

Allergen Menu

Weekend First Class Allergen & Ingredients Menu from 28th October 2023

Breakfast

Bacon Sandwich

Malted Bread (53.3%) **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], Pre Cooked Bacon (37.3%) [Pork, Salt, Sugar, Preservatives: Sodium Nitrite, Sodium Nitrate, Antioxidant: Sodium Ascorbate], Unsalted Butter (5.9%) (**MILK**) Swiss Chard (2.4%), Vegetable Oil, Blended, Average (1.2%).

Optinal:

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-Fruuctose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, rye Flour, Salt, Spices, Flavourings, Tamarind.

Swiss Chard may contain mustard and celery.

Smoked Salmon and Scrambled Eggs

Scrambled **EGGS** (61.7%) [Cooked Scrambled **EGG** (80%) (Intensive Pasteurized 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))].

Smoked Salmon (24.7%) [Salmon (**FISH**) (96%) (Salmo Salar), Salt, Sugar, Oak Smoke].

Lemon (11.1%).

Swiss Chard (2.5%)

Swiss Chard may contain mustard and celery.

Breakfast Hash

Hash: Roast Potato (38.2%) (Potato (Preservative: Sodium Metabi**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%).

Porridge

MOMA Plain No Added Sugar Porridge: [Wholegrain **OAT** flakes (73%), Skimmed **MILK** Powder

MOMA with compote: Semi Skimmer **MILK**, **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].

MOMA with banana and honey: Water, MOMA Plain No Added Sugar Porridge [Wholegrain **OAT** flakes (73%), Skimmed **MILK** Powder], Bananas, Honey.

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, Sugar, Muscovado Sugar, Red Wine Vinegar [Red Wine Vinegar, Preservative (**SULPHUR DIOXIDE**)], Modified Tapioca 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%)

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%).

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.

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.

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. 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.

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FIRST**

