

Ingredients & Allergen Menu

Voyager & Weekends First Class Allergen & Ingredients Menu – 11th June:

Breakfast

The Great British Breakfast

655 kcal

Grill:

Grill: Dry Cure British Bacon (24%) (Pork, Salt, Sugar, Preservatives: Potassium Nitrate, Sodium Nitrate, Antioxidant E301); Pork & Parsley Sausage (20%) (Pork (65%), Water, Rusk (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt), Pork Fat, Seasoning (Salt, Dextrose, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Stabiliser E451, Preservative E221 (SULPHITES), Flavour Enhancer E621, Spices (White Pepper, Black Pepper, Cayenne Chili), Flavourings (SULPHITES), Yeast Extract, Spice Extracts (Black Pepper, Nutmeg, Capsicum, Ginger), Sunflower Oil, Maltodextrin, Antioxidants E307&E304, Acid E330, Colour E120), Dried Parsley); Tomato (20%); Portobello Mushroom (20%) (Portobello Mushroom, Extra Virgin Olive Oil, Salt, Black Pepper); Black Pudding (14%) (Pigs Blood, Cooked Pearl BARLEY, Pork Fat, BARLEY Flour, Bacon (Pork, Water, Salt, Preservatives (Sodium Nitrite, Sodium Nitrate), Antioxidant Sodium Ascorbate), Rusk (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Salt, Raising Agent Ammonium Carbonate), Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Herbs, Spices, Dried Onion) Rapeseed Oil. Per serving 536 kcal.

Cooked Scrambled EGG (80%) (Intensive Pasteurised Whole EGG, Water, Rapeseed Oil, Cornflour, Skimmed MILK Powder, Lemon Juice Concentrate, Salt, White Pepper), Bechamel Sauce (20%) (Skimmed MILK, Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Vegetable Extract, Tomato Powder, Louage), Palm Oil, Modified Maize Starch, Salt, Emulsifier (SOYA Lecithin). Per serving 119 kcal

Factories handles all other allergens except PEANUTS.

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:

MILK. Per portion 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

Breakfast Hash

211 kcal

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 Curmin, Thyme, Black Pepper, Hot Smoked Paprika); Semi-dried Tomato (12%) (Tomato, Sunflower Oil, Garlic Flakes, Salt, Oregano, Citric Acid, Ascorbic Acid).

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

192 kcal

Cooked Scrambled EGG (80%) (Intensive Pasteurised Whole EGG, Water, Rapeseed Oil, Cornflour, Skimmed MILK Powder, Lemon Juice Concentrate, Salt, White Pepper), Bechamel Sauce (20%) (Skimmed MILK, Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Vegetable Extract, Tomato Powder, Louage), Palm Oil, Modified Maize Starch, Salt, Emulsifier (SOYA Lecithin). Per serving 119 kcal.

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

Porridge

232 kcal

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

Croissant

210 kcal

WHEAT Flour, Water, Butter (MILK) 18.0%, Sugar, Yeast, Salt, WHEAT GLUTEN, Emulsifier (E472e), Enzymes, Flour Treatment Agent (E300). Per serving 210 kcal.

Chuckleberry Jam:

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

Tip tree jam:

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

Honey:

Pure Honey (80 kcal)

Netherend Butter:

Fresh cow's 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, Dextrose, Tapioca Starch, Stabilisers (E451, E450) Salt, Yeast Extract, Antioxidant (E301), Potato Fibre, Preservative (E250)), Salt, Waxy Maize Starch], Bechamel 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

178 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, Cornflour, Potato Starch, Vegetable Powders (Onion, Carrot, Pea), Flavouring, Tomato Powder, Palm Oil, Black Pepper, Dried Parsley, Ground Turmeric, Colour Ammonia Caramell), 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

Charcuterie plate:

Italian Coppa Sliced (Meat Coppa (96.2%), Salt, Natural Flavouring, Acidity Regulator: Ascorbic Acid, Preservative: Potassium Nitrate).

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, Autolyzed Yeast, Salt, Modified 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.

Salted Caramel Pretzel Loaf Cake

337 kcal

Caramel (Sweetened Condensed Skimmed MILK, Glucose Syrup (SULPHITES), Inert 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), Concoct 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 Inerted 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.

Afternoon Tea

Mixed selection 900 kcal

Vegetarian selection 886 kcal

Cream Tea: 486 kcal

Plain scones:

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.

Jam:

Tip tree 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 Mayo (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 Mayo (93%) (EGG, Mayo (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 Mayo (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)].

Penn Pretzels

98 kcal

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

Uglie Chocolate

100 kcal

Milk Chocolate 76% [Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavour], Cocoa Flavour 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.

Celebration Loaf Cake

515 kcal

Vanilla Flavouring (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.

V Vegetarian **VG** Vegan

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 allergen information and that you inform us if you have food allergy or special dietary requirements.

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FIRST

