

Travelling bright and early on the 08:00 train from Glasgow or the 08:52 from Edinburgh? Please see the Voyager menu for details of allergens and ingredients for the dishes marked with a * below.

Breakfast

The Great British Breakfast*

Bacon [Pork (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. Vegetable Oil, 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 E1271B (4.9%) [Butter (**MILK**) (Minimum Fat Content 80%), Salt (1.9% Maximum)], Swiss Chard (1.9%), Vegetable Oil (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, Thickeners 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 Metabi(**SULPHITE**), Rapeseed Oil, Roast Cumin, Sea Salt), Vegan Black Pudding (31.1%) (Cooked Pearl **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.

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.

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].

LBOJ 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%).

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, Thickeners: 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.

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.

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, Curmin Powder, Acetic Acid, Citric Acid, Tamarind, Maize flour, Fenugreek Powder, **MUSTARD** Powder, Black Pepper Powder, Ginger Powder, Chilli Powder, Spices, Garlic Powder), Lemon Juice (2%) ((**SULPHUR DIOXIDE** (**SULPHITES**)) Lemon Juice (Water, Concentrated Lemon Juice), Preservative (**METABISULPHITE**)), Sriracha Sauce (2%) (Water, Sugar, Salt, Garlic Puree (Acidity Regulator (E330)), Tomato Paste, Habanero Chilli Puree (Habanero 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), Coriander (2%)

Popchips

Dried Potato, Rice Flour, Sunflower Oil, Potato Starch, Sour Cream & Onion Flavour [Dried Sour Cream (**MILK**), Dried Onion, Sugar, Yeast Extract, Potassium Chloride, Dried Whey (**MILK**), Dried Garlic, Maltodextrin, Salt, Natural Flavourings (contain **MILK**), Acid: Citric Acid, Dried Parsley], Salt.

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.

Charcuterie Grazing Plate

Charcuterie Tray (87.9%) [Chorizo Sliced (Pork Meat, Sea Salt, Paprika, Dextrin, Pork Protein, Dextrose, Garlic Powder, Preservative (Potassium Nitrate), Preservative (Sodium Nitrite), Acidity Regulator (Sodium Ascorbate)), Milano Salami Sliced (Pork, Salt, Natural Flavouring, Dextrose, Sugar, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite).

Orson Lester Cheese (pasteurised Cow's **MILK**, salt, colour : Annatto Norbixin, Vegetarian Coagulant, starter Cultures, firming Agent: Calcium Chloride) Kirkhams Creamy Cheese (pasteurised Cow's **MILK**, salt, colour : Annatto Norbixin, Vegetarian Coagulant, starter Cultures, firming Agent: Calcium Chloride) (Unpasteurised Cow's **MILK**, Salt, Vegetarian Rennet, Lactic Acid Starter Cultures). Semi Dried Tomatoes (Tomato Segments (51.2%), Sunflower Oil, Salt, Garlic Flakes, Oregano, Preservative: Potassium Sorbate. Olive Garlic And Basil (Pitted Olives, Water, Salt, Acidity Regulator: Lactic Acid, Basil Puree (Basil Leaves, Sunflower Oil, Salt, Antioxidant: Ascorbic Acid) (15.3%), Garlic Puree (1.79%), Brine (Water, Rapeseed Oil).

Crispbread (**MILK**, Honey, **RYE** Flour, Salt, Sour Dough (**RYE** Flour, Water), **WHEAT** Flour, Wholemeal **WHEAT** Flour (**WHEAT**)).

Chutney Plum & Ginger (Diced Plums (37.61%), Granulated Sugar, Granny Smith Apples, Diced Onion, Ginger Puree (9.4%) (Ginger, Salt, Acidity Regulator: Citric Acid), White Grape Vinegar, Whole

Prunes (Prunes, Sunflower Oil, Preservative: Potassium Sorbate, Pectin (Pectin, Sucrose)).

Salted Butter (8.1%) [Butter (**MILK**) (Minimum Fat Content 80%), Salt (1.9% Maximum)]. Swiss Chard (4%).

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

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%).

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.

Marbled Bar

Marbled bar: White Chocolate 65% [Sugar, Whole **MILK** Powder, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavour], Dark Chocolate 35% (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavour).

May also contain Nuts & Cereals containing Gluten.

AVANTI
WEST COAST
FIRST

