

# Ingredients & Allergens Menu

Regional First Class Lounge Ingredients & Allergens Menu from 1<sup>st</sup> July 2026

## Breakfast

### Porridge

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

**Toppings:** Honey (70 kcal)

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

### 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 Wheat (**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.**

### 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

### Sea Salt Crisps

Crisps (100%) [Potatoes, Cold Pressed Rapeseed Oil, Sea Salt]. Per serving 217 kcal. **Gluten Free. Produced in a nut-free facility. Suitable for Vegetarians and Vegans.**

### Really 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**

### 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**, Gluten 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, Xanthum 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.

### Kooky Dried Mango

Dried Mango (100%) [100% Mango]. Per serving 53 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.

### 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 (39%) (Cocoa Mass 70%, Sugar, Cocoa Butter), Ghanaian Cayenne Chilli (1%)]. Per serving 178 kcal.

**May contain traces of Milk.**

### 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 Commminute, Gelling Agent (E440i)], Preservative (E202), Acidity Regulators (E330, E331), Thickener (E410), Colours (E171, E100)], 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.**

### 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 (Coconut, 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**

### Rosemary and Thyme Pitta Chips

**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Rapeseed Oil, Olive Oil (6%), Sea Salt, Rosemary (1%), Thyme (1%), Black Pepper, Yeast. Per serving 113 kcal.

**Produced in a factory that handles Milk ingredients.**

### 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.

### Sweet Chilli Nuts & Seeds

**ALMONDS, CASHEW NUTS**, Pumpkin Seeds, Sunflower Seeds, Maple Syrup, Salt, Rosemary (1.6%), Cayenne Pepper (0.4%). Per serving 157 kcal.

**May contain Tree Nuts (hazelnuts, walnuts, pecan, Brazil, pistachio, macadamia nuts), peanuts, sesame.**

**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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WEST COAST  
FIRST

