Welcome
to our lounge

This is your time – to pause, recharge and enjoy a little calm before the journey ahead.

Whether you're on a busy schedule or celebrating a special occasion or even just treating yourself (and why not?), our First Class Lounge is designed to make every moment feel special. Settle in and help yourself to a great selection of small bites and drinks, perfectly matched to the time of day and all inspired by the flavours of the West Coast.

It's everything you need to get that First Class feeling before you even step onboard.

Adults need around 2000 kcal a day.
Kcal information provided is per serving/portion.

(V) **Vegetarian** (Ve) **Vegan** (GF) **Gluten Free**

Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish or wheat. While we take steps to minimise risk and safely handle the foods that contain potential allergens, please be advised that cross contamination may occur.
View calories, allergens and ingredients online here.
If you need assistance viewing our allergens and ingredients menu, please speak with a member of the team who'll be happy to help.

Breakfast

Sourced along route

Scottish Smoked Salmon & Cream Cheese on Rye Bread *(165 kcal)*

Porridge Bowl *(252 kcal)* (V) (Ve)
Add a drizzle of honey. *(322 kcal)*

- **Estate Dairy Yogurt** (V)
  - Strawberry & Rhubarb *(195 kcal)*
  - Passion Fruit *(194 kcal)*
  - Lemon Curd *(214 kcal)*

Fresh Fruit Salad Bowl *(44 kcal)* (V) (Ve) (GF)
A selection of freshly prepared seasonal fruit.

- **Breakfast Pastries** (V)
  - Plain Croissant *(125 kcal)*
  - Chocolate Twist *(271 kcal)*
  - Apricot Custard Danish *(111 kcal)*
- **Cheese & Tomato Cruffin** *(210 kcal)* (V)
  When a croissant meets a muffin. Mature Cheddar cheese and sun dried tomato baked in a buttery, flaky dough.
- **Apple & Salted Caramel Porridge Oat Bar** *(207 kcal)* (Ve) (GF)
  Soft oats with apple, dates and raisins, flavoured with natural caramel. Made in a family bakery in Leicestershire.

Banana *(100 kcal)* (Ve) (GF)
Pink Lady Apples *(70 kcal)* (Ve) (GF)

Rest of the day

Sourced along route

Snacks & treats

- **The West Coast Cheese Board** *(650 kcal)* (V)
  Red Fox Aged Red Leicester, Blacksstone Vintage Cheddar and Tasty Lancashire cheese with Country Garden Chutney, sun blushed tomato, dried apricot, grapes and sourdough crackers.
  (Gluten-free crackers are available on request. (627 kcal) (GF)
- **Sea Salt Crisps** *(217 kcal)* (Ve) (GF)
  Handmade crisps grown and cooked just yards from our tracks in Staffordshire.
- **Really Cheesy Baked Corn Snacks** *(71 kcal)* (V) (GF)
- **Garlic & Basil Olives** *(50 kcal)* (Ve)

Wild Garlic Mixed Nuts *(121 kcal)* (Ve) (GF)

Sweet Treats

- **Uncle Joe's Mintball Chocolate Brownie** *(265 kcal)* (V) (Ve)
- **Fresh Cake Selection** (V)
  - Mini Lemon Curd Sandwich Cake *(157 kcal)*
  - Mini Strawberry Choux Bun *(66 kcal)*
  - Mini Key Lime Pie *(183 kcal)*
  - Red Velvet Cake *(107 kcal)*
- **Raspberry & White Chocolate Shortbread** *(240 kcal)* (V)
  Handmade, hand-wrapped, melt in the mouth shortbread. Made in North Wales, in hailing distance of the West Coast Main Line.

St Clements Biscuit *(185 kcal)* (V) (GF)
Baked with orange and lemon peel.

- **Salted Caramel Popcorn** *(99 kcal)* (V)
  Gourmet popcorn made with fresh butter and British sea salt.
- **Cox & Co Chocolate** *(87 kcal)* (V) (GF)
  Premium, smooth single origin 41% milk chocolate. Made by local chocolatiers in Stoke-on-Trent.

Jelly Bears *(36 kcal)*

- **Chilli Pretzels** *(178 kcal)* (Ve)
  Munchy dark chocolate chilli pretzels.

Banana *(100 kcal)* (Ve) (GF)
Pink Lady Apples *(70 kcal)* (Ve) (GF)

Hot drinks

Sourced along route

Americano *(5 kcal)*
Cappuccino *(129 kcal)*
Flat White *(94 kcal)*
Latte *(129 kcal)*
Mocha *(125 kcal)*
Americano White *(28 kcal)*
Espresso *(5 kcal)*
Decaf Coffee *(0 kcal)*

Hot Chocolate *(224 kcal)*

- **English Breakfast Tea** *(1 kcal)*
- **Speciality Teas** *(1 kcal)*
  Our staff can tell you what's available today.
- **Fresh Semi-skimmed Milk 20ml** *(10 kcal)*
  Prefer oat milk? Just ask.

Soft drinks

- **Wenlock Spring Still or Sparkling Water** *(0 kcal)* (Ve)

Orange or Apple Juice *(102 kcal)*

Pepsi Max *(1 kcal)*

Fever Tree Light Lemonade *(27 kcal)*

Fever Tree Light Tonic *(23 kcal)*

Fever Tree Ginger Ale *(27 kcal)*

Remedy Wild Berry Kombucha *(6 kcal)*

The Pickle House Spiced Tomato Mix *(30 kcal)*

From the bar

Spirits	**25cl**	**50cl**
JJ Whitley Vodka	£4.70	£8.90
The Lakes Vodka	£5.80	£10.50
Cloo Island Berry Vodka	£5.30	£9.50
Bombay Sapphire Gin	£4.70	£8.90
Forest Gin	£6.30	£10.50
Whitley Neill Rhubarb & Ginger Gin	£5.30	£9.50
Famous Grouse Whisky	£4.70	£8.90
The Lakes One Fine Blended Whisky	£5.80	£10.50
Johnnie Walker Red Label	£4.70	£8.90
Bacardi Rum	£4.70	£8.90
Havana Club 7yr Rum	£5.80	£10.50
Cockburn's Fine Ruby Port	£4.80	£9.40
Courvoisier	£5.30	£9.50
Cocktails	**25cl**	**50cl**
Bloody Mary	£4.70	£8.90
Beers & Ciders		**330ml**
Meantime Anytime IPA 4.7% ABV Mosaic, Centennial, Cascade and Bulanist hops create a beer bursting with tropical flavours. Very drinkable with a refreshingly clean finish.		£4.90
Peroni Nastro Azzurro 5% ABV An easy drinking premium lagri, brewed to an original recipe since 1963.		£4.90
Gravity Theory Cider 4.5% ABV Created in honour of Sir Isaac Newton, this medium dry sparkling cider is made from 100% single estate British apples.		£4.50
Birra Moretti Zero 0.5% ABV Perfectly balanced with fresh citrus and hoppy notes and a dry finish.		£3.90
		440ml
Tilting Ale 4.1% ABV Inspired by the iconic tilting Pendolino trains and exclusive to Avanti West Coast, this golden ale has a robust, smooth character with a touch of sweetness.		£4.90

Sparkling & Wines	**125ml**	**175ml**	**250ml**	**750ml**
Senti Prosecco Extra Dry (200ml) Nicely dry with citrus and floral notes, apple and pear and a little waxiness.	-	£6.50	-	-
Bella Perla Pinot Grigio della Veneziа DOC Fresh and vibrant, bursting with pear, green apples and lemon zest.	£3.80	£5.00	£6.80	£17.50
Five Bastions Bush Vine Chenin Blanc, South Africa From ancient vineyards cooked by coastal breezes. Crisp apple hints of tropical fruit, and a touch of minerality.	£4.20	£5.50	£7.40	£19.00
1918 Single Site Sauvignon Blanc, South Africa Made with perfectly ripe grapes grown in a unique desert location. Bright tropical fruit with a refreshing edge.	£4.20	£5.50	£7.40	£19.00
The Black Pig McLaren Vale Shiraz, Australia Smooth, velvety and full-bodied with ripe berries, dark plum, vanilla and pepper.	£4.20	£5.50	£7.40	£19.00
Jacques Theron Collection Shiraz Malbec Tourga, South Africa A rare blend of Shiraz, Malbec and Tourga grapes, bursting with dark, intense fruit. Full bodied and full of character.	£4.40	£5.80	£7.90	£20.00
El Zumbido Garnacha Rosado (Rosé), Spain More delicate than most rosés, with ripe strawberries, raspberries and cranberries. Summer in a glass.	£4.00	£5.20	£6.80	£17.50
Lyme Bay Bacchus, England An aromatic white with notes of pear, apple, elderflower and grapefruit and the distinct freshness of English grapes.	£7.50	£9.50	£13.00	£36.00

Sourced with pride along our route

Our First Class menu is shaped by the company we keep. We partner with exceptional producers found along the West Coast, people who care deeply about quality, craft and doing things the right way.

By keeping things local, we're able to support independent businesses, reduce food miles and work together on smarter, more sustainable choices.

From field to fork (or glass), every detail is considered. Because great food and drink is not just about what we serve, but also the people who create it.

Suppliers of the season

Behind every choice on our First Class menu is a producer with a story to tell. This season, we're shining a light on a few of the brilliant suppliers who help bring our food and drink to life, from family-run bakeries to distilleries rooted in the landscape.

Each one is chosen not just for the quality of what they make, but for the craftsmanship and passion they bring to it. You'll find their stories below, all connected by a shared route – the West Coast Main Line.

Althams Fine Foods

Descendants of Thomas Altham, who opened the first Althams butcher's shop in 1856, brothers Rick and Jim are foodies born and bred. Passionate about fine local produce, they are often to be found on Lancashire farms and fells seeking out the best quality meat and vegetables. Delivered into the hands of expert chefs, this proper, honest food is crafted into award-winning dishes you'd have to go a long way to beat.

At the brothers' insistence, each dish is prepared in one Morecambe kitchen to ensure everything is cooked as it should be, with all ingredients as fresh as a daisy growing on a local farm.

FoodHak

When Sakshi Chhabra Mittal was expecting her first child, she was astounded to see how changing her diet helped to alleviate the symptoms of a serious, pregnancy-related condition. That experience sparked the idea to create easy to enjoy food based on cutting-edge nutritional science.

With insight from the latest clinical research, chefs at this London-based company craft delicious dishes using ancient superfoods and ingredients carefully selected for their anti-inflammatory properties. Everything that leaves the kitchen is naturally high in protein, low in calories and specifically designed to enhance health. And yes – it tastes great.

Find out more about our hand selected suppliers:

avantiwestcoast.co.uk/travel-information/onboard/supplier-stories