

# 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.

---

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.

---

## Breakfast

 Sourced along route

### Classic Bacon Roll (396 kcal)

Lightly smoked back and streaky bacon served in a gluten-free seeded roll.

 **Mixed Berry Granola Tart (441 kcal)** **VG**

Crushed mixed berries in a baked granola case, topped with a vegan coconut crème sprinkled with freeze-dried raspberry and granola.

### 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), Chips & Dips (204 kcal) **VG****  
**or Cheesy Corn Snacks (71 kcal) **V****

Handmade crisps, chips & dips or cheesy corn snacks.

 **Cox&Co Chocolate (85 kcal) **VG****

47% chocolate made from single origin Colombian cacao with miso and natural caramel.

 **Ploughman's Platter (423 kcal)**

Roast ham, vintage Cheddar and Red Fox Cheese, cherry tomatoes, grapes, salad leaf and Gluten Free crackers.

Vegetarian option (381 kcal). Or cheese & crackers (382 kcal).

### Banana (100 kcal) **VG**

