

Ingredients & Allergens Menu

Regional First Class Lounge Ingredients & Allergens Menu from 3rd December 2025

(Updated 24th February 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.

Cinnamon Cruffin

Cinnamon Cruffin (100%) [White Strong Bread Flour (White **WHEAT** Flour With Added Calcium Carbonate, Nicotinamide, Iron And Thiamine, **WHEAT**), Water, Butter (**MILK**) Laminating (**MILK**, **MILK** Whole, Caster Sugar, Soft Light Brown Sugar, Butter (**MILK**) Unsalted (**MILK**), Yeast Bakers Compressed, Cinnamon Ground 0.92%, Salt, Table, **BARLEY** Malt Flour (**WHEAT**)] Per serving 224 kcal.

May contain traces of Eggs, Fish, Soya, Sulphites.

Mini Cheddar Cheese & Chive Pinwheel

White Mature Cheddar (Pasteurised Cows **MILK** Starter, Vegetarian Rennet, Salt, Potato Starch (Anti Caking Agent)), White Strong Bread Flour (White **WHEAT** Flour With Added Calcium Carbonate, Nicotinamide, Iron And Thiamine, **WHEAT**), Butter (**MILK**) Laminating (**MILK**), Water, Whole Pasteurised **MILK** Caster Sugar, Pasteurised Liquid Whole **EGG**, Butter (**MILK**) Unsalted (**MILK**), Yeast Bakers Compressed, Salt, Table, Chives 0.29%, **BARLEY** Malt Flour]. Per serving 154 kcal.

May contain traces of Fish, Soya, Sulphites.

Wild Berries Porridge OAT Bar

Gluten Free **OATS** (37%), Mixed Fruits (11%) (Chopped Dates (Dates, Rice Flour), Sweetened Dried Cranberries (Cranberries, Sugar), Sweetened Dried Blueberries (Blueberries, Sugar, Fructose Glucose Syrup, Sunflower Oil), Dried Raspberry), Chicory Fibre, Date Paste, Sunflower Oil, Humectant (E422), Rice Syrup, Rapeseed Oil, Dextrose, Puffed Quinoa, Dried Sweetened Blueberries (2%) (Blueberries, Sugar, Fructose Glucose Syrup, Sunflower Oil), Natural Flavouring]. Per serving 200 kcal.

May contain traces of Peanuts, Eggs, Milk, Sesame, Soya, Sulphites, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias.

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.**

Sea Salt Vegetable Crisps

Mixed Root Vegetables In varying proportions (Parsnips, Carrots, Beetroot) 61%, Cold Pressed Rapeseed Oil, Sea Salt]. Per serving 105 kcal.

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.

Mallow & Marsh chocolate covered bites

Milk Chocolate (50%) [Sugar, Cocoa Butter, Whole **MILK** Powder, Cocoa Mass, Emulsifier: **SOYA** Lecithin, Natural Vanilla Flavouring], Sugar, Glucose Syrup, Water, Dextrose, Beef Gelatine, Humectant: Glycerol, Cornflour, Flavouring, Burnt Sugar Syrup]. Per serving 160 kcal. **May contain traces of Peanuts, Eggs, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias. Contains Beef Gelatine.**

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.

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.

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 (E440ii), Preservative (E202), Acidity Regulators (E330, E331), Thickeners (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.**

Orange & Cranberry Shortbread

WHEAT Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Butter (**MILK** Salt), Cranberries 13% (Sugar, Sunflower Oil), Sugar (Or Sucrose), Natural Orange Flavouring 0.4%. Per serving 208 kcal. **May contain traces of Peanuts, Eggs, Soya, Sulphites, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias.**

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.

Luxury 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.

Sweet Chilli Nuts & Seeds

ALMONDS, CASHEW NUTS, Pumpkin Seeds, Sunflower Seeds, Maple Syrup, Salt, Rosemary (1.65), Cayenne Pepper (0.4%). Per serving 157 kcal. **May contain tree nuts (hazelnuts, walnuts, pecan, brazil, pistachio, macadamia nuts), peanuts, sesame.**

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