Non-Gluten Ingredient Menu

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 2000 kcal a day.

Kcal information provided is per serving/portion.

V **Vegetarian** VG **Vegan**

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.

View calories, allergens and ingredients online here.

If you need assistance viewing our allergens and ingredients menu, then please speak with a member of the onboard team who'll be happy to help.

Breakfast

Sourced along route

Bacon Roll *(367 kcal)*

Thick cut smoked British bacon on a brown seeded gluten-free roll.

Cocoa & Coconut Granola *(398 kcal)* VG

Gluten-free oat granola with cocoa, coconut chips, ashwagandha, coconut yogurt alternative and fresh banana.

Porridge Bowl *(252 kcal)* V

Traditional porridge served on its own or with banana and honey. *(401 kcal)*

Smoked Salmon with Scrambled Eggs *(226 kcal)*

Smoked Scottish salmon served with scrambled eggs and a wedge of lemon.

Banana *(100 kcal)* VG

Rest of the day

Sea Salt Crisps *(217 kcal)*, Vegetable Crisps *(105 kcal)* or Chips & Dips *(204 kcal)* VG

Handmade crisps or crunchy corn chips with a selection of dips.

Cox & Co Chocolate *(85 kcal)* VG

47% chocolate made from single origin Colombian cacao with miso and natural caramel.

Tangy Lemon & Elderflower Posset *(287 kcal)* V

Layers of lemon cream topped with a fresh lemon & elderflower posset and ginger pearls.

Tuna Niçoise Salad *(155 kcal)*

Flaked tuna in a herb salad dressing with crisp leaves, green beans, potatoes, cherry tomatoes and half a boiled egg.
Vegan option without tuna and egg. *(102 kcal)* VG

We recommend

Indian Ploughman's Plate *(525 kcal)* V

Warm spiced cauliflower and lentil pie, Vintage Cheddar, Masala Red Leicester, sun blushed tomatoes, pear chutney and gluten-free crackers.
Cheese & crackers also available on their own. *(259 kcal)*.

Evero Weekday
Spring 2026

AVANTI WEST COAST FIRST