

Ingredients & Allergens Menu

Regional First Class Lounge Ingredients & Allergens Menu from **14th October 2026**

Breakfast

Porridge

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

Toppings: Honey (70 kcal)

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

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 Cruffin

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

Sea Salt Crisps

Crisps (100%) [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 Corn Snacks

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

May contain traces of Peanuts, Soya

Chipotle & Lime Chips

Lime (100%) [Sprouted Sorghum (48%), Yellow Pea Flour, Chipotle And Lime Flavour Seasoning (10%) (rice Flour, Spices (Smoked Paprika, Paprika, Cayenne Pepper, Chipotle Chili)), Sugar, Salt, Onion Powder, Natural Flavouring, Acid: Citric Acid, Smoked Sugar, Colour: Paprika Extract, Lime Juice Powder], Sunflower Oil, Maize Flour, Firming Agent: Calcium Carbonate]. Per serving 110 kcal.

May contain traces of Soya.

Cracker & Chutney Box

Biscuit (55%) [**WHEAT** Flour, Butter (**MILK**), Sugar, Onion, **EGGS**, Salt, Paprika, Ammonium Bicarbonate, Rosemary Extract], Chutney (45%) [Armagh Bramley Apple (31%), Marinated Bramley Apple (21%) (Apple, Balsamic Vinegar Of Modena (Concentrated Grape Must, Wine Vinegar)), Sugar, Sultanas, Cider Vinegar (Naturally Occurring **SULPHITES**), Salt, Cinnamon, Gelling Agent (Pectin)]. Per serving 125 kcal.

May contain traces of Soya.

Chorizo Bites

Chorizo (100%) [Pork, Salt, Paprika, Garlic And Spices]. Per serving 118 kcal.

May contain traces of Milk, Soya.

Orange and Maple Syrup Nuts & Seeds

Orange Maple Syrup Nuts (100%) [Pecan Nuts , Almonds , Pumpkin Seeds , Sunflower Seeds , Maple Syrup (11.2%), Ginger (1.2%), Salt, Orange Peel Powder (0.7%) Activated]. Per serving 154 kcal.

May contain traces of Peanuts.

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.

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.

Saint Clements Biscuit

Gluten Free Flour [Rice, Potato, Tapioca, Maize, Buckwheat Flours], Caster Sugar, Gluten Free **OAT** Flour, Unsalted Butter (**MILK**) (**MILK**), Mixed Peel (11%) [Orange Peel, Glucose Fructose Syrup, Sugar, Lemon Peel, Acidity Regulator (E330)], Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt, Emulsifier (E475), Colours (E100, E160b), Flavouring), Lemon Meringue Filling (8%) [Water, Sugar, Modified Waxy Maize Starch, Lemon Commminute, Gelling Agent (E440i), Preservative (E202), Acidity Regulators (E330, E331), Thickener (E410), Colours (E171, E100)], Baking Powder (Raising Agents (E341, E500), Corn Starch), Salt]. Per serving 185 kcal.

May contain traces of Gluten, Eggs, Sesame, Soya, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias.

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.

Classic Caramel Popcorn

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

Kooky Dried Mango

Dried Mango ~100% Mango. Per serving 53 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.

