

# Ingredients & Allergens Menu

Euston First Class Lounge Ingredients & Allergens menu from 1<sup>st</sup> July 2026

## Breakfast

### Rye Bread with Smoked Salmon & Cream Cheese

Rye Bread (**WHEAT** Flour (**WHEAT** Flour, Calcium, Niacin, Iron, Thiamin), Water, White Sour Starter (**WHEAT** Flour, Water), Light **RYE** Flour, Salt, Improver (**WHEAT** Flour), Roasted **BARLEY** Malt Extract, Yeast, Semolina (**WHEAT**), Rapeseed Oil), **SMOKED SALMON** (25%) (Salmon (**FISH**) (Salmo salar), Salt, Demerara Sugar), **CUCUMBER** (16%), **LEMON AND BLACK PEPPER CRÈME FRAICHE MAYONNAISE** (8%) (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)), **Crème Fraiche** (Skimmed **MILK** Cream (**MILK**), Modified Starch, Stabiliser (Guar Gum), Dextrose, Preservative (Potassium Sorbate), Culture), Lemon Juice (Lemon Juice from Concentrate, Preservative (Potassium **METABISULPHITE**), Black Pepper), **PICKLED RADISH** (3%) (Radish, Water, White Wine Vinegar (White Wine Vinegar, Antioxidant (Sodium **METABISULPHITE**)), Sugar, Salt), Chives, Black Pepper. Micro Mizuna Leaf (1.8%) (Micro Leaf Mizuna). . Per serving 165 kcal.

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

### Porridge

Gluten free wholegrain **OATS** (73%), skimmed **MILK** powder. Per serving 252 kcal.

**Toppings:** Honey (81 kcal)

**Packed in a factory that handles peanuts and nuts. Contains naturally occurring sugars. Suitable for Coeliac, Vegetarians.**

### Mixed Berry Granola Tart

Granola Tart (100%) (Water, Coconut Drink (7%) (Fresh Coconut Extract, Water), **Gluten Free OATS** (14%), Mixed Fruits (Redcurrant, Blackcurrant, Blueberry Wild, Raspberry Crumb, Blackberry), Caster Sugar, Maple Flavour Syrup (Partially Inverted Sugar Syrup, Maple Flavouring (**SULPHITE** Ammonia Caramell), Colour (Caramell), Flaked **ALMONDS** (Nuts), Margarine (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, **EMULSIFIER** (Mono And Diglycerides Of Fatty Acids)), Modified Maize Starch, Ground **ALMONDS** (Nuts), Icing Sugar, Pumpkin Seeds, Sunflower Seeds, Cornflour, Acidity Regulator (Citric Acid), Freeze Dried Crumbled Raspberry, Vanilla Flavouring (Flavouring, Colour (**SULPHITE** Ammonia Caramell))) . Per serving 441 kcal.

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

### Fresh Fruit Salad Bowl

Honeydew (29%), Pineapple (29%), Cantaloupe Melon (25%), Grape (17%). Per serving 44 kcal.

### Lemon Curd Yogurt

Pasteurised Whole **MILK** Lemon Curd Style Compote 18% (Sugar, Water, Glucose Syrup, Salted Butter (**MILK**), Lemon Juice Concentrate, Stabilizer, Cornstarch, Natural Flavouring, Natural Colour: Lutein) Per serving 214 kcal.

### Passion Fruit Yogurt

Pasteurised Whole **MILK** Passion Fruit Compote 25% (Water, Sugar, Passionfruit Puree, Stabiliser: Cornstarch, Lemon Juice, Gelling Agent: Pectin, Natural Flavouring, Natural Colours: Carotene, Lutein) Per serving 194 kcal.

### Rhubarb & Strawberry Yogurt

Pasteurised Whole **MILK** Strawberry & Rhubarb Compote 25% (Sugar, Water, Strawberries, Rhubarb, Stabilizer: Cornflour, Lemon Juice Concentrate, Natural Flavouring, Natural Colour: Anthocyanins (Purple Carrot Concentrate).

### Plain Croissant

**WHEAT** flour, fine butter (**MILK**) 23%, water, sugar, yeast, whole **MILK** powder, salt, **WHEAT GLUTEN**, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid), **EGGS**. Per serving 125 kcal. **May contain nuts.**

### Apricot Custard Danish

Apricot & Custard Danish (100%) (Apricot Halves (Apricot, Water, Pear Juice From Concentrate, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid)), White Strong Bread Flour (White **WHEAT** Flour With Added Calcium Carbonate, Nicotinamide, Iron And Thiamine, **WHEAT**), Water, Natural Glaze (Glucose Syrup, Water, Sugar, Gelling Agent (Pectin [E440]), Acid (Citric Acid [E330])), Thickener (Gellan Gum [E418], Xanthan Gum [E415]), Preservative (Potassium Sorbate [E202])), Butter (**MILK** Sheets (**MILK**, **MILK**), Pastry Cream (Sugar, Modified Starch, Skimmed **MILK** Powder, LACTOSE (**MILK**) And **MILK** Proteins: CocoNUT Oil), Gelling Agent: Sodium Phosphates, Diphosphates, Sodium Alginate, Calcium Sulphate; Firming Agent: Calcium Sulphate; Flavouring (Contains **MILK**); Colour: Carotenes), Caster Sugar, Butter (**MILK**) Unsalted (**MILK**), Yeast Bakers Compressed, Salt, Table, **BARLEY** Malt Flour) . Per serving 111 kcal. **May contain traces of Eggs, Soya, Sulphites.**

### 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.**

### Lemon & Raspberry Muffin

Cake Mix (**WHEAT** Flour, Sugar, Raising Agents: E 450, E 500; Modified Starch, Whey (**MILK**) Permeate Powder (From **MILK**), Palm Oil, Emulsifiers: E 471, E 472b, E 475, Whey (**MILK**) Powder (From **MILK**), Glucose Syrup, Salt, Thickener E 415, Flavouring, Skim **MILK** Powder), Water, **EGGS**, Rapeseed Oil, Lemon Juice 5.30%, Caster Sugar, Lemon Zest 1.94%, Pearl Sugar (Nibbed Sugar), Raspberry Freeze Dry 1.26%, Glucose Syrup, Butter (**MILK**) Unsalted (**MILK**), Corn Flour, Pectin) Per serving 298 kcal.

**May contain traces of Soya, Sulphites**

### Cheese & Tomato Cruffin

Mini Cheddar Cheese & Tomato Cruffin: Cheese & Tomato Cruffin (100%) (White Strong Bread Flour (White **WHEAT** Flour With Added Calcium Carbonate, Nicotinamide, Iron And Thiamine, **WHEAT**), Grated White Mature Cheddar 17.14% (**MILK**) (Added Ingredients: Anti Caking Agent, Potato Starch), Butter (**MILK**), Sun Dried Tomatoes 10.48% (Italian Sun Dried Tomatoes (60%), Sunflower Oil (37%), Sea Salt, Garlic, Parsley, Pepper, Basil, White Wine Vinegar ), Water, **MILK** Whole, Grated Italian Hard Cheese (**MILK**) 5.71% (**MILK**) (Pasteurised Cow's **MILK** Salt, Microbial Rennet, Cultures), Caster Sugar, Butter (**MILK**) Unsalted (**MILK**), Yeast, Salt, **BARLEY** Malt Flour) Per serving 210 kcal.

**May contain traces of Eggs, Fish, Soya, Sulphur Dioxide**

### Apple & Salted Caramel Porridge OAT Bar

Salted Caramel & Apple Porridge Bar (100%) (**GLUTEN** Free **OATS** (35%), Chicory Fibre, Date Paste, Sunflower Oil, Humectant (E422), Rice Syrup, Chopped Dates (Dates, Rice Flour), Raisins (Raisins, Sunflower Oil), Rapeseed Oil, Dried Apple (4%) (Dehydrated Apple, Preservative [E223 (**SULPHITES**)] (**SULPHITES**)), Dextrose, Puffed Quinoa, Natural Apple Flavouring (0.36%), Natural Salted Caramel Flavouring (0.20%), Salt, Natural Toffee Flavouring) . Per serving 207 kcal.

**May contain traces of Eggs, Milk, Nuts, Peanuts, Sesame Seeds, Soya**

## Rest of the day

### West Coast Cheese Board

**Red Fox cheese** (Pasteurised Cow's **MILK**, PDV Salt, Starter Culture, Colour: Annatto Norbixin E160b (ii), Microbial Rennet)  
**Blackstone Vintage Cheddar Cheese** (Pasteurised Cow's **MILK**, Salt contains Anti -caking Agent Sodium Ferrocyanide, Vegetarian Rennet, Starter Culture).  
**Goosnargh Gold Cheese** (Pasteurised Cow's **MILK**, Salt, Skimmed **MILK** Powder, Vegetarian Rennet, Colour: Annatto Norbixin E160b (ii), Lactic Culture).  
**Crispbread** (**MILK RYE** Flour, **WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Thiamine, Niacin), Sourdough (**RYE** Flour, Water), Wholemeal **WHEAT** Flour, Honey, Salt), Semi-dried tomatoes (Semi-dried Tomatoes, Sunflower Oil, Salt, Garlic Flakes, Oregano, Preservative: Potassium Sorbate). **Country Garden Chutney** (Vegetables (Onion, Carrot, Swede, Turnip, Parsnip), Raw Cane Sugar, Cider Vinegar, Apricots, Bramley Apples, Tomato Puree, Sultanas, Garlic Pure, Sea Salt, Tamarind Paste, **MUSTARD** Flour, Red Chillies, Ground Ginger, Ground Cinnamon, Ground Allspice, Ground Black Pepper). Dried Apricots (Apricots , Preservative: **SULPHUR DIOXIDE**).

Add Salted Butter- (Pasteurised Cow's Cream (**MILK**) 98.49%, Salt 1.5%, Lactic Culture 0.01%).

Per serving 455 kcal.

Optional:

**Nairns GF Crackers** (6.3%) (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). 54 kcal per pack

**May contain traces of Celery, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias. Mizuna Leaf Produced on a site which handles Gluten, Celery and Mustard. Although every care has been taken, some fruit stones may remain.**

### Sea Salt 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.**

### Cheesy Baked Corn Snacks

Cheesy Corn Snacks (100%) (Corn, Sunflower Oil, Whey (**MILK**) Powder, Salt, Cheese (**MILK**) Powder, **MILK** Powder, Butter (**MILK**) (**MILK**) Powder, Natural Flavouring) . Per serving 71 kcal.

**May contain traces of Peanuts, Soya.**

### Garlic and Basil Olives

Halkidiki Olives 90%, Rapeseed Oil 5%, Basil 3%, Garlic Olives 2%, Lemon juice (traces), white wine vinegar (traces), salt (traces). Per serving 50 kcal.

**Although extra care has been taken to remove all stones, some may remain.**

### Wild Garlic Mixed Nuts

**PEANUTS, CASHEWS, ALMONDS, HAZELNUTS**, Sugar, Salt, Basil, Rapeseed Oil, Garlic Powder, Black Pepper, Wild Garlic Leaves, Oregano. Per serving 121 kcal. **Factory handles other allergens.**

### Uncle Joe's Mint Ball Brownie

Sugar, Butter (**MILK** Salt), Dark Chocolate 17% (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**SOYA** Lecithin E322), Natural Vanilla Flavouring), **EGG**, Glucose Free Flour (Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)), Dark Chocolate Chips 8% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **SOYA** Lecithin; Natural Vanilla Flavouring), Cocoa Powder, Xanthan Gum, Potassium Sorbate (E202), Uncle Joe's Peppermint Flavouring 0.07%. Per serving 265 kcal. **Made in bakery that processes gluten, peanuts, nuts and sulphur dioxide.**

### Classic Caramel Popcorn

Corn, Sugar, Butter (**MILK**), Corn Syrup. Per serving 32 kcal.

### Jellybean Pyramid

Sugar, Glucose Syrup, Modified Cornstarch, Blueberry Puree, Acidity Regulators (E330, E325, E296), Glazing Agents (E904, E901, E903), Flavourings, Banana Puree, Concentrates Of (Spirulina, Carrot, Apple, Blackcurrant, Turmeric, Pumpkin, Hibiscus) For Colour, Lemon Puree, Pear Juice Concentrate, Tangerine Juice Concentrate, Watermelon Juice Concentrate, Cherry Juice Concentrate, Apple Juice Concentrate, Coconut Puree, Colours (E172, E162, E160a), Tapioca Dextrin) . Per serving 36 kcal.

### Midi Lemon Curd Sandwich Cake

Cake Mix (**WHEAT** Flour, Sugar, Raising Agents: E 450, E 500; Modified Starch, Whey (**MILK**) Permeate Powder (From **MILK**), Palm Oil, Emulsifiers: E 471, E 472b, E 475, Whey (**MILK**) Powder (From **MILK**), Glucose Syrup, Salt, Thickener E 415, Flavouring, Skim **MILK** Powder), **EGGS** Butter (**MILK**) Unsalted (**MILK**), Rapeseed Oil (Rapeseed Oil, Anti Foaming Agent (Dimethylpolysiloxane), Sugar Caster, Water, Lemon Juice 4.67%, Sugar Icing, Lemon Zest 0.98%, Corn Flour) Per serving 260 kcal.

**May contain traces of Soya, Sulphites.**

### Cream Tea

Scone (61.8%) (**WHEAT** Flour (Calcium Carbonate; Niacin; Iron; Thiamine), Water, Sugar, Raising Agent (Sodium Carbonates, Diphosphates, Diphosphates, Calcium Phosphates), Vegetable Fat (Palm), Humectant (E422), Rice Syrup, Chopped Dates (Dates, Rice Flour), Raisins (Raisins, Sunflower Oil), Rapeseed Oil, Dried Apple (4%) (Dehydrated Apple, Preservative [E223 (**SULPHITES**)] (**SULPHITES**)), Dextrose, Puffed Quinoa, Natural Apple Flavouring (0.36%), Natural Salted Caramel Flavouring (0.20%), Salt, Natural Toffee Flavouring) . Per serving 655 kcal.

### Midi Strawberry Choux Bun

Strawberry (100%) (White Chocolate Whipped Ganache (UHT Whipping Cream (**MILK**), White Chocolate 28% Cocoa Solids (Sugar 46.5%, Cocoa Butter 29.5%), Whole **MILK** Powder 23.5%, Emulsifier: **SOYA** Lecithin 1%, Natural Vanilla Flavouring 1%), UHT Whipping Cream (**MILK**), Caster Sugar, Glucose Syrup), Choux Buns (**EGGS** Soft Light Brown Sugar, **WHEAT** Plain Flour (**WHEAT** Flour 99.6%, Calcium Carbonate, Thiamin, Niacin, Iron, **WHEAT**), Butter (**MILK**) Unsalted (**MILK**), White Strong Bread Flour (White **WHEAT** Flour With Added Calcium Carbonate, Nicotinamide, Iron And Thiamine, **WHEAT**), Water, **MILK** Butter (**MILK**) Unsalted (**MILK**), Sugar Caster, Salt), White Chocolate Glaze Oil Based 7/3/2025 11:58.34 AM (White Chocolate 28% Cocoa Solids (Sugar 46.5%, Cocoa Butter 29.5%), Whole **MILK** Powder 23.5%, Emulsifier: **SOYA** Lecithin; Natural Vanilla Flavouring), Rapeseed Oil (Rapeseed Oil, Anti Foaming Agent (Dimethylpolysiloxane)), Strawberry Compound Coating (Sugar, Vegetable Fat, Vegetable Oil (Cocounut), Lactose (**MILK**)), Whey (**MILK**) Powder (**MILK**), Emulsifiers E322, E492, Colouring Food (Beetroot Concentrate, Emulsifier: E491, Natural Vanilla Flavour, Natural Flavour), Freeze Dried Strawberry). Per serving 133 kcal.

**May contain traces of Sulphites.**

### Lemon & Orange Sprinkle Shortbread

Lemon And Orange Shortbread (100%) (Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Butter (**MILK** Salt), Sugar, Sugar Strands 6% (Sugar, Glucose Syrup, Vegetable Oil (Cocounut, Rapeseed), Starch (Maize), Red Beet Juice Concentrate, Colouring Food (Spinach Powder), Emulsifier Lecithin, Colour E100, Cocoa Powder, Starch (Potato), Anti Caking Agent Talc), Natural Orange Flavouring 0.09%, Lemon Oil 0.09%). Per serving 221 kcal. **May contain traces of Eggs, Soya, Sulphites**

### 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%). Per serving 85 kcal.

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

### Saint Clements Biscuit

Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat Flours), Caster Sugar, **Gluten Free OAT** Flour, Unsalted Butter (**MILK**) (**MILK**), Mixed Peel (11%) (Orange Peel, Glucose Fructose Syrup, Sugar, Lemon Peel, Acidity Regulator (E330)), Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt, Emulsifier (E475), Colours (E100, E160b), Flavouring), Lemon Meringue Filling (8%) (Water, Sugar, Modified Waxy Maize Starch, Lemon Comminute, Gelling Agent (E440)), Preservative (E202), Acidity Regulators (E330, E331), Thickener (E410), Colours ( E171, E1001), Baking Powder (Raising Agents (E341, E500), Corn Starch), Salt). Per serving 185 kcal.

**May contain traces of Gluten, Eggs, Sesame, Soya, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias.**

### Chilli Pretzels

Chilli Chocolate Pretzels (100%) (Pretzel (60%) (**WHEAT** Flour, Salt, Vegetable Oils (Corn Oil, Sunflower Oil), Canola Oil **SOYA** Bean Oil), Yeast, Acidity Regulators (Citric Acid, Lactic Acid), Raising Agent (Sodium Bicarbonate)), Chocolate (36%) (Cocoa Mass 70%, Sugar, Cocoa Butter), Ghanaian Cayenne Chilli (1%). Per serving 178 kcal.

**May contain traces of Milk.**

**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.**

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