Welcome onboard

We're so pleased to have you with us in First Class today.

There's something special about settling into your seat, watching the world go by and knowing everything is taken care of. Our menu has been thoughtfully curated to suit the rhythm of your journey, from a gentle morning lift to a moment of calm at the end of the day.

Each dish is crafted with care using ingredients sourced from some of the West Coast's most passionate producers. From hand-baked treats made in Birmingham to artisan gin with botanicals foraged from Macclesfield Forest, it's a menu with a real sense of place and pride.

We choose to work with suppliers who put quality, sustainability and community at the heart of what they do, because we believe great taste starts with great values.

Sit back and make yourself comfortable. We'll take care of the rest.

Adults need around 2000 kcal a day.
Kcal information provided is per serving/portion.

V **Vegetarian** VG **Vegan**

Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish or wheat. While we take steps to minimise risk and safely handle the foods that contain potential allergens, please be advised that cross contamination may occur.
View calories, allergens and ingredients online here.

If you need assistance viewing our allergens and ingredients menu, please speak with a member of the team who'll be happy to help.

Breakfast

Sourced along route

Lighter choices
Perfect for a shorter journey

Toast with Butter & Preserves *(214 – 315 kcal)* V
White or malted bloomer with cultured butter, jam, marmalade or honey. Our bread is vegan, ask us for vegan spread. VG

- **Cinnamon Cruffin** *(224 kcal)* V
When a croissant meets a muffin! Lightly spiced with cinnamon and sprinkled with sugar.

- **Toasted Teacake** *(347 kcal)* V
Traditional British lightly spiced teacake with raisins, served warm with cultured butter and jam. Our teacake is vegan, ask us for vegan spread. VG

Classic Bacon Roll *(431 kcal)*
Lightly smoked back and streaky bacon in a deliciously soft white Viennese roll.

- **Winter Berry Waffles with Greek Yogurt** *(282 kcal)* V
Belgian waffles filled with a mixed berry coulis, served warm with Little Town Dairy Greek-style yogurt.

Porridge Bowl *(271 kcal)* V
Traditional creamy porridge served on its own or with banana and honey. *(420 kcal)*

Larger plates

Smoked Salmon with Scrambled Eggs *(226 kcal)*
Smoked Scottish salmon served with scrambled eggs and a wedge of lemon.

We recommend
Shakshuka with Moroccan Bites *(254 kcal)* VG
Moroccan spiced falafel bites with a spicy tomato and mushroom shakshuka sauce.
We can add a poached egg too. *(320 kcal)* V

Rest of the day

Sourced along route

Snacks & treats
Perfect for shorter journeys or in between meals

- **Sea Salt Crisps** *(217 kcal)*, **Vegetable Crisps** *(105 kcal)* **or Chips & Dips** *(204 kcal)* VG
Deliciously thick handmade crisps or crunchy corn chips with a selection of dips.

- **Orange & Cranberry Shortbread** *(208 kcal)* V
Handmade, hand-wrapped, melt in the mouth shortbread. Made in North Wales, just a stone's throw from the railway track.

- **Toasted Teacake** *(347 kcal)* V
Traditional British lightly spiced teacake with raisins, served warm with cultured butter and jam. Our teacake is vegan, ask us for vegan spread. VG

- **Luxury Chocolate Bar** *(85 kcal)* VG
47% chocolate made from single origin Colombian cacao, with miso and natural caramel. Created by chocolatiers in Stoke-on-Trent.

Larger plates

New York Deli Pretzel Roll *(377 kcal)*
Slices of peppered pastrami with Emmental cheese and a gherkin mustard mayo in a warm pretzel roll.

We recommend
Indian Salad *(316 kcal)* VG
A delicately spiced salad of onion bhaji, pav bhaji, chickpea, carrot and cabbage pickle with spinach and coriander mayo.

- **The West Coast Cheese Board** *(650 kcal)* V
Red Fox Aged Red Leicester, Blacksstone Vintage Cheddar and Tasty Lancashire with Country Garden Chutney, sun blushed tomato, dried apricot, grapes and sourdough crackers.

Something from the bar?

Spirits

Sourced along route

- **Forest to First Gin** *(Avanti Exclusive)*
Distilled with water from an ancient spring and flavoured with berries and botanicals foraged from Macclesfield Forest.

- **Manchester Gin – Raspberry Infused Gin & Sicilian Lemon Tonic**
An imaginative twist on the classic G&T. Made with fresh raspberries which balance beautifully with the citrus burst of Sicilian lemons.

- **The Lakes Vodka**
Ultra-smooth English vodka that retains the characteristics of the finest British wheat for a sweeter, more rounded flavour.

Famous Grouse Whisky
Matured in oak casks for a warmer depth of flavour with bright, fruity notes.

Add a Fever Tree Tonic or Soda:
Ginger Ale
Light Tonic
Light Lemonade

Beers & Cider

Asahi Dry Lager

Brewdog Ale

- **Sober Brummie 0.5% ABV Ale**

Athletic 0.5% ABV Lager

- **Guest Beer**
We're delighted to offer guest beers crafted by artisan breweries along our route. Please ask what's onboard today.

Caple Road Cider

Sparkling & Wine

Bottega Poeti Prosecco
Crisp, fruity and floral with hints of pear and apple. Light bubbles and a clean, dry finish.

Mosaico de Aresan Sauvignon Blanc – Spain
Fresh and zesty with citrus and tropical fruit notes. Crisp and refreshing finish.

Mosaico de Aresan Merlot – Spain
Smooth and fruity with notes of plum and spice. Easy drinking and soft on the finish.

drinkaware.co.uk

Hot drinks

Freshly Brewed Coffee *(2 kcal)*

Decaf Coffee *(0 kcal)*

Hot Chocolate *(106 kcal)*

- **English Breakfast Tea** *(1 kcal)*
- **Earl Grey Tea** *(1 kcal)*
- **Green Tea** *(1 kcal)*
- **Moroccan Mint Tea** *(1 kcal)*
- **Decaffeinated Tea** *(1 kcal)*

Prefer oat milk? Just ask.

Soft drinks

Orange or Apple Juice *(102 kcal)*

- **Wenlock Spring Still or Sparkling Water** *(0 kcal)*

Pepsi Max *(1 kcal)*

Fever Tree Light Lemonade *(27 kcal)*

Fever Tree Light Tonic *(23 kcal)*

Fever Tree Ginger Ale *(27 kcal)*

Remedy Wild Berry Kombucha *(6 kcal)*

The Pickle House Spiced Tomato Mix *(30 kcal)*

Sourced with pride along our route

Our First Class menu is shaped by the company we keep. We partner with exceptional producers found along the West Coast, people who care deeply about quality, craft and doing things the right way.

By keeping things local, we're able to support independent businesses, reduce food miles and work together on smarter, more sustainable choices.

From field to fork (or glass), every detail is considered. Because great food and drink is not just about what we serve, but also the people who create it.

Suppliers of the season

Behind every choice on our First Class menu is a producer with a story to tell. This season, we're shining a light on a few of the brilliant suppliers who help bring our food and drink to life, from family-run bakeries to distilleries rooted in the landscape.

Each one is chosen not just for the quality of what they make, but for the craftsmanship and passion they bring to it. You'll find their stories below, all connected by a shared route – the West Coast Main Line.

Lakes Distillery

Created by Paul Currie and set in a restored barn, The Lakes Distillery is part of the community, employing local people and working to make a positive impact on the environment. Their ultra-smooth vodka is distilled just once in bespoke copper stills using the purest Lake District water and fine British wheat.

Little Town Dairy

Matt and Eileen's herd of Holsteins graze in the Ribble Valley. Across the farmyard you'll find the dairy, where everything is still made in the traditional way. Members of the Countryside Stewardship Scheme, they take their responsibility to the environment seriously by reducing water use, planting trees and restoring wildlife.

Joseph Heler Cheesemakers

Over a century ago, Joseph Heler's grandmother made a whole Cheshire cheese every day on Laurel's Farm in Nantwich, Cheshire. Though the company has grown from these roots, they still make all their cheese by hand as she did, using only the finest local milk. Each cheese is aged slowly, lovingly tended and only released when the cheesegrader says so.

To find out more about our hand selected suppliers visit:

avantiwestcoast.co.uk/travel-information/onboard/supplier-stories