

Ingredients & Allergen Menu

First Class Pendolino & Evero Weekend Allergen & Ingredients Menu from 11th June 2025

(updated 090625)

Breakfast

Classic Bacon Roll

Bacon Roll (92.5%) [White Roll (**WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Water, **RYE** Flour, Potato Starch, Potato, Yeast, Sugar, Rapeseed Oil, Salt, **WHEAT** Flour, Emulsifier (Sodium Stearoyl 2 Lactylate), Fermented **WHEAT** Flour, Flour Treatment Agent (Ascorbic Acid)), BEECHWOOD SMOKED BACK BACON (29%) [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], BEECHWOOD SMOKED STREAKY BACON (6%) [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Natural Flavourings, Natural Beechwood Smoke]], Butter (7.5%) [Pasteurised Cow's Cream (**MILK**) 98.49%, Salt 1.5%, Lactic Culture 0.01%].

Per serving 431kcal.

May contain egg & mustard. Swiss Chard may contain mustard and celery.

Classic Bacon Roll (GF)

Bacon Roll (91.6%) [Gluten Free Brown Seeded Roll (Water, Tapioca Starch, Rice Flour, Seeds (Sunflower, Linseed, Millet, Poppy), Rapeseed Oil, Psyllium Fibre, Potato Flakes, Treacle, Humectant (Glycerine), Stabiliser (Hydroxypropyl Methyl Cellulose), Yeast, Maize Flour, Millet Flakes, Sugar, Salt, Sugar Beet Fibre, Fermented Rice Flour, Reduced Fat Cocoa Powder), BEECHWOOD SMOKED BACK BACON (33%) [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], BEECHWOOD SMOKED STREAKY BACON (7%) [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Natural Flavourings, Natural Beechwood Smoke]], Butter (8.4%) [Pasteurised Cow's Cream (**MILK**) 98.49%, Salt 1.5%, Lactic Culture 0.01%]

Per serving 396 kcal

May contain egg & mustard. Swiss Chard may contain mustard and celery.

Optional:

Heinz Tomato ketchup: Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extract (contain **CELERY**, spice).

HP Brown sauce: Tomatoes, Malt Vinegar (from **BARLEY**), Molasses, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, **RYE** Flour, Salt, Spices, Flavourings, Tamarind.

Porridge

MOMA plain No Added Sugar Porridge [Wholegrain **OATFLAKES** (73%), Skimmed **MILK** Powder, Water,. Per serving 252 kcal.

Add Banana and Honey. Per serving 392 kcal.

Pain Au Chocolate

WHEAT Flour, Fine Butter (**MILK**) 21%, Water, Chocolate 9% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring), Yeast, Sugar, **EGGS**, Salt, **WHEAT GLUTEN**, Flour (**WHEAT**) Treatment Agents (Alpha Amylases, Hemicellulases, Ascorbic Acid)]. Per serving 284 kcal.

May contain traces of Sesame, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias.

Fruit Salad with Greek-style Yogurt

Fruit Salad (64.9%) [HONEYDEW MELON (29%), PINEAPPLE (29%), CANTALOUPE MELON (25%), GRAPE (17%)], Greek Style Natural Yoghurt (35.1%) [Pasteurised Cow's **MILK** (99%), Cream (**MILK**), Skimmed **MILK** Powder (0.8%), Culture (0.2%)]. Per serving 102 kcal.

Toasted Teacake

TEACAKE (63.1%) [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sultanas (14%), Currants (10%), Sugar, Yeast, Mixed Peel (3.8%)] (Contains: Orange Peel, Glucose Fructose Syrup, Lemon Peel, Sucrose, Preservative (E202), Acidity Regulator (E330)), Vegetable Oil (Palm, Rapeseed), Salt, Emulsifier (E472e), Nutmeg, Flavouring, Flour Treatment Agent (E300), Colour (E160a)].

STRAWBERRY JAM (27.2%) [Sugar, Strawberries, Gelling Agent: Citrus Pectin; Acidity Regulatory: Citric Acid]. BUTTER (9.7%) [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture]. Per serving 347kcal.

May contain traces of Tree nuts, Eggs, Sesame, Soya, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias. Sulphites <10ppm.

Rest of the day

Conchiglie Pasta with White Wine & Garlic Sauce with Pea Puree

Conchiglie Pasta With Garlic Cream Sauce And Pea Puree (98.7%) [Conchiglie Pasta (48.8%) (Water, Pasta (Durum **WHEAT** Semolina), Rapeseed Oil, Salt); Garlic Cream (**MILK**) Sauce (39.1%) (Béchamel Sauce (Reconstituted Skimmed **MILK**, Reconstituted Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Dried Onion, Dried Carrot, Sunflower Oil, Lovage), Vegetable Oil (Palm), Butter (**MILK**), Modified Starch, Salt, Emulsifier **SOYA** Lecithin), Water, Single Cream (**MILK**), Vegan Butter (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifiers E471, Flavouring, Vitamin A & D, Colour Carotenes, **MILK**), Garlic Puree, Leek, Cornflour, Rapeseed Oil, Vegetable Bouillon (Salt, Potato Starch, Maltodextrin, Sucrose, Yeast Extract, Onion Powder, Herbs, Carrot Powder, Dried Garlic, Sunflower Oil, Spices, Colour (Caramel Powder), Antioxidant: Rosemary Extract), Salt, Ground White Pepper); Buttered Pea Puree (9.8%) (Garden Peas, Vegan Butter (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifiers E471, Flavouring, Vitamin A & D, Colour Carotenes, **MILK** Salt, Ground Black Pepper); Mature Cheddar Cheese (2.3%, **MILK**) (Mature White Cheddar (**MILK**), Potato Starch);, SWISS CHARD (1.3%). Per serving 359 kcal

Swiss Chard may contain mustard and celery.

NOTE: Although white wine is used as an ingredient it is showing negligible alcohol after cooking.

May contain Barley, Eggs, Fish, Nuts (Almonds, Hazelnuts, Walnuts, Cashews, Pecans, Brazil, Pistachio, Macadamia), Mustard, Sulphites, Sesame.

Smoked Ham & Egg Roll

Linseed Top Sub Roll [**WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Water, Durum **WHEAT** Semolina, Rapeseed Oil, Sugar, Golden Linseeds, Potato, Yeast, Salt, **WHEAT** Flour, Broad Bean Flour, **WHEAT** Gluten, Preservative (Calcium Propionate), Inactive Dry Yeast, Emulsifier (Mono- and diglycerides of fatty acids)], **EGG** MAYONNAISE MIX (20%) [Free Range Hard Boiled **EGG**, Mayonnaise (Rapeseed Oil, Water, Pasteurised Liquid Whole **EGG**, Acidity Regulator (Acetic Acid), Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)], TOMATO (12%), Free Range Hard Boiled **EGG** (10%), COOKED GAMMON HAM (10%) [Pork, Water, Salt, Modified Maize Starch, Emulsifier (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], ROCKET (2%), Vegetable Fat Spread (Vegetable Oils (Rapeseed Oil, Sustainable Palm Oil), Water, Salt, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Preservative (Potassium Sorbate), Colour (Annatto, Bixin, Curcumin), Acidity Regulator (Citric Acid), Flavouring). Swiss Chard. Per serving 426 kcal.

May Contain: Milk and Mustard. Chard may contain mustard and celery. Although every care has been taken to remove all shell, some may remain.

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.

Mushroom Bruschetta

Mushrooms (55.5%) [Mushrooms (92.6%), Rapeseed Oil, Garlic, Parsley, Salt, Black Pepper] AWC June 25 Brown Bloomer Toasted (23.6%) [AWC June 25 Brown Bloomer (118g of AWC June 25 Brown Bloomer per 100g) (**WHEAT** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **WHEAT** Flakes (9.0%), **WHEAT** Bran (2.3%), Yeast, Malted **BARLEY** Flour (1.0%), Salt, Vegetable Oils [Rapeseed, Palm], **WHEAT** Protein, Spirit Vinegar, Emulsifiers [E471, E472(E)], Malted **WHEAT** Flour, Flour Treatment Agent (E300), Palm Fat, **WHEAT** Flour]], Tarragon Mayonnaise (18.5%) [VEGAN MAYONNAISE (92%) [Rapeseed Oil, Water, Sugar, Spirit Vinegar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Flavouring, Colour (Carotene), Antioxidant (Calcium Disodium EDTA)], CHIVES (2%), LEMON JUICE (2%) [Lemon Juice From Concentrate, Preservative (Potassium Metabi(**SULPHITE**)), TARRAGON (2%), FLAT LEAF PARSLEY (2%)], Swiss Chard (2.5%). Per serving 349 kcal.

May contain Oats, Rye, Eggs, Milk, Fish, Mustard, Sesame, Soya, Nuts (Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias).

Made to a vegan recipe in a factory that handles Milk and Egg so may not be suitable for allergy sufferers.

Swiss Chard may contain mustard and celery.

Smoked Salmon and Scrambled Eggs

PRE-COOKED EGG Scrambled **EGG** (69.4%) [SCRAMBLED **EGG** (80%) [Pasteurised Free Range **EGG**, Water, Rapeseed Oil, Tapioca Starch, Skimmed **MILK** Powder, Lemon Juice, Salt, Ground White Pepper], WHITE SAUCE (20%) [Water, Rapeseed Oil, Modified Starch, Salt, Whey (**MILK**) Protein Concentrate (**MILK**), Sugar, Vegetable Stock (Salt, Maltodextrin, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Carrot Extract, Rapeseed Oil, Tomato, Lovage), Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Stabiliser (Guar Gum), Spices]], SMOKED SALMON (27.8%) [Salmon (**FISH**) (96%) (Salmo Salar), Salt, Sugar, Oak Smoke], Swiss Chard (2.8%). Per serving 226 kcal.

Swiss Chard may contain mustard and celery. May contain gluten.

Although every care has been taken to remove bones, some may remain. Swiss Chard may contain mustard and celery.

Toast with butter

White Bloomer: [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, **SOYA** Flour, Preservative (E282 Calcium Propionate), Emulsifiers (E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Rapeseed Oil, Flour Treatment Agent (E300 Ascorbic Acid)], Butter (14%) [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture].

Per serving 254 kcal.

Malted Bread: [**WHEAT** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **WHEAT** Flakes (9.0%), **WHEAT** Bran (2.3%), Yeast, Malted **BARLEY** Flour (1.0%), Salt, Vegetable Oils [Rapeseed, Palm], **WHEAT** Protein, Spirit Vinegar, Emulsifiers [E471, E472(E)], Malted **WHEAT** Flour, Flour Treatment Agent (E300), Palm Fat, **WHEAT** Flour]], Butter (11.6%) [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture]. Per serving 315 kcal.

Tiptree Marmalade: Sugar, Seville Oranges, Gelling Agent: Citrus Pectin. Per serving 71 kcal.

Tiptree Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin; Acidity Regulatory: Citric Acid. Per serving 76 kcal.

Honey: Pure Honey. Per serving 81 kcal.

Tabbouleh Salad

Tabbouleh Salad (89.3%) [COOKED COUSCOUS (25%, **WHEAT**) [durum **WHEAT** Semolina], Coconut Yoghurt ALTERNATIVE (18%) [coconut Milk (Coconut, Water), Thickener (Tapioca Starch), Live Vegan Cultures], CHICKPEAS (14%) [Chickpeas, Water], Bulgur **WHEAT** (11%) (Water, Bulgur **WHEAT**), TOMATO (9%), FLAT LEAF PARSLEY (8%), LEMON JUICE (6%) [Lemon Juice From Concentrate, Preservative (Potassium Metabi(**SULPHITE**))], Spring Onion, Red Onion, Sunflower Oil, Coriander, Mint Sauce (Water, Spirit Vinegar, Sugar, Dried Mint, Malt (**BARLEY**) Vinegar (**BARLEY**), Salt, Stabilisers (Xanthan Gum), Natural Flavouring, Colours (Copper Chlorophyll, Riboflavin)], Lemon Wedge (10.7%)

Per serving 297 kcal.

May contain traces of Mustard & Soya.

Chips and Dips

Chips (100%) [Salted **Tortilla Chips** (Corn Flour (79%), Sunflower Oil, Salt) **Tomato Salsa Mexicana** (Tomatoes (50%), Water, Tomato Puree (7%), Spirit Vinegar, Modified Maize Starch, Jalapeno Peppers [Jalapeno Peppers, Water, Distilled Vinegar, Salt] (2%), Dried Onion, Sugar, Salt, Dried Red Pepper, Garlic Powder, Cumin Powder, Preservative: Potassium Sorbate, Chili Powder, Oregano, Black Pepper) Gherkin Relish (Gherkin (40%), Sugar, Water, Onions, Modified Maize Starch, Salt, **MUSTARD** Seeds, Ground Ginger, Turmeric) Sweetcorn Relish (Water, Sweetcorn (25%), Sugar, Spirit Vinegar, Modified Maize Starch, Dried Onion, Red Peppers, Salt, Lemon Juice Concentrate, Turmeric, Preservative: Potassium Sorbate, Dill Powder, Chili Powder, Garlic Powder)]. Per serving 204 kcal.

Produced on a site which handles Nuts and Gluten.

Sea Salt Crisps

Crisps (100%) [Potatoes, Cold Pressed Rapeseed Oil, Sea Salt].

Per serving 82 kcal.

Gluten Free. Produced in a nut-free facility. Suitable for Vegetarians and Vegans.

Lemon Shortbread

Lemon Shortbread (100%) [**WHEAT** Flour (Gluten), Butter (**MILK**), (**MILK**), Salt], Sugar, Lemon Zest 1.5%, Natural Lemon Flavouring 0.7%]

Per serving 217 kcal.

Factory handles other allergens.

Cox & Co Chocolate bar

Dark Chocolate [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier **SOYA** Lecithin), Natural Vanilla Flavouring], Himalayan Salt 0.2%, Butter Oil (**MILK**). Per serving 75 kcal.

Also Contain Traces of Nuts and Cereals containing Gluten.

BBQ Corn Nibbles

BBQ Corn Nibbles: [Corn, Sunflower Oil, Salt, Maltodextrin Of Maize, Smoke Flavour, Flavour Enhancer, Acidifier (Citric Acid). Per serving 100 kcal.