

FIRST

A MOMENT TO ENJOY

NON-GLUTEN CONTAINING INGREDIENT MENU

FIRST

SAVOUR THE SEASON

The items on this menu are made with ingredients which do not intentionally contain gluten. However, we handle gluten-containing ingredients in our kitchens, so we cannot guarantee our dishes are 100% gluten-free.

Please ensure you make our staff aware when ordering from this menu.

Adults need around 2,000 kcal a day.

Kcal information is per serving or portion.

Our food may contain or come into contact with common allergens and we cannot guarantee any dish is 100% allergen-free. If you have a food allergy or intolerance, please speak to us before you order.

Sourced Along Route: Indicates menu items containing products or ingredients sourced from suppliers located along the Avanti West Coast route.

If you're making a short trip with us, we may not have the full menu available but you will have time for a drink. All items on the menu are subject to availability.

Ⓥ Vegetarian

ⓋG Vegan

📍 Sourced along route

View calories, allergens and ingredients online [here](#).

If you need any help getting this information, just ask us.

THE CLASSICS

Smoked Salmon with Scrambled Eggs

Oak-smoked salmon,
free-range eggs, garnished
with mizuna leaves and
lemon wedge.

226 kcal

Bacon Roll

Lightly smoked back
and streaky bacon on a
gluten-free seeded roll.

396 kcal

📍 Pumpkin Spice Granola

Toasted wholegrain oats with seeds, pumpkin
powder and mixed spices, The Coconut Collab
Natural Vegan yoghurt, sliced banana.

387 kcal (VG)

◦ *We recommend* ◦

Breakfast Hash

Pan-fried potato & sweet potato,
vegan nduja, onions and spinach,
seasoned with smoked paprika
and chilli. Delicious as it comes,
or add a free-range poached egg.

293 kcal (VG) / 362 kcal (V)



Porridge Bowl

Traditional porridge served on its own or with banana and honey.

252–401 kcal (V)

Banana

100 kcal (VG)

Easy Peeler

21 kcal (VG)



LIGHT SNACKS

📍 **Sea Salt Crisps**
217 kcal (VG)

📍 **Cheesy Corn Snacks**
71 kcal (V)

📍 **Chips & Dips**
204 kcal (VG)

Banana
100 kcal (VG)

Easy Peeler
21 kcal (VG)

TREATS

📍 **Cox&Co Chocolate**

47% chocolate made from single origin Colombian cacao with miso and natural caramel.
85 kcal (VG)

📍 **Marmalade Bread & Butter Pudding**

Created exclusively for Avanti by the Beaumont Patisserie, with Seville orange marmalade and a rich custard.
279 kcal (V)

LARGER PLATES

📍 **Beef Stew**

Tender British beef braised in a rich red wine gravy with onions, carrots and roasted potatoes.
228 kcal

Grilled Vegetable & Grain Salad

Grilled peppers, chickpeas, green Puy lentils, chopped spinach and a pomegranate dressing.
322 kcal (VG)

📍 **Cheese & Biscuits**

Blackstone Vintage Cheddar, Red Fox aged Red Leicester, grapes, cherry tomatoes, oatcakes.
471 kcal (V)

