

Ingredients & Allergen Menu

Pendolino First Class Allergen & Ingredients Menu – 11th 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, dextrase, **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.

Black pudding:

Pigs blood, cooked pearl **BARLEY**, pork fat, onion, rusk(**WHEAT** flour, salt, calcium carbonate, iron, niacin, thiamin) salt, **OATMEAL**, salt, herbs & spices (**CELERY**). Filled into beef casings. Per serving 43 kcal.

Fried egg:

EGG, Vegetable oil. Per serving 100 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.

HPBrown 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.

HPBrown 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 **OAT**FLAKES (100%) **OATS**. Semi-skimmed **MILK**. May contain: Wheat and Barley.

Breakfast Hash

211 kcal

Hash: Vegan Potato Hash (88%) (Potatoes (Sodium **METABI**SULPHITE), 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

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.

Rest of the day

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, Dextrase, 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, **SOY**bean Paste (Water, **SOYA** Bean, Rice, Salt), Garlic Puree, Modified Maize Starch, Colour Palm 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 [**SOYA**bean 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 (Meat Coppa (96.2%), Salt, Natural Flavouring, Acidity Regulator: Ascorbic Acid, Preservative: Potassium Nitrate).

Milano Salami Sliced (Pork, Salt, Natural Flavouring, Dextrase, Sugar, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrate).

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-fried 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** Flour, 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, Dextrase, Dried Yeast, Acidity Regulator: Sodium Hydroxide.

White Chocolate & Passionfruit Tart

443 kcal

Sweet Potato Case (35%) (**WHEAT** Flour (Calcium Carbonate E170, Iron, Nicotinamide, Thiamine), Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt, Emulsifier E471, Colours E160b, 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 (E471), Passionfruit Puree with Seeds, Glucose Syrup, Water, Sugar, Lemon Juice, Thickeners Modified Starch E1442, Gelling Agent Pectin, Preservative Potassium Sorbate E202, Colour Natural E161b), Pasteurised Whipping Cream (13%) (from **MILK**), Unsalted Butter (**MILK**) (4.6%), Vanilla Paste (Pure Cane Sugar, Water, Pure Madagascar Bourbon Vanilla Extract, Vanilla Bean Specks and Gum Tragacanth).

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.

Afternoon Tea

Mixed selection 900 kcal

Vegetarian selection 886 kcal

Cream Tea: 486 kcal

Plain score:

Flour (**WHEAT**) (gluten), Water, Sugar, Raising Agent, Vegetable Fat (Palm Oil), Vegetable Oil (Rapeseed), Starch, Dextrase, **BUTTER****MILK** 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.

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 (E472e, 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, 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%), Wholemeal 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)], Coronation Mayonnaise (bid) [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), Cauliflower Bhaji Bites [Cauliflower, Chickpea, Onion, Gram Flour, Potato Flake, Rapeseed Oil, Salt, Fennel Seeds, Nigella Seeds, Turmeric, 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 (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**, Rapeseed Jam (Gelling Agent: Syrup, Sugar, Concentrated Raspberry Puree, Water, Emulsifier 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, E122, E124, E104,E151), Glaze (Glazing Agents (Shellac, Acacia Gum), Sugar) (**WHEAT** Flour, **MILK** **EGG**, **SOYA**, **CELERY**)), **MILK** Glycine E422, Vanilla Flavouring, Preservative (E202 Potassium Sorbate, E282 Calcium Propionate, Maize Starch).

Salted Caramel Pretzel Loaf Cake

337 kcal

Caramel (Sweetened Condensed Skimmed **MILK**, Glucose Syrup (**SULPHITES**), Invert Sugar, 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**, Black 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.

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WEST COAST
FIRST

