

# Ingredients & Allergen Menu

Voyager & Weekends First Class

## Breakfast

### The Great British Breakfast

682 kcal

#### Grill:

Dry Cure British Bacon (30.5%) (Pork, Salt, Sugar, Preservatives: Potassium Nitrate, Sodium Nitrate, Antioxidant E301); Pork & Parsley Sausage (26%) (Pork (65%), Water, Rusk (**WHEAT**), Seasoning [Salt, Dextrose, **WHEAT** Flour (calcium, iron, niacin, thiamine), Stabiliser: E451-i, Flavour Enhancer: E621, Preservative: E221 (**SULPHITES**), Flavourings, Spice (Black Pepper), Sunflower Oil, Maltodextrin, Colours: E120, Antioxidants: E304-i, E307, Acid: E330), Parsley) Tomato (26%); Black Pudding (17.5%) (Pigs Blood, Cooked Pearl **BARLEY**, Pork Fat, **BARLEY** Flour, Bacon (Pork, Water, Salt; preservatives: Sodium Nitrate; Antioxidant: Sodium Ascorbate), Rusk (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Salt, Raising Agent; Ammonium Carbonate), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium, Carbonate, Iron, Niacin, Thiamine) herbs, Spices, Dried Onion) Rapeseed Oil. Per serving 523 kcal.

Cooked Scrambled **EGG** (80%) (Intensive Pasteurised 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). Per serving 119 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 Metabi**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 except PEANUTS.

### Classic Bacon Sandwich

526 kcal

#### Bacon (pre-cooked):

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. Per slice 89 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 Metabi**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**.

### Croissant **V**

210 kcal

**WHEAT** Flour, Water, Butter (**MILK**) 18.0%, Sugar, Yeast, Salt, **WHEAT GLUTEN**, Emulsifier (E472e), Enzymes, Flour Treatment Agent (E300). Per serving 210 kcal.

#### Chuckleberry Jam:

Chuckleberry (49.59%), Unrefined Cane Sugar (41.27%), Water (8.26%), 100% Lemon Juice Concentrate (0.88%). Per jar 77 kcal.

#### Netherend Butter:

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

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

### Vegan Breakfast **VG**

208 kcal

#### Fritter:

Sweetcorn (55%), 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 (Water, Concentrated Lemon Juice), Preservative (Metabi**SULPHITE**)], White Wine Vinegar [White Wine Vinegar, Preservative (E224) (**SULPHITES**)], Basil]. Per serving 57 kcal.

#### Tomato:

Tomato (65%), Tomato Dressing (Olive Oil, Brown Sugar [Cane Sugar ], Lemon Juice [**SULPHUR DIOXIDE**] [Lemon Juice (Water, Concentrated Lemon Juice), Preservative ( Metabi**SULPHITE**)], White Wine Vinegar [White Wine Vinegar, Preservative (E224) (**SULPHITES**)], Sriracha Sauce [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 ]), Basil (3%). Per serving 62 kcal.

#### Portobello mushroom:

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

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

Factory handles all other allergens except PEANUTS.

### 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 (5%) (Lime Juice [Lime Juice from Concentrate, Preservative (E224) (**SULPHITES** )], Maple Syrup, Ginger), Pumpkin Seeds (2%), Sesame Seeds (2%), Desiccated Coconut (2%) (Coconut, Preservative (Sodium Metabi**SULPHITE**)), Sunflower Seeds (2%). Per serving 338 kcal.

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

### Smoked Salmon and Scrambled Eggs

192 kcal

Cooked Scrambled **EGG** (80%) (Intensive Pasteurised 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). Per serving 119 kcal

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

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

### 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**.

## Rest of the day

### The Gnocchi **V**

504 kcal

Panfried Gnocchi (43%) (Potato Gnocchi (Mashed Potatoes 80% (Water, Dehydrated Potatoes: Potatoes, Emulsifying Agents: 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 (60%), White Wine (40%), Salt, Preservative (**Sulphur Dioxide**)), 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); Buttered 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), Kirkhams 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, Autolyzed 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), Sourdough (**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%), Gelling 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.

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

### 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, E1520, 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 (Pectins), 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.

### Uglie Chocolate **V**

100 kcal

Milk Chocolate 76% [Sugar, Whole **MILK** Powder, Cocoa Butter, Cocoa Mass, Emulsifier (Soya Lecithin), Natural Vanilla Flavour], Cocoa Flavoured Biscuits 22% [**WHEAT** Flour, Vegetable Fat (Rapeseed & Palm), Sugar, Brown Sugar, Cocoa Powder, Glucose Syrup, Skimmed **MILK** Powder, **BARLEY** Syrup, Raising Agent (Sodium Bicarbonate)], Salt, Malt Extract, Flavouring, Acidifying Agent (Tartaric Acid), Butter Oil (**MILK**). This product may contain traces of **NUTS**. Per serving 100 kcal.

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

**V** Vegetarian **VG** Vegan

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

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. 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

