

Ingredients & Allergens Menu

Evero Weekday First Class Ingredients & Allergens Menu from 3rd December 2025
(updated 6th January 2026)

Breakfast

The Breakfast Grill

Breakfast Grill (65.1%) [PORK AND PARSLEY SAUSAGE (29%) [Pork, Water, Rusk (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin)), Salt, Raising Agent (Ammonium Carbonate), Pork Fat, Salt, Dextrose, **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser (Sodium Tripolyphosphate), Preservative (Sodium **SULPHITE**), Flavour Enhancer (Monosodium Glutamate), Spices (White Pepper, Black Pepper, Cayenne Chili)], Yeast Extract, Antioxidant (Ascorbic Acid), Spice Extracts (Black Pepper Extract, Nutmeg Extract, Capsicum Extract, Ginger Extract), Citric Acid, Colour (Carmine), (**SULPHITES**)], Dried Parsley, Natural Hog Casing), ROSTI BITES (27%) [potato, Vegetable Oil (Palm), Salt, Dextrose (Maize), Onion Powder, Emulsifier (Hydroxypropyl Methyl Cellulose), Spice], TOMATO (26%), SMOKED BACK BACON (19%) [Pork, Water, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], Scrambled **EGG** (33.6%) [SCRAMBLED **EGG** (80%) [Pasteurised Free Range **EGG** Water, Rapeseed Oil, Tapioca Starch, Skimmed **MILK** Powder, Lemon Juice, Salt, Ground White Pepper], WHITE SAUCE (20%) [Water, Rapeseed Oil, Modified Starch, Salt, Whey (**MILK**) Protein Concentrate (**MILK**), Sugar, Vegetable Stock (Salt, Maltodextrin, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Carrot Extract, Rapeseed Oil, Tomato, Louage), Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Stabiliser (Guar Gum), Spices]], Swiss Chard (1.3%). Per serving 509 kcal.

Swiss Chard is produced on a site which handles Gluten, Celery and Mustard.

Factories handles all other allergens.

Optional:

Tipstree Tomato ketchup: Tomatoes (180g per 100g of Ketchup), Sugar, Wine Vinegar, Lemon Juice, Salt, Spices (Onion Powder, Chilli Powder, Ground Cinnamon, Ground Cloves). Per serving 15 kcal.

Tipstree Brown sauce: Tomatoes, Sugar, Treacle, **BARLEY** Malt Vinegar, Wine Vinegar, Apples, Sultanas, Oranges, Citrus Fibre, Salt, Tamarind, Lemon Juice, Spices (Onion Powder, Chilli Powder, Ground Cinnamon, Ground Ginger, Ground Cloves). Per serving 15 kcal.

Classic Bacon Roll

Bacon Roll (92.5%) [White Roll (**WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Water, **RYE** Flour, Potato Starch, Potato, Yeast, Sugar, Rapeseed Oil, Salt, **WHEAT** Flour, Emulsifier (Sodium Stearoyl 2 Lactylate), Fermented **WHEAT** Flour, Flour Treatment Agent (Ascorbic Acid)), BEECHWOOD SMOKED BACK BACON (29%) [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], BEECHWOOD SMOKED STREAKY BACON (6%) [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Natural Flavourings, Natural Beechwood Smoke]].

BUTTER (7.5%) [Pasteurised Cow's Cream (**MILK**) 98.49%, Salt 1.5%, Lactic Culture 0.01%].

Per serving 431 kcal.

May contain egg and mustard. Swiss Chard is produced on a site which handles Gluten, Celery and Mustard.

Classic Bacon Roll (GF)

Bacon Roll (91.6%) [Gluten Free Brown Seeded Roll (Water, Tapioca Starch, Rice Flour, Seeds (Sunflower, Linseed, Millet, Poppy), Rapeseed Oil, Psyllium Fibre, Potato Flakes, Treacle, Humectant (Glycerine), Stabiliser (Hydroxypropyl Methyl Cellulose), Yeast, Maize Flour, Millet Flakes, Sugar, Salt, Sugar Beet Fibre, Fermented Rice Flour, Reduced Fat Cocoa Powder), BEECHWOOD SMOKED BACK BACON (33%) [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], BEECHWOOD SMOKED STREAKY BACON (7%) [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Natural Flavourings, Natural Beechwood Smoke]].

BUTTER (8.4%) [Pasteurised Cow's Cream (**MILK**) 98.49%, Salt 1.5%, Lactic Culture 0.01%]. Per serving 396 kcal.

May contain egg and mustard. Swiss Chard is produced on a site which handles Gluten, Celery and Mustard.

Optional:

Tipstree Tomato ketchup: Tomatoes (180g per 100g of Ketchup), Sugar, Wine Vinegar, Lemon Juice, Salt, Spices (Onion Powder, Chilli Powder, Ground Cinnamon, Ground Cloves). Per serving 15 kcal.

Tipstree Brown sauce: Tomatoes, Sugar, Treacle, **BARLEY** Malt Vinegar, Wine Vinegar, Apples, Sultanas, Oranges, Citrus Fibre, Salt, Tamarind, Lemon Juice, Spices (Onion Powder, Chilli Powder, Ground Cinnamon, Ground Ginger, Ground Cloves). Per serving 15 kcal.

Winter Berry Waffles with Greek

Style Yogurt

Mixed Berry Waffle (51.6%) [Dough [flour (**WHEAT**, Malted **WHEAT**), Vegetable Oil (Palm, Rapeseed), Water, BUTTER (**MILK**), Sugar, Yeast, Whole **MILK** Powder, Salt, **EGG** Powder, Emulsifier (E471), antioxidant (E300), Acid (E330), Colour (E160a(ii)), Filling (49.5%) [Mixed Berries (69%) (Raspberries, Redcurrants, Strawberries, Blackcurrants, Blackberries, Blueberries), Sugar, Modified Starch]], Greek Style Yoghurt (48.4%) [Pasteurised Cow's **MILK** Cream (**MILK**), Skimmed **MILK** Powder, Cultures]. Per serving 282 kcal.

Bangers & Mash

Mashed Potatoes (36%), Onion Gravy (32%), Pork and Leek Sausage (27%), Savoy Cabbage (5%). Mashed Potatoes contains (Potatoes (Preservative: **SULPHITES**), Butter (**MILK**, Salt), **MILK**, Double Cream (**MILK**), Sea Salt), Onion Gravy contains (Water, Sliced Red Onion, Beef Stock (Water, Beef Stock (Beef Bone, Water), Yeast Extract, Salt, Lemon Juice Concentrate, Beef Fat), Modified Waxy Maize Starch, Rapeseed Oil, Worcester Sauce (Malt Vinegar (**BARLEY**), Spirit Vinegar, Molasses, Sugar, Salt, Anouhuus (**FISH**), Tamarind Extract, Onions, Garlic, Spice, Flavourings), Fortified **WHEAT** Flour*, Salt, Tomato Paste, Demerara Sugar, Ground White Pepper), Pork and Leek Sausage contains (Pork, Water, Rusk (Fortified **WHEAT** Flour*, Salt, Raising Agent: Ammonium Bicarbonate), Seasoning (Salt, Dextrose, Fermented **WHEAT** Flour*, Stabiliser: Sodium Triphosphate, Preservative: Sodium **SULPHITE**, Flavour Enhancer: Monosodium Glutamate, Spices (White Pepper, Black Pepper, Cayenne Chili), Yeast Extract, Antioxidant: Vitamin C, Spice Extracts (Black Pepper Extract, Nutmeg Extract, Capsicum Extract, Ginger Extract), Citric Acid, Colour: Carmine), Green & White Leeks), Fortified **WHEAT** Flour* contains: (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Folic acid). Per serving 503 kcal.

Swiss Chard is produced on a site which handles Gluten, Celery and Mustard. Made in factory that handles nuts.

New York Deli Pretzel Roll

New York Deli Pretzel Roll (97.3%) [Pretzel Roll (**WHEAT** Flour, Water, Rapeseed Oil, Salt, Yeast, **WHEAT** GLUTEN, Flour Treatment Agent (Ascorbic Acid), Acidity Regulator (Sodium Hydroxide)], PASTRAMI (18%) [Beef, Salt, Cracked Black Pepper, Stabilisers (Diphosphates, Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], EMMENTAL CHEESE (14%), **MILK**, (**MILK**, Salt), GHERKIN AND MUSTARD MAYONNAISE MIX (11%) [Mayonnaise (Rapeseed Oil, Water, Pasteurised Liquid **EGG**, Acidity Regulator (Acetic Acid), Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)), Gherkins (Gherkins, Water, Sugar, Spirit Vinegar, Salt, Firming Agent (Calcium Chloride), Natural Flavouring, Colour (Riboflavin), Dijon **MUSTARD** (Water, **MUSTARD** Seed, Spirit Vinegar, Salt, Preservative (Sodium Hydrogen **SULPHITE**)), Yellow **MUSTARD** (Water, Spirit Vinegar, **MUSTARD** Seed, Salt, Spices, Flavourings)], Micro Leaf Ruby/Red Chard (2.7%). Per serving 377 kcal.

May contain traces of Celery. Although every care has been taken to remove all bones, some may remain.

Steak & Tilting Ale Pie

Steak & Ale Pie: (Potato (25%), Water, Plain Flour (**WHEAT**), (**WHEAT** Flour (**GLUTEN**), Calcium Carbonate (E170), Iron, Niacin, Thiamine, **WHEAT**), Pulled Beef (9%), Unsalted Butter (**MILK**), **TILTING ALE** (4.34%), (Water, **BARLEY** Malt (**GLUTEN**), **WHEAT** Malt (**BARLEY**), Hops, Yeast), **MODIFIED** (Vegetable Starch, Garlic, Red Onion, Green Beans, Carrot, Suede, Leeks, Mushroom, Blended Pomace Oil (Pomace Olive Oil, Rapeseed Oil), Beef Flavoured Vego Stock Mix (Vegetable Stock (Water, Onion, Tomato), Vego, Salt, Yeast Extracts, Flavourings, Sugar, Colour (Caramel), Rapeseed Oil, Maltodextrin), Xanthan Gum, Tomato Paste, Rosemary, Salt, Premier Red Wine (**SULPHITES**), Glaze (Beef Stock (Water, Beef Stock), Veal Stock (Water, Veal Juice, Veal Fat, Concentrated Vegetable Juices (Carrot, Tomato, Onion, Mushroom, Garlic), Modified Tapioca Starch, Red Wine Concentrate (**SULPHITES**), Salt, Sugar, Flavourings, Yeast Extracts, Glucose, Maltodextrin, Acidity Regulators (Malic Acid, Tartaric Acid), Ground Thyme), Caster Sugar, Ground Paprika, Thyme, Black Pepper), Pickled Onions (18.7%) [RED ONION (98%), Water, White Wine Vinegar (white Wine Vinegar, Antioxidant (Sodium **METABISULPHITE**), Sugar, Salt), SWISS CHARD (1.1%). Per serving 512 kcal.

NOTE: Although Ale is used as an ingredient is showing negligible alcohol after cooking.

May contain traces of Mustard, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias, Swiss Chard is produced on a site which handles Gluten, Celery and Mustard. Whilst all care has been taken, some small pieces of bone may still remain.

Sticky Toffee Pudding

Caramel (25%) (Sugar, Glucose Syrup, Sweetened Condensed Milk (**MILK**), Sugar), Water, Unsalted Butter (**MILK**), Invert Sugar Syrup, Palm Oil, Salt, Emulsifiers (Rapeseed and Sunflower Lecithin, Sorbitan Monostearate), Natural Flavouring]], Date Puree (13%) (Dates, Water), Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Free Range Pasteurised Whole **EGG**, Dark Brown Sugar, Caster Sugar, Salted Butter (Butter (**MILK**), Salt), Sodium Bicarbonate (E500ii), Baking Powder (Gluten Free Raising Agent (E450i, E500ii, Rice Flour), Ground Ginger, Ground Nutmeg. Per serving 253 kcal.

Clotted cream: Cornish cows **MILK** Per serving 235 kcal.

May also contain Soya and Nuts.

Apple & Blueberry Crumble

APPLE & BLUEBERRY CRUMBLE (75.8%) [Apples, Blueberries, Gluten Free Plain White Flour Blend (Brown Rice Flour, White Rice Flour, Maize Starch, Tapioca Starch, Maize Flour, Buckwheat Flour), Butter (**MILK**) Unsalted (**MILK**), Soft Light Brown Sugar, Caster Sugar, Gluten Free Rolled Jumbo **OATS** Sugar Demerara, Lemon Juice, Corn Flour, Cinnamon Ground, Nutmeg Ground].

CORNISH CLOTTED CREAM (24.2%) [Cornish Cows **MILK**]. Per serving 481 kcal.

May contain traces of Eggs, Fish, Soya, Sulphites, Wheat. Every care has been taken to remove fruit pits, however, small fragments may remain.

Orange & Cranberry Shortbread

Orange Cranberry Shortbread [**WHEAT** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Butter (**MILK**, Salt), Cranberries 13% (Sugar, Sunflower Oil), Sugar (Or Sucrose), Natural Orange Flavouring 0.4%]. Per serving 208 kcal.

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

Luxury Chocolate Bar

Miso Caramel Dark Chocolate (100%) [Colombian Couverture Dark Milk Chocolate (99%) (Cocoa Mass, Sugar, Miso 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.

Shakshuka with Moroccan Bites

Shakshuka With Moroccan Spiced Bites (98%) [SHAKSHUKA MUSHROOM MIX (75%) [Shakshuka (Tomato, Red Peppers, Peeled Plum Tomatoes In Tomato Juice (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Onions, Tomato Purée, Olive Pomace Oil, Garlic, Red Chili, Smoked Paprika, Sea Salt, Coriander, Cumin, Black Pepper), Mushroom (Mushrooms, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Smoked Paprika], MOROCCAN STYLE SPICED LAFALAF (25%) [Chickpeas (Water, Chickpeas), Cauliflower, Onion, Dates, Rapeseed Oil, Potato Flake, Sweet Potato, Dried Red Pepper, Garlic Purée (Water, Garlic Granules), Coriander, Lemon Juice Concentrate, Salt, Parsley, Raising Agent (Sodium Bicarbonate), Ground Coriander, Ground Paprika, Ground Cumin, Ground Cinnamon, Mint, Ground Black Pepper, Chilli Flakes]], Micro Leaf Ruby/Red Chard (2%). Per serving total 254 kcal.

Made to a vegan recipe in a factory that handles Milk and Egg so may not be suitable for allergy sufferers.

Add poached egg: **EGG** (24.6%) [Graded Class A Medium Free-Range **EGG** (100%), Sunflower Oil]. Per serving 320 kcal.

May contain traces of Gluten, Eggs, Milk, Celery, Mustard.

Smoked Salmon and Scrambled Eggs

Pre-cooled egg, Scrambled **EGG** (69.4%) [SCRAMBLED **EGG** (80%) [Pasteurised Free Range **EGG**, Water, Rapeseed Oil, Tapioca Starch, Skimmed **MILK** Powder, Lemon Juice, Salt, Ground White Pepper], WHITE SAUCE (20%) [Water, Rapeseed Oil, Modified Starch, Salt, Whey (**MILK**) Protein Concentrate (**MILK**), Sugar, Vegetable Stock (Salt, Maltodextrin, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Carrot Extract, Rapeseed Oil, Tomato, Louage), Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Stabiliser (Guar Gum), Spices]], SMOKED SALMON (27.8%) [Salmon (**FISH**) (96%) (Salmo Salar), Salt, Sugar, Oak Smoke], Swiss Chard (2.8%). Per serving 226 kcal.

Although every care has been taken to remove bones, some may remain. May contain gluten. Swiss Chard is produced on a site which handles Gluten, Celery and Mustard.

Toast with butter

White Bloomer: (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, **SOYA** Flour, Preservative (E282 Calcium Propionate), Emulsifiers (E472e Mono And Diacetyl Tartric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Rapeseed Oil, Flour Treatment Agent (E300 Ascorbic Acid)].

Butter (14%) [Pasteurised Cow's Cream (**MILK**), Salt, Lactic Culture]. Per serving 254 kcal.

Malted Bread: (**WHEAT** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **WHEAT** Flakes (9.0%), **WHEAT** Bran (2.3%), Yeast, Malted **BARLEY** Flour (1.0%), Salt, Vegetable Oils (Rapeseed, Palm), **WHEAT** Protein, Spirit Vinegar, Emulsifiers (E471, E472[E]), Malted **WHEAT** Flour, Flour Treatment Agent (E300), Palm Fat, **WHEAT** Flour]].

Butter (11.6%) [Pasteurised Cow's Cream (**MILK**), Salt, Lactic Culture]. Per serving 315 kcal.

Tipstree Marmalade: Sugar, Seville Oranges, Gelling Agent: Citrus Pectin. Per serving 71 kcal.

Tipstree Strawberry jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin; Acidity Regulatory: Citric Acid. Per serving 76 kcal.

Honey: Pure Honey. Per serving 81 kcal.

Toasted Teacake

TEACAKE (63.1%) [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sultanas (14%), Currants (10%), Sugar, Yeast, Mixed Peel (3.8%) (Contains: Orange Peel, Glucose Fructose Syrup, Lemon Peel, Sucrose, Preservative (E202), Acidity Regulator (E330)), Vegetable Oil (Palm, Rapeseed), Salt, Emulsifier (E472e), Malted **WHEAT** Flour, Flour Treatment Agent (E300), Colour (E160a)].

Tipstree Strawberry Jam (27.2%) [Sugar, Strawberries, Gelling Agent: Citrus Pectin; Acidity Regulatory: Citric Acid].

Butter

Butter (9.7%) [Pasteurised Cow's Cream (**MILK**), Salt, Lactic Culture]. Per serving 347 kcal.

May contain traces of Tree nuts, Eggs, Sesame, Soya, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias. Sulphites <10ppm.

Cinnamon Cruffin

Cinnamon Cruffin (100%) [White Strong Bread Flour (White **WHEAT** Flour With Added Calcium Carbonate, Nicotinamide, Iron And Thiamine, **WHEAT**), Water, Butter Laminating (**MILK**), **MILK** Whole, Caster Sugar, Soft Light Brown Sugar, Butter (**MILK**) Unsalted (**MILK**), Yeast Bakers Compressed, Cinnamon Ground 0.92%, Salt, Table, **BARLEY** Malt Flour (**WHEAT**)]. Per serving 224 kcal.

May contain traces of Eggs, Fish, Soya, Sulphites.

Porridge

MOMA plain No Added Sugar Porridge [Wholegrain **OATFLAKES** (73%), Skimmed **MILK** Powder, Water, Per serving 252 kcal.

Add Banana and Honey. Per serving 392 kcal.

Rest of the day

Indian Salad

Indian Salad (100%) [CHICKPEA SALAD (29%) [Cooked Chickpeas (Chickpeas, Water), Tomato, Slow Roasted Tomato (Tomatoes, Sunflower Oil, Salt, Garlic, Oregano), Salsa (Tomatoes, Water, Spirit Vinegar, Tomato Purée, Jalapeño Peppers (Jalapeño Peppers, Water, Spirit Vinegar, Salt), Dried Onion, Modified Maize Starch, Sugar, Salt, Dried Red Pepper, Garlic Powder, Cumin, Preservative (Potassium Sorbate), Chilli Powder, Oregano, Black Pepper), Red Onion, Lemon Juice (Lemon Juice From Concentrate, Preservative (Potassium **METABISULPHITE**)), Coriander, Madras Curry Powder (Coriander, Turmeric, Rice Flour, Fenugreek, Ginger, Salt, Cumin, Black Pepper, Paprika, Colour (Paprika Extract), Fennel, Nutmeg), Salt, Cracked Black Pepper], MASHED VEGETABLE CURRY (19%) [Cauliflower, Aubergine, Onion, Tomato Paste, Coconut Milk, Water, Garlic Purée, Ginger Purée, Light Brown Sugar, Vegetable Stock (Salt, Maltodextrin, Rice Flour, Vegetables (Onion, Carrot, Parsnip), Yeast Extract, Sunflower Oil, Parsley, Turmeric), Garam Masala Powder, Rapeseed Oil, Red Chilli, Coriander, Salt, Cracked Black Pepper], ONION BHAJI (19%) [Onion, Gram Flour (Yellow Split Pea, Channa Dal)], Rapeseed Oil, Lemon Juice, Salt, Cumin Powder, Coriander Powder, Cumin Seed, Ajwain Seed, Garam Masala (Coriander, Cumin, Cinnamon, Garlic, Black Pepper, Clove, Nutmeg, Cardamom, Bay Leaf, Chilli Powder), Chilli Powder, Turmeric, Black Pepper, Baking Powder (Mono Calcium Phosphate, Cornstarch, Sodium Bicarbonate)], SPINACH (12%), CARROT AND CABBAGE PICKLE (12%) [Carrot, Red Cabbage, Sugar, White Wine Vinegar (White Wine Vinegar, Antioxidant (Sodium **METABISULPHITE**)), CORIANDER VEGAN MAYONNAISE (10%) (Vegan Mayonnaise (Rapeseed Oil, Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser (Xanthan Gum), Flavouring, Colour (Riboflavin), Antioxidant (Calcium Disodium EDTA)), Red Onion, Coriander]]. Per serving 316 kcal.

May contain traces of Gluten, Eggs, Milk, Celery, Mustard, Sesame, Soya, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias. Made to a vegan recipe in a factory that handles Milk and Egg so may not be suitable for allergy sufferers.

West Coast Cheeseboard

West Coast Cheese Plate (61.6%) [RED FOX CHEESE (Pasteurised Cow's **MILK**, PDV Salt, Starter Culture, Colour: Annatto Norbixin E160b (i)), Microbial Bifid) BLACKSTONE VINTAGE CHEDDAR CHEESE (Pasteurised Cow's **MILK**, Salt Contains Anti Caking Agent Sodium Ferrocyanide, Vegetarian Rennet, Starter Culture) CROXTON MANOR LANCASHIRE CHEESE (Pasteurised Cow's **MILK** Starter Culture, PDV Salt, Microbial Rennet).

Crispbread (**MILK RYE** Flour, **WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Thiamine, Niacin), Sourdough (**RYE** Flour (**WHEAT**), Water), Wholemeal **WHEAT** Flour, Honey, Salt)

Semi Dried Tomatoes (Semi Dried Tomatoes, Sunflower Oil, Salt, Garlic Flakes, Oregano, Preservative: Potassium Sorbate) **Country Garden Chutney** (Vegetables (Onion, Carrot, Suede, Turnip, Parsnip), Raw Cane Sugar, Cider Vinegar, Apricots, Bramley Apples, Tomato Puree, Sultanas, Garlic Pure, Sea Salt, Tamarind Paste, **MUSTARD** Flour), Red Chillies, Ground Ginger, Ground Cinnamon, Ground Allspice, Ground Black Pepper) **Dried Apricots** (Apricots, Preservative: **SULPHUR DIOXIDE** (**SULPHITES**)), Green Grapes (32.4%) [Fresh Whole Grapes (White Seedless)], **Estate Dairy Butter** (5.4%) [Pasteurised Cow's Cream (**MILK**), Salt, Lactic Culture], **Micro Leaf Ruby/Red Chard** (0.54%). Per serving 650 kcal.

May contain traces of Celery, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias. Although every care has been taken, some fruit stones may remain.

Optional:

Nairns GF Crackers Gluten Free Wholegrain **OATS** (51%), Maize Flour, Rice Flour, Sustainable Palm Fruit Oil, Tapioca Starch, Maize Starch, Raising Agent: Ammonium Carbonates, Brown Rice Syrup, Sea Salt. Per serving 31 kcal.

Haggis, Neeps & Tatties

HAGGIS, Neeps & Tatties (84.7%) [Haggis (Lamb Offal, **OATMEAL**, Onion, Beef Suet, Heart Seasoning (Wheat), **SOYA**, Dextrose, Groats, Nutmeg, Colour (E150) Salt, Rusk (**WHEAT** Flour, Salt, Raising Agent E503), Emulsifier E451(i), Preservative E221 (**SULPHITES**), Sugar, Flavour Enhancer E621, Flavourings, Antioxidant E301, Colour: Ammonia Caramel), Suede, Potatoes, Salted Butter (**MILK**) (**MILK**), Semi Skimmed **MILK**, Sea Salt, White Pepper], Haggis Sauce (14.1%) [Water, Double Cream (**MILK**), **MILK**] Onion, Salt, Lemon Juice, Beef Stock (Beef Bone), Modified Yeast Extract, Soft Lemon Water Concentrate, (Beef Fat), Water] **Waxy Maize Starch**, Plain Flour (**WHEAT** Flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)), Rapeseed Oil, Garlic Puree, Sugar, Sea Salt, Malt (**BARLEY**) Extract (Malted **BARLEY**, Water), Thyme, Black Pepper], Micro Leaf Ruby/Red Chard (1.1%). Per serving 409 kcal. **May contain traces of Celery, Mustard.**

Sea Salted 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.**

Sea Salt Vegetable Chips

Mixed Root Vegetables In varying proportions (Parsnips, Carrots, Beetroot) 61%, Cold Pressed Rapeseed Oil, Sea Salt]. Per serving 105 kcal.

Chips and Dips

Chips (100%) [SALTED TORTILLA CHIPS (Corn Flour (79%), Sunflower Oil, Salt) TOMATO SALSA MEXICANA (Tomatoes (50%), Water, Tomato Puree (7%), Spirit Vinegar, Modified Maize Starch, Jalapeno Peppers (Jalapeno Peppers, Water, Distilled Vinegar, Salt) (2%), Dried Onion, Sugar, Salt, Dried Red Pepper, Garlic Powder, Cumin Powder, Preservative: Potassium Sorbate), Chilli Powder, Oregano, Black Pepper] Gherkin Relish (Gherkin (40%), Sugar,

Water, Onions, Modified Maize Starch, Salt, **MUSTARD** Seeds, Ground Ginger, Turmeric) SWEETCORN RELISH (Water, Sweetcorn (25%), Sugar, Spirit Vinegar, Modified Maize Starch, Dried Onion,

Red Peppers, Salt, Lemon Juice Concentrate, Turmeric, Preservative: Potassium Sorbate, Dill Powder, Chilli Powder, Garlic Powder)]. Per serving 204 kcal.

Produced on a site which handles Nuts and Gluten.

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.

AVANTI
WEST COAST
FIRST

