

Ingredients & Allergen Menu

Regional First Class Lounge Allergen & Ingredients Menu – 11th June:

Breakfast

Porridge **V**

232 kcal

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

Honey: Pure Honey. Per serving 80 kcal

Apple and Cinnamon Muffin **V**

434 kcal

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, Thiamin, 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

Factory handles all other allergens.

Vegan Chocolate Chip Banana Cake **VG**

232 kcal

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.

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.

Rest of the day

Sea Salt & Black Pepper Popchips **GF** **VG**

94 kcal

59% Dried Potatoes, Sunflower Oil, Seasoning (Rice Flour, Maltodextrin, Sea Salt, Black Pepper, Garlic Powder, Sugar, Yeast Extract, Acid: Citric Acid, Spice Extract), Rice Flour, Potato Starch, Sunflower Oil, Sea Salt

Garlic and Basil Olives **VG**

55 kcal

Olives, olive oil (4.9%), sea salt, acidity regulator: lactic acid (E-270), garlic (0.3%), thyme (0.25%).

Rosemary & Thyme Pitta Chips **VG**

133 kcal

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Rapeseed Oil, Olive Oil (6%), Sea Salt, Rosemary (1%), Thyme (1%), Black Pepper, Yeast. Produced in a factory that handles milk ingredients.

Vegan Chocolate Chip Banana Cake **VG**

232 kcal

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.

Made in a Bakery that processes peanuts, nuts, soya and sulphur dioxide.

Lemon Shortbread **V**

217 kcal

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

Made in a Bakery that processes peanuts, nuts, soya and sulphur dioxide.

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.

Salted Caramel Pretzel 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**, 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.

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, 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). Per serving 515 kcal.

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.

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.

AVANTI
WEST COAST
FIRST

