

Ingredients & Allergens Menu

Euston First Class Lounge Ingredients & Allergens menu from **14th October 2026**

Breakfast

Rye Bread with Smoked Salmon & Cream Cheese

Rye Bread (**WHEAT** Flour (**WHEAT** Flour, Calcium, Niacin, Iron, Thiamin), Water, White Sour Starter (**WHEAT** Flour, Water), Light **RYE** Flour, Salt, Improver (**WHEAT** Flour), Roasted **BARLEY** Malt Extract, Yeast, Semolina (**WHEAT**), Rapeseed Oil), SMOKED SALMON (25%) [Salmon (**FISH**) (Salmo salar), Salt, Demerara Sugar], CUCUMBER (16%), LEMON AND BLACK PEPPER CRÈME FRAÎCHE MAYONNAISE (8%) [Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range **EGG** and **EGG** Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from Concentrate, Flavouring, Antioxidant (Calcium Disodium EDTA), Colour (Paprika Extract)), Crème Fraîche (Skimmed **MILK** Cream (**MILK**), Modified Starch, Stabiliser (Guar Gum), Dextrose, Preservative (Potassium Sorbate), Culture), Lemon Juice (Lemon Juice from Concentrate, Preservative (Potassium **METABISULPHITE**), Black Pepper), PICKLED RADISH (3%) (Radish, Water, White Wine Vinegar (White Wine Vinegar, Antioxidant (Sodium **METABISULPHITE**)), Sugar, Salt), Chives, Black Pepper. Micro Mizuna Leaf (18%) (Micro Leaf Mizuna) . Per serving 165 kcal.

Although every care has been taken to remove all bones, some may remain.

Mizuna is produced on a site which handles Gluten, Celery and Mustard. May contain gluten.

Porridge

Gluten free wholegrain **OATS** (73%), skimmed **MILK** powder. Per serving 252 kcal.

Toppings: Honey (81 kcal)

Packed in a factory that handles peanuts and nuts. Contains naturally occurring sugars. Suitable for Coeliac, Vegetarians.

Fresh Fruit Salad Bowl

Honeydew (29%), Pineapple (29%), Cantaloupe Melon (25%), Grape (17%). Per serving 44 kcal.

Passion Fruit Yogurt

Yogurt (Pasteurised Whole **MILK**), Passion Fruit Compote 25% (Water, Sugar, Passionfruit Puree, Stabiliser: Cornstarch, Lemon Juice, Gelling Agent: Pectin, Natural Flavouring, Natural Colours: Carotene, Lutein). Per serving 194 kcal.

Blueberry Yogurt

Greek Style Yogurt (**MILK**), Blueberry Compote (21%) (Sugar, Water, Blueberry Puree, Blueberries, Stabiliser: Cornflour, Acidity Regulator: Citric Acid, Gelling Agent: Pectin, Natural Flavouring). Per serving 193 kcal.

Rhubarb & Strawberry Yogurt

Pasteurised Whole **MILK** Strawberry & Rhubarb Compote 25% (Sugar, Water, Strawberries, Rhubarb, Stabilizer: Cornflour, Lemon Juice Concentrate, Natural Flavouring, Natural Colour: Anthocyanins (Purple Carrot Concentrate). Per serving 195 kcal.

Plain Croissant

White Strong Bread Flour (White **WHEAT** Flour With Added Calcium Carbonate, Nicotinamide, Iron And Thiamine, **WHEAT**), Unsalted Butter (**MILK**), Water, **MILK** Caster Sugar, Unsalted Butter (**MILK**), Yeast, Salt, **BARLEY** Malt Flour) **May contain traces of Eggs, Soya, Sulphites.** Per serving 209 kcal.

Midi Apricot & Custard Crown Pastry

Apricot Halves (Apricot, Water, Pear Juice From Concentrate, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid)), White Strong Bread Flour (White **WHEAT** Flour With Added Calcium Carbonate, Nicotinamide, Iron And Thiamine, **WHEAT**), Water, Natural Glaze (Glucose Syrup, Water, Sugar, Gelling Agent (Pectin (E440)), Acid (Citric Acid (E330)), Thickener (Gellan Gum (E418), Xanthan Gum (E415)), Preservative (Potassium Sorbate (E202))), Butter Sheets (**MILK**, **MILK** Pastry Cream (Sugar, Modified Starch; Skimmed **MILK** Powder; LACTOSE (**MILK** and **MILK** Proteins; Coconut Oil; Gelling Agent: Sodium Phosphates, Diphosphates, Sodiumalginate, Calcium Sulphate; Firming Agent: Calcium Sulphate; Flavouring (Contains **MILK**); Colour: Carotenes), Caster Sugar, Butter (**MILK** Unsalted (**MILK**), Yeast Bakers Compressed, Salt, Table, **BARLEY** Malt Flour) **May contain traces of Eggs, Soya, Sulphites.** Per serving 160 kcal.

Orange Marmalade Muffin

Cake Mix (**WHEAT** Flour, Sugar, Raising Agents: E450, E500; Modified Starch, Whey Permeate Powder (**MILK**), Palm Oil, Emulsifiers: E471, E472b, E475; Whey Powder (**MILK**), Glucose Syrup, Salt; Thickener: E415; Flavouring, Skimmed **MILK** Powder), **EGGS**, Rapeseed Oil, Water, Mixed Peel (Orange Peel, Glucose Fructose Syrup, Lemon Peel, Acidity Regulator: Citric Acid; **SULPHUR** DIOXIDE (**SULPHITES**)), Orange Juice (5.10%), Caster Sugar, Orange Marmalade (2.75%) (Glucose Fructose Syrup, Oranges (27%), Sugar, Gelling Agent: Pectin, Acidity Regulators: Sodium Citrates, Citric Acid; Bitter Orange Oil)), Orange Zest (1.89%), Glucose Syrup, Unsalted Butter (**MILK**), Cornflour, Lemon Juice, Pectin). **May contain traces of Soya.** Per serving 302 kcal.

Cheddar Cheese & Chive Cuffin

White Strong Bread Flour (White **WHEAT** Flour With Added Calcium Carbonate, Nicotinamide, Iron And Thiamine, **WHEAT**), Butter Sheets (**MILK**), White Mature Cheddar 15.34% (**MILK**) (Added Ingredients: Anti Caking Agent, Potato Starch), Water, **MILK**, Caster Sugar, Butter Unsalted (**MILK**), Yeast, Salt, Chives 0.31%, **BARLEY** Malt Flour **May contain traces of Eggs, Fish, Soya, Sulphites, Oats, Rye.** Per serving 172 kcal.

Apple & Salted Caramel Porridge **OAT** Bar

Salted Caramel & Apple Porridge Bar (100%) (**GLUTEN** Free **OATS** (35%), Chicory Fibre, Date Paste, Sunflower Oil, Humectant (E422), Rice Syrup, Chopped Dates (Dates, Rice Flour), Raisins (Raisins, Sunflower Oil), Rapeseed Oil, Dried Apple (4%)(Dehydrated Apple, Preservative (E223 (**SULPHITES**))(**SULPHITES**)), Dextrose, Puffed Quinoa, Natural Apple Flavouring (0.36%), Natural Salted Caramel Flavouring (0.20%), Salt, Natural Toffee Flavouring). Per serving 207 kcal.

May contain traces of Eggs, Milk, Nuts, Peanuts, Sesame Seeds, Soya

Rest of the day

West Coast Cheese Board

Cheese Platter: CHERRY TOMATO (24%), MIXED SEEDLESS GRAPES (24%), ROAST TOMATO CHUTNEY (20%) (Tomato Tomato, Tomato Juice, Acidity Regulator (Citric Acid), Onion, Sundried Tomato Paste (Sundried Tomato, Tomato Paste, Sunflower Oil, Sugar, Salt, Basil, Oregano, Garlic), Tomato Paste, Balsamic Vinegar Wine Vinegar, Concentrated Grape Must, Caramel (**SULPHITE** Ammonia Caramel), Antioxidant (**SULPHUR** DIOXIDE (**SULPHITES**)), Dark Brown Sugar, Garlic, Salt, Rapeseed Oil, Ground Paprika, Modified Corn starch, Thyme, Ground Black Pepper], BLACKSTONE CHEDDAR CHEESE (16%, **MILK**) (**MILK**), RED FOX CHEESE (16%, **MILK**) (**MILK**, Colour (Annatto Norbixin)).

OATCAKES (20.7%) [Gluten Free Wholegrain **OATS** (90%), Sustainable Palm Fruit Oil, Sea Salt, Raising Agents (Sodium Carbonates, Ammonium Carbonates)].

ESTATE DAIRY BUTTER PORTION (5.7%)(**MILK**).

MICRO MIZUNA LEAF (1.7%).

Per serving 471 kcal.

May contain traces of Peanuts, Eggs, Celery, Mustard, Sesame, Soya, Wheat, Barley, Rye, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias.

Sea Salt Crisps

Potatoes, Cold Pressed Rapeseed Oil, Sea Salt. Per serving 217 kcal. **Gluten Free. Produced in a nut-free facility. Suitable for Vegetarians and Vegans.**

Cheesy Baked Corn Snacks

Cheesy Corn Snacks (100%) [Corn, Sunflower Oil, Whey (**MILK**) Powder, Salt, Cheese (**MILK**) Powder, **MILK** Powder, Butter(**MILK** (**MILK**) Powder, Natural Flavouring) . Per serving 71 kcal.

May contain traces of Peanuts, Soya.

Garlic and Basil Olives

Halkidiki Olives 90%, Rapeseed Oil 5%, Basil 3%, Garlic Olives 2%, Lemon juice (traces), white wine vinegar (traces), salt (traces). Per serving 50 kcal.

Although extra care has been taken to remove all stones, some may remain.

Wild Garlic Mixed Nuts

PEANUTS, CASHEWS, ALMONDS, HAZELNUTS. Sugar, Salt, Basil, Rapeseed Oil, Garlic Powder, Black Pepper, Wild Garlic Leaves, Oregano. Per serving 121 kcal. **Factory handles other allergens.**

Uncle Joe's Mint Ball Brownie

Sugar, Butter (**MILK**, Salt), Dark Chocolate 17% (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**SOYA** Lecithin E322), Natural Vanilla Flavouring), **EGG**, Gluten Free Flour (Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)), Dark Chocolate Chips 8% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **SOYA** Lecithin, Natural Vanilla Flavouring), Cocoa Powder, Xanthum Gum, Potassium Sorbate (E202), Uncle Joe's Peppermint Flavouring 0.07%. Per serving 265 kcal.

Made in bakery that processes gluten, peanuts, nuts and sulphur dioxide.

Classic Caramel Popcorn

Corn, Sugar, Butter (**MILK**), Corn Syrup. Per serving 32 kcal.

Jellybean Pyramid

Sugar, Glucose Syrup, Modified Cornstarch, Blueberry Puree, Acidity Regulators (E330, E325, E296), Glazing Agents (E904, E901, E903), Flavourings, Banana Puree, Concentrates Of (Spirulina, Carrot, Apple, Blackcurrant, Turmeric, Pumpkin, Hibiscus) For Colour, Lemon Puree, Pear Juice Concentrate, Tangerine Juice Concentrate, Watermelon Juice Concentrate, Cherry Juice Concentrate, Apple Juice Concentrate, Coconut Puree, Colours (E172, E162, E160a), Tapioca Dextrin). Per serving 36 kcal.

Stem Ginger & Dark Chocolate Chip

Shortbread

Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Butter (**MILK**, Salt), Sugar, Dark Chocolate Chips 9% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **SOYA** Lecithin; Natural Vanilla Flavouring), Crystallised Ginger 5% (Ginger, Sugar) (**SULPHITES**), Ginger 0.9% (Naturally Occurring **SULPHITES**). Per serving 221 kcal.

Cox & Co Miso & Caramel Chocolate Bar

Miso Caramel **OAT** Milk Chocolate (100%) (Colombian Couverture Dark Chocolate (99%) (Cocoa Mass, Sugar, Dried Gluten Free **OAT** Powder, Cocoa Butter, Dried Rice Powder, Emulsifier: Sunflower Lecithin, Vanilla Extract), Miso (**SOYA**) Powder (<1%) (**SOY** bean, Rice, Salt, Vitamin B2), Natural Caramel Flavour (<1%). Per serving 85 kcal.

May contain traces of Peanuts, Eggs, Milk, Wheat, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias.

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

Adults need around 2000 kcal a day.

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 a food allergy or special dietary requirements.

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