Ingredients & Allergens Menu

Evero Weekday First Class Ingredients & Allergens Menu from **25th March 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 Chilli], 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, Lovage), Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Stabiliser (Guar Gum), Spices]], Micro Mizuna Leaf (1.3%) [Micro Leaf Mizuna]. Per serving 509 kcal.*

Mizuna is produced on a site which handles Gluten, Celery and Mustard. Factories handles all other allergens.

Optional :

Tiptree 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.*

Tiptree 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.

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.

Optional:

Tiptree 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.*

Tiptree 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.*

Cocoa & Coconut Granola

*Coconut Yoghurt (60.9%) [Coconut milk (67%), Coconut Water (28%), Corn Flour, Corn Fibre, Potato Flour, Fruit Pectin, Cultures (S Thermophilus + L Bulgaricus, Lactobacillus Acidophilus, Bifidobacterium Lactis)], Coconut & Cacao Granola (26%) [**GLUTEN** Free **OATS** (44%), Maple Syrup, Cocoa Powder (4.9%), Coconut Chips (4.9%), Coconut Oil, Pumpkin Seeds, Sunflower Seeds, Cocoa Butter, Cacao Nibs (3.5%), Chia Seeds, Ashwagandha Powder (1%), Sea Salt, Vanilla Essence, Cinnamon Stick, Ground Cinnamon]. Per serving 398 kcal.*

Banana (13%) [Banana]

May contain traces of Celery, Mustard, Nuts (hazelnuts, pecans, almonds, cashews, walnuts, Brazil nuts, pistachios, macadamia/Queensland nuts), Sesame Seeds, Sulphites.

Smashed Avocado Bagel

*Plain Bagel Toasted (44.8%) [Toasted Plain Bagel (115g of Toasted Plain Bagel per 100g) [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Maize, Yeast, Rapeseed Oil, Salt, **WHEAT GLUTEN**, Malted **BARLEY** Flour, Flour Treatment Agent (Ascorbic Acid)]], Salsa (24.7%) [GRILLED RED PEPPERS (38%), CUCUMBER (32%), RED ONION (27%), Salt, Cracked Black Pepper, Ground Cumin], Smashed Avocado (22.4%) [AVOCADO (93%), TOMATO (5%), Lime Juice From Concentrate, Salt, Black Pepper], Lemon Wedge (6.7%) [Lemon], Micro Mizuna Leaf (1.3%) [Micro Leaf Mizuna]. Per serving 551 kcal.*

May contain traces of Celery, Eggs, Milk, Mustard, Sesame Seeds

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

Smoked Salmon and Scrambled Eggs

*Pre-cooked 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, Lovage), 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], Micro Mizuna Leaf (1.9%) [Micro Leaf Mizuna]. Per serving 226 kcal.*

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

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 Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Rapeseed Oil, Flour Treatment Agent (E300 Ascorbic Acid)]],*

Butter *(14%) [Pasteurised Cows 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 Cows Cream (**MILK**), Salt, Lactic Culture]. Per serving 315 kcal.*

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

Tiptree 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), Nutmeg, Flavouring, Flour Treatment Agent (E300), Colour (E160a)].*

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

Butter *(9.7%): [Pasteurised Cows 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.

Blueberry Brioche Rosette Bun

*Blueberry Brioche Rosette (100%) [White Strong Bread Flour (White **WHEAT** Flour With Added Calcium Carbonate, Nicotinamide, Iron And Thiamine, **WHEAT**), Brioche Mix (**WHEAT** Flour, Sugar, Vegetable Fat (Palm), Sweet Whey (**MILK**) Powder (**MILK**), Salt, Emulsifiers (E471, E481, E472e), Dried Glucose Syrup, Anticaking Agent (Calcium Carbonate, Silicon Dioxide), **SOYA** Flour, **MILK** Protein, Colour (Beta Carotene), Flavouring, Enzyme, Thickener (Guar Gum), Flour Treatment Agent (Ascorbic Acid), Natural Lemon Flavouring), Water, Blueberries, 12.70%, Caster Sugar , Pasteurised **EGGS**, Pectin, Glucose Syrup, **EGGS**, Fresh Yeast, Flour (**WHEAT**) Corn, Sweet Snow Dust (Dextrose, Sugar, Corn Flour, Vegetable Oil), Lemon Juice]. Per serving 165 kcal.*

May Contain traces of Fish, Sulphur Dioxide

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

Lancashire Cheese Pasta

*Lancashire Cheese Pasta (99%) [Blue Cheese (**MILK**) Sauce (46%) (Semi Skimmed **MILK**, Double Cream (**MILK**), Garstang Blue (**MILK**, Starter Culture, Salt, Microbial Rennet, Blue Mould), Onion, Modified Maize Starch, Water, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin, Folic Acid), Olive Pomace Oil, Garlic Puree, Parsley, Sea Salt, Tarragon, White Pepper), Penne Pasta (28%) (Penne (Durum **WHEAT** Semolina (**WHEAT**)), Water, Olive Pomace Oil), Broccoli (20%), Lancashire Grated Cheese (5%, **MILK**) (Whole **MILK**, Salt, Lactic Culture, Microbial Rennet)], Per serving 581 kcal.*

May contain traces of Celery, Mustard.

BLT

*BLT Sub Roll (98.2%) [Linseed Top Sub Roll [**WHEAT** Flour (**WHEAT** Flour, Calcium, Niacin, Iron, Folic Acid, Thiamin), Water, Durum **WHEAT** Semolina, Rapeseed Oil, Sugar, Golden Linseeds, Potato, Yeast, Salt, **WHEAT** Flour, Broad Bean Flour (**WHEAT**), **WHEAT GLUTEN**, Preservative (Calcium Propionate), Inactive Dry Yeast, Emulsifier (Mono And Diglycerides Of Fatty Acids)], BEECHWOOD SMOKED STREAKY BACON (15%) [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Natural Flavourings, Natural Beechwood Smoke], TOMATO (14%), ROAST TOMATO MAYONNAISE (12%) (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)), Slow Roasted Tomato (Tomato, Sunflower Oil, Salt, Garlic, Oregano), Cornflour, Cracked Black Pepper], APOLLO LETTUCE (5%)], Micro Mizuna Leaf (1.8%) [Micro Leaf Mizuna]. Per serving 470 kcal.*

May contain traces of Celery, Milk, Mustard.

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

Fish & Chips Pea Pie

FISH*, Chip & Pea Pie (92.7%) [Processed Peas (28%) (Processed Peas, Water, Sugar, Salt, Colours (Copper Complexes Of Chlorophylls, Mixed Carotenes)), Pre Cooked Potato Wedges In Oil (27%) (Potatoes, Rapeseed Oil, Salt, Onion, Stabiliser (Diphosphates), Flavourings, Smoke Flavouring, Spices)), Haddock (**FISH**) **FISH** (23%), Pastry Puff (**WHEAT** Flour (**WHEAT** Flour,Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamine), Margarine (Palm And Rapeseed Oil, Water, Salt), Water, Preservative (Potassium Sorbate)), White Mild Cheddar (Cheddar Cheese(**MILK**, Salt, Starter, Rennet), Potato Starch], Distilled Malt (**BARLEY**) Vinegar (Water, Malted **BARLEY**/Torrefied **BARLEY**), Salt, Ground Paprika, Ground White Pepper], Lemon Wedge (5.8%) [Lemon], Micro Mizuna Leaf (1.5%) [Micro Leaf Mizuna]*

Per serving 340 kcal.

May contain traces of Celery, Mustard, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias.

Every care has been taken to remove fish bones; however, small fragments may remain.

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

Tartare Sauce 31 kcal:

*Rapeseed Oil, Water, Spirit Vinegar, Gherkins 8% (may contain Firming Agent Calcium Chloride), Capers 6%, Modified Starch, Salt, **EGG** Yolk Powder, Concentrated Lemon Juice, Preservative Potassium Sorbate, Thickeners Xanthan Gum, Guar Gum.*

Hot Cross Bun

*Sliced Hot Cross Bun (86.8%) [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Currants (16%), Sugar, Yeast, Vegetable Oils (Palm, Rapeseed, Sunflower), Mixed Peel (1.8%) (Orange Peel, Glucose Fructose Syrup, Lemon Peel, Sucrose, Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid)), **WHEAT** Protein, Cinnamon, Salt, Emulsifiers (Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids, Mono And Diglycerides Of Fatty Acids, Sodium Stearoyl 2 Lactylate), Pea Protein, Flavouring, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid), Dextrose, Maltodextrin, Waxy Maize Starch], The Estate Dairy Butter (13.2%) [Pasteurised Cow's **MILK** (98.49%), Salt (%), Lactic Culture (0.01%)]*

Optional: Bebo Sunflower Spread (13.2%) [Water, Vegetable Oils (Sunflower, Palm, Safflower Oil), Salt, Emulsifier: Mono And Diglycerides Of Fatty Acids, Acid: Citric Acid, Flavouring, Colour: Beta Carotene, Vitamins: A, D2.]. Per serving 272 kcal.

May contain traces of Eggs, Nuts, Sesame Seeds, Soya.

Tangy Lemon & Elderflower Posset

*Lemon Posset Pot (100%) [UHT Whipping Cream (**MILK**), **EGGS**, Sugar Caster, Butter (**MILK**) Unsalted (**MILK**), Lemon Juice 9.07%, **EGG** Yolk, **MILK**, Elderflower (Natural), Flavour (Flavouring Agents: Flavouring Preparations, Natural Flavouring Substances, Ingredients/carriers/additives: Propylene Glycol (53%w/w), Citric Acid (13% W/w), Water), Butter (**MILK**) Unsalted (**MILK**), Ginger Sugar Pearl (Sugar, Non Hydrogenated Vegetable Fat SG (Shea Oil, Palm Oil), Colouring Food (Concentrate Of Caramelised Carrot And Carrot), Natural Flavouring), Lemon Peel, Pectin (Amidated Pectin (E440ii), Sucrose)]. Per serving 287 kcal.*

May contain traces of Cereals containing Gluten, Soya, Sulphur Dioxide

Raspberry & White Chocolate Shortbread

*Raspberry & White Chocolate Shortbread (100%) [Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Butter (**MILK**, Salt), Sugar, White Chocolate 9% (Sugar, Cocoa Butter, Full Cream (**MILK**) **MILK** Powder, Whey (**MILK**) Powder, Vegetable Oil, **SOYA** Lecithin, Vanilla Flavour), Freeze Dried Raspberries (0.4%), Natural Raspberry Flavouring 0.3%)]. Per serving 240 kcal.*

Cox & Co Miso & Caramel Bar

*Miso Caramel Oat M!lk 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.

Tuna Niçoise Salad

*Tuna Nicoise Salad (100%) [COOKED NEW POTATOES WITH SKIN ON (20%) [Potato Preservative (Sodium **METABISULPHITE**)], Tuna (15%, **FISH**) (Skipjack Tuna (**FISH**) (Katsuwonus Pelamis), Water, Salt], CHERRY TOMATO (15%), FRENCH DRESSING (12%) [Water, Rapeseed Oil, White Wine Vinegar, Sugar, French **MUSTARD** (Water, **MUSTARD** Flour, Spirit Vinegar, Sugar, Salt; Caramelised Sugar Syrup, Dried Marjoram, Turmeric, Stabiliser (Xanthan Gum), Pimento), Extra Virgin Olive Oil, Dijon **MUSTARD** (Water, **MUSTARD** Flour, Spirit Vinegar, Salt, **MUSTARD** Bran, Turmeric, Pimento, Black Pepper, White Pepper, Cinnamon, Cloves), Salt, Lemon Juice Concentrate, Parsley, Stabiliser (Xanthan Gum), Black Pepper, Preservative (Potassium Sorbate), Chive, Basil, **MUSTARD** Seed], FREE RANGE HARD BOILED **EGG** (10%) [**EGG**, Preservatives (Water, Salt, Citric Acid, Trisodium Citrate)], GREEN BEANS (10%), Cucumber, MIXED LEAF (7%), BLACK OLIVES (4%) (Pitted Black Olives, Water, Salt, Stabiliser (Ferrous Gluconate))]. Per serving 155 kcal.*

May contain traces of Celery, Cereals containing Gluten, Milk, Sesame Seeds, Soya

Indian Ploughman's Grazing Plate

*Spiced Cauliflower & Lentil Mini Pie (49.2%) [Pastry (Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier E471, Colour: Annatto Bixin/ Curcumin, Natural Flavouring), Water, Chickpea Flour, Rice Flour, Vegetable Shortening (Palm Oil, Rapeseed Oil), Potato Starch, Tapioca Starch, Xanthan Gum, Salt, Nigella Seed, **GLUTEN** Free Malt **BARLEY** Extract) Filling (Water, Cauliflower (18%), Green Lentils (13%), Potato (**SULPHITES**), Coconut **MILK** (Coconut **MILK**, Maltodextrin, Modified Starch), Onion, Peas, Spinach, Tomato Paste, Rapeseed Oil, Modified Maize Starch, Garlic, Garam Masala (Ground Coriander, Ground Cumin, Ground Black Pepper, Ground Cassia, Cinnamon, Ground Dill, Ground Ginger, Ground Cloves), Vegetable Stock (Vegetable Stock (Water, Onion Powder, Carrot Juice Powder, Tomato Powder, Herb (Lovage)), Dried Glucose Syrup, Yeast Extracts, Salt, Sugar, Chicory Extract, Rapeseed Oil, Natural Flavouring), Turmeric, Salt, Chilli Powder, Ground Coriander)], Cheese & Crackers V (43.2%) [Masala Red Leicester With Mango Chutney Wedge: Red Leicester Cheese (Pasteurised Cow's MILK, Colour: Annatto Norbixin), Mango Chutney 13% (Mango, Sugar, Salt, Acidity Regulator: Acetic Acid, Garlic, Cumin Seeds, Mixed Spices, Fenugreek Seeds, Nigella Seeds 0.5%, Black Peppercorns, Cardamon Pods, Cloves, Herbs) Nigella Seeds , Preservative: Potassium Sorbate Lancashire Cheese (**MILK**) Wedge: Pasteurised Cow's **MILK**, Starter Culture, PDV Salt, Microbial Rennet Crispbread: **MILK, RYE** Flour, **WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Thiamine, Niacin), Sourdough 12% (**RYE** Flour, Water), Wholemeal **WHEAT** Flour, Honey, Salt Spiced Pear Chutney: Diced Pear 42.9% (Pear, Acidity Regulator: Citric Acid, Anti Oxidant: Ascorbic Acid), Apples, White Grape Vinegar, Diced Onions, Chopped Apricots (Apricots, Rice Flour, Preservative: **SULPHUR DIOXIDE** (**SULPHITES**)), Ginger Puree (Ginger, Salt, Acidity Regulator: Citric Acid), Sea Salt, Coriander Seeds, Nigella Seeds, Ground Coriander, Ground Turmeric, Ground Paprika, Ground Cumin, Garlic Powder, Ground Cayenne Pepper, Ground Fenugreek, Ground Fennel, Ground Black Pepper Semi Dried Tomatoes: Semi Dried Tomatoes 51.2%, Sunflower Oil, Salt, Garlic Flakes, Oregano, Preservative: Potassium Sorbate], The Estate Dairy Butter (5.5%) [Pasteurised Cow's **MILK** (98.49%), Salt (%), Lactic Culture (0.01%)], Micro Mizuna Leaf (2.2%) [Micro Leaf Mizuna]. Per serving 155 kcal*

Mizuna is produced on a site which handles Gluten, Celery and Mustard. May contain CELERY, MUSTARD, NUTS (HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIA/QUEENSLAND NUTS)

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.*

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 Crisps

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, Chili 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