

# Menu

AVANTI  
WEST COAST  
FIRST





## Breakfast

Smoked Salmon & Cream Cheese  
on Rye Bread (233 kcal)

Porridge Bowl **V** **GF** (252 kcal)  
Add a drizzle of honey (322 kcal)

Double Chocolate Oat Cookie **VG** (200 kcal)

Fresh Fruit Salad Bowl **VG** (34 kcal)  
A selection of freshly prepared seasonal fruit.

Breakfast Pastries **V**

Plain Croissant (125 kcal)

Pain Au Raisin (129 kcal)

Mixed Berry Danish (154 kcal)

Raspberry Muffin **V** (364 kcal)

Lemon Drizzle Flapjack **VG** **GF** (247 kcal)

Adults need around 2000 kcal a day.

Kcal information provided is per serving/portion.

**V** Vegetarian   **VG** Vegan   **GF** Gluten Free

Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish or wheat. While we take steps to minimize risk and safely handle the foods that contain potential allergens, please be advised that cross contamination may occur.



**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 team who'll be happy to help.



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## Rest of the day

**Cheese Plate** **V** (424 kcal)

A delicious trio of cheese (Cornish Nettle Yarg, Red Fox & Coastal Cheddar) served with sourdough crackers, sun dried tomatoes, green olives and a cider and apple chutney. (Gluten free crackers are available on request 562 kcal)

**Sour Cream & Onion Popchips** **V** **GF** (50 kcal)

**Garlic & Basil Olives** **VG** (50 kcal)

**Wild Garlic Mixed Nuts** **V** (121 kcal)

**Tomato & Herb Pizzeria Bites** **VG** (110 kcal)

**Uncle Joe's Mintball  
Chocolate Brownie** **V** **GF** (265 kcal)

**Fresh Cake Selection** **V**

**Mini Victoria Sandwich** (151 kcal)

**Mini Lemon Tart** (152 kcal)

**Mini Raspberry Choux Bun** (79 kcal)

**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 line.

**Salted Caramel Popcorn** **V** (72 kcal)

**Bakewell Tart** **V** (306 kcal)



## Drinks

### Barista Coffee:

8oz Americano (5 kcal)

8oz Cappuccino (129 kcal)

8oz Flat White (94 kcal)

8oz Latte (129 kcal)

8oz Mocha (125 kcal)

8oz Americano White (28 kcal)

6oz Espresso (5 kcal)

8oz Decaf Coffee (0 kcal)

8oz Hot Chocolate (224 kcal)

Fresh Semi-skimmed Milk 20ml (10 kcal)

Speciality Teas (1 kcal)

Wenlock Still or Sparkling Water (0 kcal)

Cawston Press Orange or Apple Juice (120 kcal)

Pepsi Max (1 kcal)

Fever Tree Light Lemonade (27 kcal)

Fever Tree Ginger Ale (27 kcal)

Fever Tree Tonic (42 kcal) or Light Tonic (23 kcal)

Remedy Raspberry Lemonade Kombucha  
(7 kcal)

The Pickle House Spiced Tomato Mix (30 kcal)

## From the bar

<b>Spirits</b>	<b>25cl</b>	<b>50cl</b>
Vodka	£4.70	£8.90
The Lakes Vodka	£5.80	£10.50
Bombay Sapphire Gin	£4.70	£8.90
Forest Gin	£6.30	£10.50
Guest Specaility Gin (please ask for details of our latest guest Gin)	£6.30	£10.50
Whitley Neill Rhubarb & Ginger Gin	£5.30	£9.50
Famous Grouse Whisky	£4.70	£8.90
The Lakes One Fine Blended Whisky	£5.80	£10.50
Johnnie Walker Red Label	£4.70	£8.90
Bacardi Rum	£4.70	£8.90
Havana Club 7yr Rum	£5.80	£10.50
Cockburn's Fine Ruby Port	£4.80	£9.40
Courvoisier	£5.30	£9.50

<b>Cocktails</b>	<b>25cl</b>	<b>50cl</b>
Bloody Mary	£4.70	£8.90

<b>Beers</b>	<b>330ml</b>
Camden Hells Lager	£4.60
Camden Pale Ale	£4.60
Caple Road Cider	£4.20

	<b>440ml</b>
Tilting Ale	£4.60

<b>Wines</b>	<b>125ml</b>	<b>200ml</b>	<b>250ml</b>	<b>750ml</b>
Pinot Grigio	£3.80	-	£6.80	£17.50
Chenin Blanc	£4.20	-	£7.40	£19.00
Sauvignon Blanc	£4.20	-	£7.40	£19.00
Shiraz	£4.20	-	£7.40	£19.00
Malbec	£4.40	-	£7.90	£20.00
Garnacha Rosado	£4.00	-	£6.80	£17.50
Prosecco	-	£6.50	-	-
La Besserat Grande Champagne	-	-	-	£32.00

## 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 and in our lounges. 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

### Brew Tea Co.

Founded by husband-and-wife team Phil and Aideen Kirby, they create all our lovely teas in their Tea HQ over in Manchester. Treat yourself to one today.

### 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.

### The Pudding Compartment

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

Euston FCL