

The Great British Breakfast\*

Bacon (87%); Water; Salt; Antioxidant: E301; Preservatives: E250, E252.], Tomatoes, Mushrooms (Butter **MILK**), **EGGS**, Pork And Parsley Sausage [Pork(61%), water, Rusk(**WHEAT** Flour(calcium Carbonate, Iron, Niacin, Thiamine), salt), seasoning [salt, Dextrose, **WHEAT** Flour (calcium Carbonate, Iron, Niacin, Thiamine), 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]. Potato bites (82%), Vegetable oils (rapeseed, sunflower, in varying proportions), Potato starch, Onion, Potato flakes, Salt, Pea fibre, Dextrose, Flavouring (Onion extract), Spice., KTC Veg Oil (1.2%) [**SOYA**bean Oil (produced From Genetically Modified **SOYA**), Anti Foaming Agent: Dimethyl Polysiloxane (E900)]. Swiss Chard.

Swiss Chard may contain mustard and celery.

Optional:

Heinz Tomato ketchup:

Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extract (contain **CELERY**), spice.

HP Brown sauce: Tomatoes, Malt Vinegar (from **BARLEY**), Molasses, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, **RYE** Flour, Salt, Spices, Flavourings, Tamarind.

Classic Bacon Sandwich

Bacon (48.5%) [ Pork (87%); Water; Salt; Antioxidant: E301; Preservatives: E250, E252.], Malted Bread (43.7%) [**WHEAT** Flour (with Added Calcium, Iron, Niacin And Thiamine), Water, Malted **WHEAT** Flakes (9.5%), **WHEAT** Bran (2.8%), Yeast, **WHEAT GLUTEN**, **BARLEY** Malt Flour (0.9%), Salt, Emulsifiers: E472e, Rapeseed Oil, Flour (**WHEAT**) Treatment Agent: E300.], Salted Butter E12718 (4.9%) [Butter (**MILK**) (Minimum Fat Content 80%), Salt (1.9% Maximum) ]. Swiss Chard (1.9%), KTC Veg Oil (1.2%) [**SOYA**bean Oil (produced From Genetically Modified **SOYA**), Anti Foaming Agent: Dimethyl Polysiloxane (E900)]. (0.97%).

Swiss Chard may contain mustard and celery.

Optional:

Heinz Tomato ketchup:

Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extract (contain **CELERY**), spice.

HP Brown sauce: Tomatoes, Malt Vinegar (from **BARLEY**), Molasses, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, **RYE** Flour, Salt, Spices, Flavourings, Tamarind.

Porridge\*

Plain porridge: Semi Skimmer **MILK**, Mornflake **OATS** [**OAT** flakes]

Porridge with banana and honey: Semi Skimmer **MILK**, Bananas, Mornflake **OATS** [**OAT** flakes], Honey

Porridge with Strawberry compote: Semi Skimmer **MILK**, Mornflake **OATS** [**OAT** flakes ], Strawberry Compote [Strawberries 80%, Sugar, Water, Gelling Agent Fruit Pectin's, Concentrated Lemon Juice, Thickener Locust Bean Gum, Concentrated Acerola Cherry Juice, Acidify Regulator Calcium Citrates]

May contain WHEAT,BARLEY.

Breakfast Hash

Hash: Roast Potato (38.2%) (Potato (Preservative: Sodium Metab**SULPHITE**), Rapeseed Oil, Roast Cumin, Sea Salt), Vegan Black Pudding (31.1%) (Cooked Pear**BARLEY**, Water, Rusk (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Rolled **OAT**, Protein (Starch, Flour, Protein), **OAT** meal, Rehydrated Onion, Salt, Non-hydrogenated Vegetable Suet (Palm Oil & Sunflower Oil) with **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Beetroot Powder, **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Herbs (including **CELERY**), Spices, Roast **BARLEY** Malt Extract, Natural Flavouring), Cherry Tomato (8.9%), Sliced Mushroom (8%), Roast Sweet Potato (7.1%), Diced Onion (6.7%) Swiss Chard.

Fried **EGG** can be added. KTC Veg Oil (1.2%) [**SOYA**bean Oil (produced From Genetically Modified **SOYA**), Anti Foaming Agent: Dimethyl Polysiloxane (E900)].

Swiss Chard may contain mustard and celery.

Smoked Salmon and Scrambled Eggs\*

Freshly prepared scrambled eggs: **EGGS**, **MILK**.

Salmon: Salmon (**FISH**) (96%) (Salmo salar), Salt, Sugar, Oak Smoke).

Swiss Chard.

Swiss Chard may contain mustard and celery.

Toast

White Bloomer: [**WHEAT** Flour (with Added Calcium Carbonate, Niacin, Iron, Thiamine), Water, Vegetable Oils [Rapeseed, Palm], Yeast, Salt, Dextrose, **WHEAT** Protein, Spirit Vinegar, Emulsifiers [E471, E472(e)], Palm Fat, Flour (**WHEAT**) Treatment Agent [E300], WHEAT Flour].

Malted Bread: **WHEAT** Flour (with Added Calcium, Iron, Niacin And Thiamine), Water, Malted **WHEAT** Flakes (9.5%), **WHEAT** Bran (2.8%), Yeast, **WHEAT** Gluten, **BARLEY** Malt Flour (0.9%), Salt, Emulsifiers: E472e, Rapeseed Oil, Flour (**WHEAT**) Treatment Agent: E300.].

Tiptree Marmalade: Sugar, Seville Oranges, Gelling Agent: Citrus Pectin.

Tiptree Strawberry jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin; Acidity Regulatory: Citric Acid.

Honey: Pure Honey.

Butter: (**MILK**), Salt.

Granola Bowl

Yoghurt & Blueberry Pot (78.5%) [Greek Yoghurt (**MILK**) (73%) (Skimmed **MILK** Concentrate, Skimmed **MILK**, Cream (**MILK**) Blueberry Compote (27%) (Blueberries 80%, Sugar, Water, Gelling Agent: Fruit Pectin, Thickener: Locust Bean Gum)], Granola (20.9%) [GF **OATS** (30.9%), Sunflower Seeds (17.6%), Raisins (**SULPHITES**) (10.2%), Coconut Flakes (9.7%), Sultanas (**SULPHITES**) (9.7%), Pumpkin Seeds (8.8%), Demerara Sugar (8.8%), Rapeseed Oil (3.2%), Maple Syrup (0.5%), Vanilla Extract (0.3%), Cinnamon (0.2%), Salt (0.2%)], Mint (0.52%)

Rest of the day

Cheese & Red Onion Croque

White bread (**WHEAT** Flour (with added calcium, iron, niacin and thiamine), Water, Yeast, Salt, Emulsifier: E472e, Preservative: E282, Rapeseed Oil, Flour Treatment Agent: E300.), Bechamel and Diced Onion Mix (17%) (Red Onion, Bechamel [**SOYA**, **MILK**]), West Country 25g Cheese (**MILK**) (12%) (Cow's **MILK**, Vegetarian Rennet, Salt, Starter Culture), Mozzarella and Cheddar Cheese Blend (**MILK**) (8%), Red Onion Chutney (2%) (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), Swiss Chard.

Swiss Chard may contain mustard and celery.

Coronation Chickpea Salad

Chickpeas (29%) (Chickpeas, Water, Antioxidant(Ascorbic Acid).), Lettuce (12%), Cherry Tomatoes (12%), Red Pepper (12%), GL Mango Chutney (7%) (Sugar, Mangoes (41%), Salt, Acetic Acid, Spices), Carrot (6%), Red Onion (6%), Vegan Mayonnaise (**MUSTARD**) (4%) (Rapeseed Oil, Water, Spirit Vinegar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract)), Madras Paste (4%) (Water, Rapeseed Oil, Coriander Powder, Paprika Powder, Salt, Turmeric Powder, Cumin Powder, Acetic Acid, Citric Acid, Tamarind, Maizeflour, Fenugreek Powder, **MUSTARD** Powder, Black pepper Powder, Ginger Powder, Chilli Powder, Spices, Garlic Powder), Lemon Juice (2%) (**SULPHUR DIOXIDE**) Lemon Juice (Water, Concentrated Lemon Juice), Preservative (**METABISULPHITE**), Buffalo Red Hot Sauce (Distilled Vinegar, Aged Cayenne Red Peppers (27%), Salt, Water, Canola Oil, Paprika, Stabiliser: Xanthan Gum., Natural Flavouring, Garlic Powder), Coriander (2%)

Swiss Chard may contain mustard and celery

Beef Ragù

Beef Ragù (98.7%) [Water, Gemelli Pasta (Durum **WHEAT** Semolina, Water), Beef (19%), Chopped Tomatoes (Tomatoes, Tomato Juice, Citric Acid), Sundried Tomato Puree, Onion, Red Wine (preservative: Potassium **METABISULPHITE**, **SULPHITES**), Grana Padano Cheese (**MILK**, **EGGS**), Tomato Puree (Tomatoes), Carrot, Balsamic Vinegar (wine Vinegar, Concentrated Grape Must, Colour: Caramel) (**SULPHITES**), Garlic, Basil, Corn flour, Beef Stock (Beef Bone Stock, Water, Salt), Yeast Extract, Water, Molasses, Tomato Puree, Salt, Sunflower Oil, Dried Onion, Black Pepper, Sugar, Sea Salt Crystals, Rosemary, Black Pepper, Paprika Powder, Oregano), Swiss Chard (1.3%).

Swiss Chard may contain mustard and celery.

Grazing plate

Cornish Nettle Yarg Cheese (Pasteurised cow's **MILK**, Salt, Nettle Leaves (1%), Starter Culture, Vegetarian Rennet, Calcium Chloride, Penicillium Candidum) .

Red Fox Cheese (Pasteurised Cow's **MILK**, PDV Salt, Starter Culture, Colour: Annatto Norbixin E160b (ii), Microbial Rennet).

Coastal Cheddar Cheese (Pasteurised Cow's **MILK**, Pure Dried Vacuum Salt, DVI Starter Culture, Vegetable Rennet).

Crispbread (**MILK**, **RYE** Flour, **WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Thiamin, Niacin), Sourdough (12% )) (**RYE** Flour, Water), Wholemeal **WHEAT** Flour, Honey, Salt).

Apple & Cider Chutney (Bramley Apples (38.9%), Raw Cane Sugar, Onions, Cider Vinegar, Muscovado Sugar, Sultanas, Sea Salt, Cider Brandy (0.92), Garlic Puree, Chillies, Ground Ginger, Ground Cinnamon, Ground Allspice).

Cherry tomatoes.

Salted Butter E12718 (4.9%) [Butter (**MILK**) (Minimum Fat Content 80%), Salt (1.9% Maximum) ]. Swiss Chard.

Optional: Gluten Free crackers: Gluten free **OAT** Crackers.

Wholegrain **OATS** (89%), Sustainable Palm Fruit Oil (6%), Maize Starch (2.5%), Ammonium Bicarbonate (1%), Sea Salt(1%).

Swiss Chard may contain mustard and celery.

May contain traces of nuts. Although extra care has been taken to remove all stones, some may remain.

Double Chocolate Mousse

Double Choc Mousse: [Flavouring],Lecithin, Natural Vanilla Flavouring)], White Chocolate Shards (Sugar, Whole **MILK** Powder, Cocoa Butter, Emulsifier: **SOYA**,Lecithin, Natural Vanilla Flavouring)], Mint (1.3%).

Cranberry Shortbread Biscuit

**WHEAT** Flour (Calcium, Iron, Niacin, Thiamin), Maize Starch, Butter (**MILK**, Salt), Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono and Diglycerides of Fatty Acids; Flavouring, Colours: Annatto Bixin, Curcumin), Sugar, Mixed Peel 8% (Orange Peel 40%, Lemon Peel 10%, Glucose-fructose, Sucrose, E330, E220), Ground Cardamon 0.3%, Ground Cassia Cinnamon 0.2%, Orange Oil 0.2%, Ground Nutmeg 0.1%.

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

Allergy Advice: For allergens, see ingredients in **BOLD**.

Adults need around 2000 kcal a day.

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

