

# Ingredients & Allergens Menu

First Class Pendolino & Evero 807 Weekend Ingredients & Allergen Menu  
from 25<sup>th</sup> March 2026 (updated 15<sup>th</sup> April 2026)

## Breakfast

### 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 & 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 & Mustard.**

#### Optional:

**Tipree 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.

**Tipree 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.

### 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.

### 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.**

### 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 & Cocoa Granola (26%) [**GLUTEN** Free **OATS** (44%), Maple Syrup, Cocoa Powder (4.9%), Coconut Chips (4.9%), Coconut Oil, Pumpkin Seeds, Sunflower Seeds, Cocoa Butter, Cocoa 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**  
Despite best efforts to remove all coconut shell, some fragments may remain. Not suitable for pregnant or breastfeeding women. Consult a healthcare professional if you are taking medications or under medical supervision.

### Smashed Avocado Bagel

Plain Bagel Toasted (44.8%) [Tosted 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, 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], Micro Mizuna Leaf (1.9%) [Micro Leaf Mizuna]. Per serving 226 kcal.

**May contain Gluten. Although every care has been taken to remove bones, some may remain.**

**Mizuna 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 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.

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

**Tipree 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)].

**Tipree 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.**

## Rest of the day

### BLT

BLT Sub Roll (98.2%) [Linseed Tap 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.**

### 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 Starch (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 (Louage)), Dried Glucose Syrup, Yeast Extracts, Salt, Sugar, Chicory Extract, Rapeseed Oil, Natural Flavouring), Turmeric, Salt, Chilli Powder, Ground Coriander)], Cheese & Crackers (43.2%) [Masala Red Leicester With Mango Chutney Wedge: Red Leicester Cheese (Pasteurised Cow's **MILK**, Colour: Annatto Narbixin), Mango Chutney 13% (Mango, Sugar, Salt, Acidity Regulator: Acetic Acid, Garlic, Cumin Seeds, Mixed Spices, Fenugreek Seeds, Nigella Seeds 0.5%, Black Peppercorns, Cardamom Pods, Cloves, Herbs) Nigella Seeds, Preservative: Potassium Sorbate, Blackstone Vintage Cheddar Cheese **(MILK)** Wedge : Pasteurised Cow's **MILK**, Salt, Vegetarian Rennet, Starter Culture Crispbread: **MILK RYE** Flour, **WHEAT** Flour (Wheat Flour, Calcium, Iron, Thiamine, **WHEAT**), Sourdough 12% (**RYE** Flour, Water), Wholemeal **WHEAT** Flour, Honey, Salt **(RYE)** Pear Chutney: Medial 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 Pure (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 513 kcal.

**May contain traces of Celery, Mustard, Peanuts, Nuts (hazelnuts, pecans, almonds, cashews, walnuts, Brazil nuts, pistachios, macadamia/Queensland nuts).**  
**Mizuna is produced on a site which handles Gluten, Celery and Mustard. May contain gluten.**

#### Optional:

**Nalms 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.

### Tuna Niçoise Salad

Tuna Niçoise 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.**

### Chips and Dips

Chips (100%) [Salted **Tortilla Chips** (Corn Flour (79%), Sunflower Oil, Salt) **Tomato Salsa Mexicana** (Tomatoes (50%), Water, Tomato Puree (7%), **WHEAT** Flour, 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, Sugar, 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.**

### Raspberry & White Chocolate

Shortbread

Raspberry & White Chocolate Shortbread (100%) [Flour **(WHEAT)** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, 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

Chocolate Bar

Miso Caramel Oat Milk 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%)].

**May contain traces of Peanuts, Eggs, Milk, Wheat, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias.**

### 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, Waxyl (Maize Starch), The Estate Dairy Butter (13.2%) [Pasteurised Cow's **MILK** (98.49%), Salt (%), Lactic Culture (0.01%)]. Per serving 272 kcal.

#### 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].

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

**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

