

# Menu

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





Travelling bright and early on the 08:00 train from Glasgow or the 08:52 from Edinburgh? Please check our allergens & ingredients menu page for products with \*. These dishes may differ from those listed below

## Breakfast

### Lighter Choices

Perfect for a shorter journey

#### **Toast with Butter & Preserves** (166 - 252 kcal)

Toasted white or granary bloomer bread offered with cultured butter, jam, marmalade or honey. Our bread is vegan and a vegan spread is available.

#### **Classic Bacon Sandwich\*** (498 kcal)

Thick cut smoked British bacon on granary bread.

#### **Granola Bowl** (365 kcal)

Greek style yogurt with strawberry compote and a luxury granola mix including gluten free oats, coconut flakes, pumpkin seeds & cinnamon.

#### **Porridge Bowl\*** (271 kcal)

Traditional creamy porridge served on its own or with a choice of toppings.

Banana & honey (420 kcal)

Strawberry compote (287 kcal)

## Larger Plates

#### **The Great British Breakfast\*** (544 kcal)

Smoked British bacon, pork and parsley sausage, mushrooms and Lancashire black pudding served with roasted tomato and a fried egg.

#### **Smoked Salmon with Scrambled Eggs\*** (319 kcal)

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

#### **Breakfast Hash** (202 kcal)

A hearty dish of chopped fried potatoes with sun blushed tomatoes and a vegan black bean and tomato sausage, seasoned with herbs and spices.

You can add a fried egg if you'd prefer a vegetarian option. (287 kcal)

Adults need around 2000 kcal a day.

Kcal information provided is per serving/portion.

 **Vegetarian**

If you're making a short trip with us, we not have the full menu available but you will have time for a drink. All items on the menu are subject to availability.

 **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

### Lighter Choices

Perfect for a shorter journey

#### Popchips **V** (60 kcal)

Sour cream and onion chips.

#### Cauliflower Rice Salad **VG** (238 kcal)

Riced cauliflower with crunchy bites of red pepper, sweetcorn and edamame beans with salad leaf and served with a ginger and soy dressing.

#### Charcuterie Grazing Plate (616 kcal)

A delicious plate of Milano salami, Iberian chorizo, Mrs Kirkham's Lancashire cheese, Red Lester cheese and basil & garlic olives, served with Rubies in the Rubble West Coast apple chutney and sourdough & charcoal crackers.

Gluten Free oatcakes are available on request. (513 kcal)

#### Lemon Shortbread Biscuit **V** (211 kcal)

Handmade, hand-wrapped, melt in the mouth shortbread. Made in North Wales, just a stone's throw from the railway track.

#### Luxury Marbled Chocolate **V** (76 kcal)

A fusion of dark and white chocolate.

## Larger Plates

#### Cheese & Tomato Croque **V** (424 kcal)

A generously filled toasted bloomer sandwich with melting Cheddar cheese, tangy tomato relish and slices of tomato, topped with a creamy béchamel sauce and finished under the grill.

#### Chicken Fricassée (217 kcal)

Tender pieces of British chicken in a light thyme, lemon and red wine sauce with mushrooms, green beans and roasted baby new potatoes. Seasoned with sea salt, cracked black pepper and a sprinkle of parsley.

#### Raspberry Tart **V** (257 kcal)

Sweet, all butter pastry baked to perfection, filled with rich crème pâtisserie and topped with fresh raspberries.



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**V** Vegetarian

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**VG** Vegan



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## 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 (0 kcal)

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 (30 kcal)



## Alcoholic drinks

### Forest Gin

*An exclusive blend for Avanti West Coast*

### Manchester Gin

*Raspberry Infused with Sicilian Lemon Tonic*

### The Lakes Vodka

### Famous Grouse Whisky

### Red Wine

### White Wine

### Prosecco

### Becks Lager

### Caple Road Cider

### Camden Ale

### Guest Beer

*From time to time, we will have a guest beer available, supporting one of the many small businesses along our route.*

*Please ask what's on board today*

## 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. By the end of 2022, the partnership between Avanti West Coast and Change Please has helped 84 people experiencing homelessness since launching in 2018.

### 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 cakes and biscuits served on board and in our shop. They support many other businesses in the area by buying lots of their ingredients locally.

**Pendolino M-F**