

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 (181 - 279 kcal)

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

Classic Bacon Sandwich* (526 kcal)

Thick cut smoked British bacon on malted bread.

Granola Bowl (383 kcal)

Greek style yogurt with blueberry 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 banana & honey. (420 kcal)

Larger plates

The Great British Breakfast* (544 kcal)

Smoked British bacon, pork & parsley sausage, mushrooms and potato bites served with grilled tomato, and a fried egg.

Smoked Salmon with Scrambled Eggs* (323 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**

 **Vegan**



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

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** (99 kcal)

Sour cream and onion chips.

Coronation Chickpea Salad **VG** (167 kcal)

Crunchy chickpeas with red pepper, red onion and fresh coriander dressed in a tangy madras vegan sauce with cherry tomatoes, julienne of carrot and salad leaf.

Grazing Plate **V** (314 kcal)

A delicious trio of cheese (Cornish Nettle Yarg, Red Fox & Coastal Cheddar) served with sourdough crackers, cherry tomatoes and apple & cider chutney.

(Gluten free crackers are available on request 375 kcal)

Cranberry & White Chocolate

Shortbread Biscuit **V** (215 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 & Red Onion Croque **V** (452 kcal)

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

Beef Ragù (332 kcal)

Prime minced beef in a rich herbed tomato and red wine sauce served with Gemelli pasta and topped with grated Grana Padano.

Double Choc Pot **V** (334 kcal)

An indulgent dark and milk chocolate layered mousse pot topped with a shard of white chocolate.



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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)

Soft drinks

Cawston Press Orange or Apple Juice (120 kcal)

Wenlock Spring Water (0 kcal)

Pepsi Max (1 kcal)

Fever Tree Light Lemonade (27 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

Mahou Lager

Caple Road Cider

Brewdog Planet 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. Since the relationship began in 2019, the partnership between Change Please and Avanti West Coast has helped to support 100 people experiencing homelessness*. For more information visit changeplease.org

*Based on sales from December 2019 to the end of June 2023.

The Pudding Compartment

Not far from our tracks in North Wales, Steve and the team at The Pudding Compartment are busy creating the muffins, 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.

To find out more about our amazing suppliers visit

<https://www.avantiwestcoast.co.uk/travel-information/onboard/supplier-stories>

Pendolino M-F