Welcome onboard

We're so pleased to have you with us
in First Class today.

There's something special about settling
into your seat, watching the world go by and
knowing everything is taken care of. Our menu
has been thoughtfully curated to suit the
rhythm of your journey, from a gentle morning
lift to a moment of calm at the end of the day.

Each dish is crafted with care using ingredients
sourced from some of the West Coast's most
passionate producers. From hand-baked
treats made in Birmingham to artisan gin with
botanicals foraged from Macclesfield Forest,
it's a menu with a real sense of place and pride.

We choose to work with suppliers who put
quality, sustainability and community at the
heart of what they do, because we believe
great taste starts with great values.

Sit back and make yourself comfortable.
We'll take care of the rest.

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

(V) **Vegetarian** (Ve) **Vegan**

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

Lighter choices
Perfect for a shorter journey

Toast with Butter & Preserves *(214 – 315 kcal)* (V)
White or malted bloomer with cultured butter, jam, marmalade or honey. Our bread is vegan, ask us for vegan spread. (Ve)

Blueberry Brioche Rosette Bun *(165 kcal)* (V)
A twist of soft brioche marbled with blueberry compote.

Toasted Teacake *(347 kcal)* (V)
Traditional British lightly spiced teacake with raisins, served warm with cultured butter and jam. Our teacake is vegan, ask us for vegan spread. (Ve)

Classic Bacon Sandwich *(404 kcal)*
Thick cut smoked British bacon on malted bloomer bread.

Cocoa & Coconut Granola *(398 kcal)* (Ve)
Gluten-free oat granola with cocoa, coconut chips, ashwagandha, coconut yogurt alternative and fresh banana.

Porridge Bowl *(271 kcal)* (V)
Traditional creamy porridge served on its own or with banana and honey. *(420 kcal)*

Banana *(100 kcal)* (Ve)

Larger plates

The Great British Breakfast *(544 kcal)*
Smoked British bacon, pork and parsley sausage, mushrooms and potato bites served with grilled tomato and a fried egg.

Smoked Salmon with Scrambled Eggs *(323 kcal)*
Smoked Scottish salmon served with scrambled eggs and a wedge of lemon.

We recommend

Smashed Avocado Bagel *(551 kcal)* (Ve)
Smashed avocado on a toasted bagel. Topped with a red onion, roasted pepper and cucumber salsa, lightly spiced with cumin.

Rest of the day

Sourced along route

Snacks & treats
Perfect for shorter journeys or in between meals

Sea Salt Crisps *(217 kcal)*, **Vegetable Crisps** *(165 kcal)* or **Chips & Dips** *(214 kcal)* (Ve)
Handmade crisps or crunchy corn chips with a selection of dips.

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.

Toasted Teacake *(347 kcal)* (V)
Traditional British lightly spiced teacake with raisins, served warm with cultured butter and jam. Our teacake is vegan, ask us for vegan spread. (Ve)

Cox & Co Chocolate *(85 kcal)* (Ve)
47% chocolate made from single origin Colombian cacao with maca and natural caramel.

Tangy Lemon & Elderflower Posset *(287 kcal)* (V)
Layers of lemon cream topped with a fresh lemon & elderflower posset and ginger pearls.

Larger plates

We recommend

Indian Ploughman's Plate *(511 kcal)* (V)
Warm spiced cauliflower and lentil pie, Vintage Cheddar, Masala Red Leicester, sun blushed tomatoes, pear chutney and crackers.
Cheese & crackers also available on their own. *(247 kcal)*.

BLT *(470 kcal)*
Smoked streaky bacon, lettuce and tomato with roasted tomato mayo. Served on a submarine roll dusted with linseeds.

Lancashire Cheese Pasta *(581 kcal)* (V)
Penne pasta with broccoli florets in a creamy cheese sauce made with Garstang Blue, Lancashire Cheese and a touch of tarragon.

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)* (Ve)

Something from the bar?

Spirits

Sourced along route

Forest to First Gin *(Avanti Exclusive)*
Distilled with water from an ancient spring and flavoured with berries and botanicals foraged from Macclesfield Forest.

Manchester Gin – Raspberry Infused Gin & Sicilian Lemon Tonic
An imaginative twist on the classic G&T. Made with fresh raspberries which balance beautifully with the citrus burst of Sicilian lemons.

The Lakes Vodka
Ultra-smooth English vodka that retains the characteristics of the finest British wheat for a sweeter, more rounded flavour.

Famous Grouse Whisky
Matured in oak casks for a warmer depth of flavour with bright, fruity notes.

Add a Fever Tree Tonic or Soda:
Ginger Ale
Light Tonic
Light Lemonade

Beers & Cider

Asahi Super Dry Lager 5% ABV
Crisp, clean and refreshing, brewed to an authentic Japanese recipe.

Titanic Brewery First Class IPA 4.5% ABV *(Avanti Exclusive)*
A golden hoppy ale with a distinctive crisp taste and fruity aroma. Brewed exclusively for Avanti West Coast.

Sober Brummie Ale 0.5% ABV
Brewed just like an alcoholic beer and dry hopped for a zingy, fresh citrus taste.

Athletic Lager 0.5% ABV
A light, refreshing brew crafted from premium grains. Crisp-tasting, award-winning and sugar-free.

Guest Ale
Guest beers crafted by artisan breweries along our route. Please ask what's onboard today.

Gravity Theory Cider 4.5% ABV
This medium dry sparkling cider is made from 100% single estate British apples.

Sparkling & Wine

Bottega Poeti Prosecco
Crisp, fruity and floral with hints of pear and apple. Light bubbles and a clean, dry finish.

Mosaico de Aresan Sauvignon Blanc – Spain
Fresh and zesty with citrus and tropical fruit notes. Crisp and refreshing finish.

Mosaico de Aresan Merlot – Spain
Smooth and fruity with notes of plum and spice. Easy drinking and soft on the finish.

drinkaware.co.uk

Hot drinks

- Freshly Brewed Coffee *(2 kcal)*
- Decaf Coffee *(0 kcal)*
- Hot Chocolate *(106 kcal)*
- English Breakfast Tea *(1 kcal)*
- Earl Grey Tea *(1 kcal)*
- Green Tea *(1 kcal)*
- Moroccan Mint Tea *(1 kcal)*
- Decaffeinated Tea *(1 kcal)*

Prefer oat milk? Just ask.

Soft drinks

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

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.

To find out more about our hand selected suppliers visit:

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