Ingredients & Allergen Menu

Pendolino First Class

Breakfast

The Great British Breakfast
499 kcal

Bacon:
Pork (87%), Water, Salt, Antioxidant: E301, Preservatives: E250, E252. Per serving 150 kcal.

Pork and parsley sausage:
*Pork(61%),water, rusk(**WHEAT** flour(calcium carbonate, iron, niacin, thiamin),salt), seasoning(salt, dextrose, **WHEAT** flour (calcium carbonate, iron, niacin, thiamin), stabiliser: E451, preservative: E223 (**SULPHITES**), flavour enhancer:E631, spices(white pepper, black pepper, cayenne chilli), flavourings (**SULPHITES**), yeast extract, spice extracts (black pepper, nutmeg, cayenne, ginger), sunflower oil, maltodextrin, antioxidants:E307,E304,ascid:E330,colour:E120), dried parsley. Filled into a natural hog casing. Per serving 82 kcal.*

Black pudding:
*Pigs blood, cooked pearl **BARLEY**, pork fat, onion, rusk(**WHEAT** flour, salt, calcium carbonate, iron, niacin, thiamine), salt, **OATmeal**, salt, herbs & spices (**CELERY**). Filled into beef casings. Per serving 43 kcal.*

Potato scone:
*Re Hydrated Potato Flakes (78%), Fortified **WHEAT** Flour (**Gluten**) (wheat flour, added calcium carbonate, iron, niacin (B3) and thiamine (B1), Vegetable Oil (Rapeseed), Salt, Raising Agent (E450i and E500i) Preservative (E202). Per serving 64 kcal.*

Fried egg:
***EGG**, Vegetable oil. Per serving 100 kcal.*

Tomatoes:
Tomato, Vegetable Oil (Rapeseed), salt, pepper (20 kcal)

Portobello mushroom:
Whole fresh portobello (99%), Salt, Pepper Black, Rapeseed Oil. Per serving (40 kcal)

Tomato ketchup:
*Tomato (85%) (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Onion, Granulated Sugar, Garlic Puree, Vinegar White Wine (Preservative (Potassium Metab(**SULPHITE**)), Dijon **MUSTARD** (Water, **MUSTARD** Seed (30%), Spirit Vinegar, Salt), Salt, Four Spice Mix (Pepper White, Ginger, Nutmeg, Cloves), Ground Ginger. Per serving 7 kcal.*

*Allergy Advice: For allergens, see ingredients in **BOLD**.*
Factory handles all other allergens.

Classic Bacon Sandwich
526 kcal

Bacon:
Pork (87%), Water, Salt, Antioxidant: E301, Preservatives: E250, E252. Per serving 226 kcal.

Brown Bloomer:
***WHEAT** Flour (with added calcium, iron, niacin and thiamine), Water, Malted **WHEAT** Grains (9.0%), Yeast, **WHEAT GLUTEN**, **BARLEY** Malt Flour, Salt, Emulsifier: E472e, Buckwheat Flour, **SOYA** Flour, Preservative: E282, Rapeseed Oil, Sugar, Flour Treatment Agent: E300.*

Netherend Butter:
*40% butterfat cream (**MILK**). Per serving 115 kcal.*

Butter:
***MILK**. Per portion 115 kcal*

Tomato ketchup:
*Tomato (85%) (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Onion, Granulated Sugar, Garlic Puree, Vinegar White Wine (Preservative (Potassium Metab(**SULPHITE**)), Dijon **MUSTARD** (Water, **MUSTARD** Seed (30%), Spirit Vinegar, Salt), Salt, Four Spice Mix (Pepper White, Ginger, Nutmeg, Cloves), Ground Ginger. Per serving 7 kcal.*

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Vegan Breakfast (Vg)
208 kcal

Sweetcorn Fritter:
*Sweetcorn (59%), Water, Red Onion, Chickpeas Flour, Rice Flour, Gluten Free Flour (Rice, Potato, Tapioca, maize, Buckwheat), Parsley, Curry Powder (Coriander, Turmeric, Fenugreek, Salt, **MUSTARD** Garlic, Corn Flour, Chilli, Fennel, **CELERY**, Cloves, Sunflower Oil, Bay Leaves), Gluten Free Baking Powder (Raising Agents (Diphosphates, Sodium Carbonates) Maize Starch), Salt, Pepper) Rapeseed Oil. Per serving 91 kcal.*

Smashed Avocado:
*Avocado(68%), Vine Tomato , Lemon Juice [**SULPHUR** Dioxide] (Lemon Juice, Concentrated Lemon Juice), Preservative (Metab(**SULPHITE**)), White Wine Vinegar (White Wine Vinegar, Preservative (E224) (**SULPHITES**)), Basil). Per serving 57 kcal.*

Tomato:
Tomato. Per serving (20 kcal)

Portobello mushroom:
Whole fresh portobello (99%), Salt, Pepper Black, Rapeseed Oil. Per serving 40 kcal

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Superfood Breakfast Bowl (Vg)
338 kcal

*Poke Breakfast Bowl Mix (85%) (Pear, Blueberries, Watermelon, Pineapple , Dried Mango , Chopped Dates (Dates (95%), Rice Flour), Mint), Poke Bowl Dressing (16%) (Lime Juice Concentrate from Concentrate, Preservative (E224) (**SULPHITES**) , Maple Syrup, Ginger), Pumpkin Seeds (2%), Sesame Seeds (2%), Desiccated Coconut (2%) (Coconut, Preservative: Sodium Metab(**SULPHITE**)), Sunflower Seeds (2%). Per serving 338 kcal.*

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Smoked Salmon and Scrambled Eggs
264 kcal

*Freshly prepared scrambled eggs: Free Range **EGGS**, **MILK**. Per serving 191 kcal.*

*Salmon: Salmon (**FISH**) (96%) (Salmo salar), Salt, Sugar, Oak Smoke). Per serving 73 kcal.*

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Fresh Fruit Plate (Vg)
108 kcal

Fruit salad:
Pineapple (25%), Cantaloupe Melon (25%), Yellow Melon (25%), Papaya (25%). Per serving 42 kcal.

Verbena syrup:
Granulated Sugar (64%), Water, Lemon Verbena Leaves (5%) Passion Fruit (4%). Per serving 56 kcal.

Strawberry (10 kcal)

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

Toast (Vg)
89 kcal

White Bloomer:
***WHEAT** Flour (with added calcium, iron, niacin and thiamine), Water, Malted **WHEAT** Grains (9.0%), Yeast, **WHEAT GLUTEN**, **BARLEY** Malt Flour, Salt, Emulsifier: E472e, Buckwheat Flour, **SOYA** Flour, Preservative: E282, Rapeseed Oil, Sugar, Flour Treatment Agent: E300. Per slice 89 kcal.*

Brown Bloomer:
***WHEAT** Flour (with added calcium, iron, niacin and thiamine), Water, Malted **WHEAT** Grains (9.0%), Yeast, **WHEAT GLUTEN**, **BARLEY** Malt Flour, Salt, Emulsifier: E472e, Buckwheat Flour, **SOYA** Flour, Preservative: E282, Rapeseed Oil, Sugar, Flour Treatment Agent: E300. Per serving 89 kcal.*

Chuckleberry Jam:
Chuckleberry (49.99%), Unrefined Cane Sugar (41.27%), Water (8.26%), 100% Lemon Juice Concentrate (0.88%). Per jar 77 kcal.

Lemon Marmalade with Vanilla:
Lemon (35.18%) , Unrefined cane sugar (42.80%), Water (20.41%), Vanilla bean (0.27%) , Lemon juice concentrate (1.11%), Sea Salt (0.19%). Per jar 71 kcal.

Honey:
Pure Honey 80 kcal

Netherend Butter:
*40% butterfat cream (**MILK**). Per serving 115 kcal.*

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Rest of the day

Avocado and Roasted Tomato Tartine (Vg)
157 kcal

Brown Bloomer:
***WHEAT** Flour (with added calcium, iron, niacin and thiamine), Water, Malted **WHEAT** Grains (9.0%), Yeast, **WHEAT Gluten**, **BARLEY** Malt Flour, Salt, Emulsifier: E472e, Buckwheat Flour, **SOYA** Flour, Preservative: E282, Rapeseed Oil, Sugar, Flour Treatment Agent: E300. Per slice 89 kcal.*

Tomato Salsa:
Tomato Basil Mix (Vine Tomato (69%) , Tomato fr Basil Sauce (Tomatoes, Concentrated Tomato Puree, Sugar, Lemon Juice from Concentrate, Onions, Modified Maize Starch, Salt, Garlic Puree, Basil Leaf, Rapeseed Oil, Oregano, Ground Black Pepper) Basil (4%). Per serving 11 kcal.

Smashed Avocado:
*Avocado(68%), Vine Tomato , Lemon Juice [**SULPHUR DIOXIDE**] (Lemon Juice (Water, Concentrated Lemon Juice), Preservative (Metab(**SULPHITE**)), White Wine Vinegar (White Wine Vinegar, Preservative (E224) (**SULPHITES**)), Basil). Per serving 57 kcal.*

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The Gnocchi (V)
504 kcal

*Panfried Gnocchi (43%) (Potato Gnocchi (Mashed Potatoes 80% (Water, Dehydrated Potatoes: Potatoes, Emulsifying Agent: Mono- and Diglycerides of Fatty Acids, Spices, Natural Flavourings), **WHEAT** Flour, Potato Starch, Salt, Rice Flour, Acidity Regulator: Lactic Acid, Preservative: Potassium Sorbate), Rapeseed Oil), Salt, White Wine & Wild Garlic Cream (38%) (Water, Cream Double (**MILK**), Wild Garlic Leaves, Wine White (De-Alcoholised White Wine (6.0%), White Wine (4.0%), Salt, Preservative: Potassium Sorbate), Cornflour, Butter Unsalted (**MILK**), Rapeseed Oil, Bouillion Vegetable (Salt, Cornflower, Potato Starch, Vegetable Powders (Onion, Carrot, Pea Powder), Flavouring, Tomato Powder, Palm Oil, Ground Black Pepper, Dried Parsley, Ground Turmeric, Colour (Ammonia Caramel), Lemon Juice Concentrate (**SULPHITES**), Salt, Pepper White Ground), Butered Pea Puree (16%) (Garden Peas, Butter Unsalted (**MILK**), Salt, Pepper Black Ground), Cheese Vegetarian Hard Grated (4%) (**MILK**). Per serving 504 kcal.*

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

Superfood Nourish Bowl (Vg)
371 kcal

*Green superfood Salad Mix (82%) (Broccoli, Peas, Edamame Beans (**SOYA**), Chickpeas (**SULPHUR DIOXIDE**) (Chickpeas, Water, Antioxidant(Ascorbic Acid)), Cucumber, Spring Onion, Cress), Greens superfood salad dressing (12%) (Olive Oil, White Wine Vinegar (White Wine Vinegar, Preservative (E224) (**SULPHITES**)), Dijon **MUSTARD** (Water, **MUSTARD** Seeds, Vinegar, Salt), Sunflower Seeds (5%), Parsley (0%), Mint (0%) Per serving 371 kcal.*

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

Cheese and Crackers (V)
706 kcal

Cheeses:
*Shropshire Blue Cheese (Cow's **MILK**, Colour: Annatto Norbixin), Krikham's Lancashire Red cheese (Raw Cow's **MILK**, Colour: Annatto Norbixin), Blackstone Cheddar (**MILK**)*

Gluten Free crackers:
*Gluten free **OAT** Crackers in portion packs - 2 crackers per pack. Wholegrain **OATS** (89%), Sustainable Palm Fruit Oil (6%), Maize Starch (2.5%), Ammonium Bicarbonate (1%), Sea Salt (1%)*

Charcoal wafers:
*Stoneground Wholemeal Flour (89%) (**WHEAT**), Corn Oil, Autolysed Yeast, Salt, Malted **BARLEY** Flour, Malt Extract (**BARLEY**), Raising Agent [Sodium bicarbonate (E500)], Charcoal Powder (1%) Manufacturing site handles **NUTS**, not suitable for nut allergy sufferers.*

Crispbread Peters Yard original:
***MILK**, **RYE** Flour, **WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamine), Soundough (**RYE** Flour, Water), Wholemeal **WHEAT** Flour, Honey, Salt. May contain traces of **NUTS**.*

Chutney:
Apple (46%), Sugar, White Wine Vinegar, Onion, Sultanas, Soft Brown Sugar, Cider (2%), Raising Agent: Fruit Pectin, Ginger, Salt, Citric Acid: Acidity Regulator. Per serving 38 kcal.

Butter:
*Fresh cow's 40% butterfat cream (**MILK**). Per serving 115 kcal.*

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Afternoon Tea
849 kcal

Plain scone:
***WHEAT** Flour (**GLUTEN**), **SOYA** Flour (Soyabeans), Buttermilk Powder (**MILK**), Sugar, Vegetable Oil (Palm, Rapeseed), Water, Preservative (E202 Potassium Sorbate, E282 Calcium Propionate), Maize Starch. Per one 67 kcal.*

Clotted cream:
*Pasteurised Cow's **MILK** (100%). Per serving 266 kcal.*

Jam:
Chuckleberry (49.99%), Unrefined Cane Sugar (41.27%), Water (8.26%), 100% Lemon Juice Concentrate (0.88%). Per jar 77 kcal.

Strawberries:
1 per serving 10 kcal.
Cream Tea: 487 kcal.

Ham Sandwiches:
*Wiltshire Ham (57%) (Pork, Salt, Brown Sugar, Antioxidant (E301), Preservative (E250)), **WHEAT** Flour (**WHEAT** Flour (Calcium, Iron, Niacin, Thiamine), Water, Yeast, Salt, Emulsifier (E472e), Preservative (E282), Rapeseed Oil, Flour Treatment Agent (E300)), 50% Vegetable Spread (4%) (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono & Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Colour (Annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring. Per serving 76 kcal.*

Cheese and Chutney sandwiches:
*Malted Bread (47%) (**WHEAT** Flour (Calcium, Iron, Niacin Thiamine), Water, Malted **WHEAT** Flakes, Yeast, **WHEAT** Bran, Yeast, **WHEAT Gluten**, **BARLEY** Malt Flour, Salt, Emulsifiers (E472e, E471), Rapeseed Oil, Flour Treatment Agent (E300)), Lancashire Cheese Mild Mix (39%) (Lancashire Cheese (Pasteurised Cow's **MILK**, Starter, Non Animal Rennet, Salt (contains anti caking agent E535)), Full Fat Mayo (Rapeseed Oil, Water, Free Range Medium **EGG** Yolk (**EGG** Yolk, Salt), Liquid Sugar (Sugar, Water), Spirit Vinegar, Salt, Stabilisers: Guar Gum, Xanthan Gum, Preservative: Potassium Sorbate, Lemon Juice)), Red Onion Chutney (13%) (Rehydrated Red Onions (74%) (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). Per serving 112 kcal.*

Egg and watercress sandwiches:
*Tomato & Olive Bread (46%) (**WHEAT** Flour (Calcium, Iron, Niacin, Thiamine), Water, Sundried Tomato (7%), Yeast, Olive Oil (1%), Salt, Red Pepper, Tomato Powder (1%), Herbs (Basil, Oregano, Rosemary), Salt, **SOYA** Flour, Emulsifier (E472e), Preservative (E282), Rapeseed Oil, Flour Treatment Agent (E300)), **EGG** Mayonnaise (34%) (Free Range **EGG**, Mayonnaise (Rapeseed Oil, Water, Free Range **EGG**, Spirit Vinegar, Sugar), Cracked Black Pepper), Free Range **EGG** (17%), Watercress (3%). Per serving 94 kcal.*

Salmon and cream cheese sandwiches:
*Farmers Bread (43%) (**WHEAT** Flour (Calcium, Iron, Niacin, Thiamine), Water, **BARLEY** Malt Flour (9.8%), Yeast (3%), Sunflower Seeds (2%), Yeast, Sugar, Salt, **WHEAT** Gluten, Emulsifier (E472e), **SOYA** Flour, Preservative (E282), Rapeseed Oil, Flour Treatment Agent (E300)), Lf Cream Cheese & Lemon Mix (32%) (Low fat Cream Cheese (**MILK**), Lemon Juice [**SULPHUR DIOXIDE**] (Lemon Juice (Water, Concentrated Lemon Juice), Preservative (Metab(**SULPHITE**)), Smoked Salmon (24%) (Atlantic Salmon (**FISH**) (Salmo Salar), Salt, Sugar), Dill. Per serving 80 kcal.*

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Jammie Dodger Loaf Cake (V)
442 kcal

Frosting:
*Sugar, Vegetable Oils (Palm, Rapeseed), Water, Humectant (Sorbitol Syrup), Skimmed **MILK** Powder, Cream Cheese Powder (**MILK**) 3.5%, Citric Acid, Salt, Emulsifier (Polysorbate 60), Preservative (Potassium Sorbate), Natural Flavouring.*

Cake:
*Wheat Flour, Baking Powder, E500, E341 (**GLUTEN**), Margarine, Sugar, **EGG**, Raspberry Jam (Citric Acid, E440, E163, E331c), Freeze Dried Raspberries, Vanilla, E150, E415, E330, E202, Cocoa Powder, Acidity Regulator Potassium Carbonate, Vegetable Glycerine E422, Monopropylene Glycol E1520, Silicon Dioxide E551, Carmosine E122, Allura Red E129, Titanium Dioxide E171 E122, E129, Glycerine, E422, Preservative (E202 Potassium Sorbate, E282 Calcium Propionate), Maize Starch.*

Jammie Dodger:
*Wheat Flour (**GLUTEN**), Raspberry Flavour Plum Jam (23%) (Glucose–Fructose Syrup, Plums, Humectant (Glycerol), Sugar, Gelling Agent (Pectin), Acidity Regulator (Sodium Citrates), Acid (Citric Acid), Colour (Anthocyanins), Flavourings), Sustainable Palm Oil, Sugar, Glucose Syrup, Raising Agent (Ammonium Carbonates), Salt. Per serving 442 kcal.*

Salted Caramel Tart (V)
445 kcal

*Sweet Pastry Case (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier E471, Colours: E160b(i), E100; Natural Flavourings), Sugar, Whole **EGG**, Pastry Improver (Full Fat **SOYA** Flour, Wheat Flour), Dulce de Leche (20%) [**MILK**, Sugar, **MILK** Powder, Glucose, Gelling Agent: Agar, Natural Vanilla Flavour], Chocolate Glaze (Glucose Syrup, Sugar, Water, Fat Reduced Cocoa Powder, Gelling Agents: E440i, E440ii, Modified Starch, Acid: E330, Flavouring, Preservative: E202, Acidity Regulator: E333iii), White Chocolate (15%) (Sugar, Cocoa Butter, Whole **MILK** Powder, Emulsifier: **SOYA** Lecithin; Natural Vanilla Flavouring), Cream (**MILK**), Dark Chocolate (6%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **SOYA** Lecithin; Natural Vanilla Flavouring), Sea Salt (0.4%). Per Serving 445 kcal.*

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(V) Vegetarian (Vg) Vegan

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

Due to the way our food is produced and handled it is not possible to guarantee the absence of allergens in our products. Please make sure that you check allergen information and that you inform us if you have food allergy or special dietary requirements. All items on our menu are subject to availability. Sometimes we have different products on board, but our staff will let you know.

AVANTI WEST COAST
FIRST CLASS