreshing tonic.

### Change Please

Change Please are an award-winning social enterprise founded in 2015. They train people affected by homelessness as baristas and support them with accommodation, mental wellbeing and onward employment. We serve their coffee onboard and every cup you enjoy will change lives.

### Mrs Kirkham's Lancashire Cheese

Located just four miles from our railway line in the heart of Lancashire, Mrs Kirkham has made her traditional cheese for over 60 years. Now the reins are held by her son, Graham, who continues to make the cheese on a daily basis using the same traditional technique handed down to him.

### The Pudding Compartment

Not far from our tracks in North Wales, Steve and the team at The Pudding Compartment are busy creating the apple and cinnamon muffin, lemon shortbread and choc chip banana bread for our lounges, plus the Mini Loaf Cakes served onboard and in lounges. They support many other businesses in the area by buying lots of their ingredients locally.