

# Ingredients & Allergen Menu

Euston First Class Lounge Allergen & Ingredients Menu – 11<sup>th</sup> June:

## Breakfast

### Loaded Rye Bread

Rye bread: Wholegrain **RYE** Meal\*, Water, Sourdough\* (Wholegrain **RYE** Meal\*, Water, Flax seeds\* (5%), Chia Seeds (salvia hispanica)\* (2.5%), Sea Salt. \*certified organic ingredients. Per serving 150 kcal

Smoked Salmon: Salmon (**FISH**) (96%) (Salmo salar), Salt, Sugar, Oak Smoke). Per serving 73 kcal.

### Full Fat Cream Cheese: **V**

Ingredients: Medium fat soft cheese (**MILK**), salt, stabilisers (locust bean gum, carrageenan), acid (citric acid). Per serving 16.7g -38 kcal

### Smashed Avocado: **V**

Avocado (68%), Vine Tomato, Lemon Juice [**SULPHUR DIOXIDE**] [Lemon Juice (Water, Concentrated Lemon Juice), Preservative (Metabi**SULPHITE** )], White Wine Vinegar [White Wine Vinegar, Preservative (E224) (**SULPHITES**)], Basil). Per serving 57 kcal.

### Bakery

#### Apricot Danish: **V**

Croissant Dough (60%) (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (**MILK**), Water, Pasteurised Whole **MILK**), Sugar, Salt, Yeast, Flour Treatment Agent: E300, Apricot (18%) (Dried Apricots, Rice Flour, Preservative: **SULPHUR DIOXIDE**), Crème Patisserie (Water, Sugar, Modified Starch, Whey Powder (**MILK**), Whey Permeate (**MILK**), Dextrose, Skimmed **MILK** Powder, Emulsifier: E401, Preservative: E202, Emulsifier: E450(iii), Glucose Syrup, **WHEAT** Starch, Salt, Flavours, Colour: E160(a), **MILK** Protein, Palm Fat, Stabiliser: E451), Glaze (Water, Glucose - Fructose Syrup, Pea Protein, Sugar, Dextrose, Acidity Regulators: E330, E332, E341(iii), Colour: E160(a), Natural Lime Flavouring, Gelling Agent: E440, Preservative: E202). Per serving 190 kcal.

#### Apple Danish: **V**

Croissant Dough (61%) (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (**MILK**), Water, Pasteurised Whole **MILK**), Sugar, Salt, Yeast, Flour Treatment Agent: E300, Apple and Cinnamon Compote (22%) (Apple, Brown Sugar, Cinnamon), Pastry Cream (Water, Sugar, Modified Starch, Whey Powder (**MILK**), Whey Permeate (**MILK**), Dextrose, Skimmed **MILK** Powder, Emulsifier: E401, Preservative: E202, Emulsifier: E450(iii), Glucose Syrup, **WHEAT** Starch, Salt, Flavours, Colour: E160(a), **MILK** Protein, Palm Fat, Stabiliser: E451), Glaze (Water, Glucose - Fructose Syrup, Pea Protein, Sugar, Dextrose, Flavouring, Gelling Agent: E440, Acidity Regulators: E330, E332, E341(iii), Preservative: E202, Colour: E160(a)). Per serving 190 kcal

### Breakfast Muesli Bar **VG GF**

308 kcal

Gluten Free **OATS**, Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Distilled Monoglyceride, Natural Vegetable Colours: Annatto, Curcumin, Natural Flavouring), Golden Syrup, Sugar, Sultanas, Sunflower seeds, Pumpkin seeds, Cranberries, Inulin, Cinnamon.

Factory handles all other allergens.

### Bakery

#### Plain Croissant: **V**

Fortified Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (**MILK**) (24%), Water, Whole **MILK**, Glaze (Water, Pea Protein, Dextrose), Sugar, Salt, Yeast, Flour Treatment Agent: E300. Per serving 340 kcal

#### Cinnamon bun: **V**

Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (**MILK**), Free Range Whole **EGG**, Cinnamon Filling (14%) (Unsalted Butter (**MILK**), Dark Soft Sugar, Cinnamon), Sugar, Glaze (Water, Sugar, Glucose Syrup, Gelling Agent: E440, Acidity Regulator: E330, Flavouring, Preservative: E202, Colour: E160(c), Carrot Extract), Honey, Yeast, Salt, Flour Treatment Agent: E300. Per serving 449 kcal.

#### Vegan chocolate chip banana cake: **VG**

Banana (Potassium, Vit B6, Vit C), **WHEAT** Flour (**GLUTEN**), Sugar, Dark Chocolate, Natural Vanilla Flavouring (**SOYA**), Water, Vegetable Oil, Raising Agent, E450i, E500i, E516 (**WHEAT**), Vanilla, E1520, E415, E330, E202, Salt, E535, Preservative (E202 Potassium Sorbate, E282 Calcium Propionate), Maize Starch. Per serving 326 kcal.

#### Apple and cinnamon muffin: **V**

Apple Flake 18% ((**SULPHUR DIOXIDE**), Dextrose, Maize, Citric Acid, Potassium Sorbate, Sugar), **WHEAT** Flour (Baking Powder, E500, E341) (**GLUTEN**), Sugar, Vegetable Oil, Water, **EGG**, Cinnamon Spread 7% (Sugar, **WHEAT** Flour (**GLUTEN**), Calcium, Niacin, Iron, Thiamon, Water, Vegetable Oil, Humectant (Glycerol), Spices 4%, Salt, Preservatives, Natural Flavouring), Muesli topping (**OATS**, Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Distilled Monoglyceride, Natural Vegetable Colours: Annatto, Curcumin, Natural Flavouring), Syrup, Sugar, Sultanas, Sunflower Seeds, Pumpkin Seed, Cranberries, Fibre, Cinnamon), **MILK**, Salt, E535. Per serving 434 kcal. Factory handles all other allergens.

### Fresh Fruit Salad Bowl **VG**

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.

### Porridge **V**

232 kcal

Gluten free wholegrain **OATS** (73%), skimmed **MILK** powder.

**Honey**: Pure Honey. Per serving 80 kcal

## Rest of the day

### Garlic and Basil Olives **VG**

38 kcal

Halkidiki Olives 90%, Rapeseed Oil 5%, Basil 3%, Garlic Olives 2%, Lemon juice (traces), white wine vinegar (traces), salt (traces). Per 100g - 199 kcal.

### Truffle and Pecorino Nut Mix **V**

318 kcal

**ALMONDS** (32%), **CASHEWS** (30%), **PECANS** (16%), **MACADAMIAS** (8%), Grated Pecorino Cheese (**MILK**), Sugar Syrup, Salat, Truffle Flavouring. Per 100g - 636 kcal.

### British Cheese Selection **V**

783 kcal

#### Cheeses:

Shropshire Blue Cheese (Cow's **MILK**, Colour: Annatto Norbixin), Kirkhams Lancashire Red cheese (Raw Cow's **MILK**, Colour: Annatto Norbixin), Blackstone Cheddar (**MILK**). Per serving 306 kcal.

#### Chutney:

Apple (46%), Sugar, White Wine Vinegar, Onion, Sultanas, Soft Brown Sugar, Cider (2%), Gelling Agent: Fruit Pectin, Ginger, Salt, Citric Acid. Acidity Regulator. Per serving 38 kcal.

#### Charcoal wafers:

Stonaground 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 sufferer. Charcoal wafers x 3 ~ 262 kcal.

#### 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.

Crispbread Peters Yard original: x 3 ~ 100 kcal.

**Butter**: Fresh cow's 40% butterfat cream (**MILK**). Per serving 77 kcal.

#### 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 serving - 100 kcal pack.

### Uglie Chocolate **V**

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 **VG**

98 kcal

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

### Chocolate Brownie **V GF**

272 kcal

Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Free Range Pasteurised Whole **EGG**, Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Milk Chocolate (11%) [Sugar, Whole **MILK** Powder, Cocoa Butter, Cocoa Mass, Whey Powder (**MILK**), Emulsifier (**SOYA** lecithin), Vanilla Extract], Dark Chocolate (10%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**SOYA** lecithin), Vanilla Extract], Cocoa Powder, Flavouring, Preservative (Potassium Sorbate).

Made in a factory processing Nuts.

### Sicilian Lemon Shortbread **V**

217 kcal

**WHEAT** Flour (**GLUTEN**), Butter, Salt (**MILK**), Sugar, Natural Lemon Flavouring, Lemon Zest.

Made in a factory which processes nuts, peanuts, soya, and sulphur dioxide.

### Macaron Selection **V**

50 kcal per macaron

#### Coffee macaron:

Sugar, **ALMOND**, **EGG** White, Butter (**MILK**), Egg, Maize Starch, Cream (**MILK**), Coffee Extract (1%) (Flavouring, Glucose, Sugar), Stabiliser (Carrageenan, Xanthan Gum), Colour (Plain Carmell), Emulsifier (Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator (Citric Acid), Foaming Agent (Triethyl Citrate).

#### Chocolate macaron:

Sugar, **ALMOND**, **EGG** White, Chocolate (11%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**SOYA** Lecithin)], Cream (**MILK**), Stabiliser (Carrageenan, Xanthan Gum), Emulsifier (Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Butter (**MILK**), Maize Starch, Malted **BARLEY** Extract, Invert Sugar Syrup (Sugar, Water), Colour (Beetroot Red), Cocoa Powder, Acidity Regulator (Citric Acid), Foaming Agent (Triethyl Citrate).

#### Pistachio macaron:

Sugar, **ALMOND**, **EGG** White, Butter (**MILK**), **EGG**, **PISTACHIO** Paste (2%) (**PISTACHIO** Nuts, Sugar Syrup, Water, Flavouring), Maize Starch, Stabiliser (Carrageenan, Xanthan Gum), Cream (**MILK**), Acidity Regulator (Citric Acid), Emulsifier (Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Foaming Agent (Triethyl Citrate), Colours (Curcumin, Copper Complexes of Chlorophyllins, Riboflavin-5-phosphate), Water.

#### Raspberry macaron:

Sugar, Raspberry Filling [Raspberries (7%), Sugar, Gelling Agents (Sodium Alginate, Pectin), Glucose-Fructose Syrup, Acidity Regulator (Citric Acid)], **ALMOND**, **EGG** White, Colour (Beetroot Red), Maize Starch, Acidity Regulator (Citric Acid), Stabiliser (Xanthan Gum), Foaming Agent (Triethyl Citrate).

#### Vanilla macaron:

Sugar, **ALMOND**, **EGG** White, Butter (**MILK**), **EGG**, Maize Starch, Cream (**MILK**), Stabiliser (Carrageenan, Xanthan Gum), Emulsifier (Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator (Citric Acid), Foaming Agent (Triethyl Citrate), Vanilla Flavouring.

#### Lemon macaron:

Sugar, **ALMOND**, **EGG** White, Butter (**MILK**), **EGG**, Maize Starch, Lemon Concentrate (1%) [Lemon Concentrate, Acidity Regulator (Citric Acid), Lemon Oil], Cream (**MILK**), Stabiliser (Carrageenan, Xanthan Gum), Colour (Curcumin), Emulsifier (Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator (Citric Acid), Foaming Agent (Triethyl Citrate).

### Cream Tea **V**

485 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:

Pasteurised Cow's **MILK** (100%).

Per serving 266 kcal.

#### Jam:

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

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

### Salted Caramel Pretzel Loaf Cake **V**

337 kcal

Caramel [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] (**GLUTEN**), **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate. (**GLUTEN**)), Caster Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono and Diglycerides of Fatty Acids; Flavouring: Colours: Annatto Bixin, Curcumin.), **EGG**, Pretzel (**WHEAT** Flour (**GLUTEN**)), Salt, Vegetable Oil (Corn Oil, Sunflower Oil, Canola Oil, Palm Oil), Yeast, Acidity Regulators (Citric Acid, Lactic Acid), Sodium Bicarbonate), **MILK**, Cold Treacle (Cane Molasses and Inverted Sugar Syrup), Glycerine (derived From Rapeseed), Vanilla Flavouring, (Flavouring Components), Toffee Flavouring (Propylene Glycol, Ethanol, Flavouring, Colour 105c), Salt, Anti-caking Agent: Sodium Ferrocyanide, Preservative (E202, E282), Maize Starch.

### Celebration Loaf Cake **V**

515 kcal

Vanilla Frosting (Sugar, Vegetable Oils (Palm, Rapeseed), Water, Humectant (Sorbitol 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, Un Hydrogenated Vegetable Fat (palm), Water, Emulsifier (Rapeseed Lecithin), Colour (E129, E102, E132, E110, 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). Per serving 515 kcal.

**V** Vegetarian **VG** Vegan **GF** Gluten Free

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.