

# 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.

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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.

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## 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.

### 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).

