Ingredients & Allergen Menu

Euston First Class Lounge Allergen & Ingredients Menu 11th June 2025

Breakfast

Rye Bread with Smoked Salmon & Cream Cheese

Cheese

Rye Bread [WHEAT Flour (WHEAT Flour, Calcium, Niacin, Iron, Thiamin), Water, White Sour Starter (WHEAT Flour, Water), Light RYE Flour, Salt, Improver (WHEAT Flour), Roasted BARLEY Mall Extract, Yeast, Semolina (WHEAT), Bapeased Oil], SMOKED SALMON! (25%) (Salmon (FRSN) (Salmo salar), Salt, Demerara Sugar), CUCUMBER (16%), LEMON AND BLACK PEPPER CRÉME FRAICHE MANDANASE (18%) (Mayonnaise (Rapeased Oil), Water, Pastburised Free Range EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from Concentrate, Flavouring, Anticoidant (Calcium Disodium EDTA), Colour (Paprilla Extract), Créme Fraiche (Simmed MILE, Cremer MILL), Modified Starch, Stabiliser (Guar Gum), Dextrose, Preservative (Potassium Sorbate), Culture), Lemon Juice (Lemon Juice from Concentrate, Preservative (Potassium Sorbate), United (Lemon, Juice from Concentrate, Freservative (Potassium Winter Miller)), Water (March Miller), Water (March

though every care has been taken to remove all bones, some may remain. viss Chard may contain mustard and celery.

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

ents in bold. Packed in a factory that s peanuts and nuts. Contains naturally occurring sugars. Suitable for

Fresh Fruit Salad Bowl

Per serving 44 kcal..

Lemon Curd Yogurt

Pasteurised Whole MILK Lemon Curd Style Compote 18% (Sugar, Water, Glucose Syrup, Salted Butter (MILI), Lemon Juice Concentrate, Stabilizer: Cornstarch, Natural Flavouring, Natural Colour: Lutein), Perserving 214 kcal.

Passion Fruit Yogurt

Pasteurised Whole MILK, Passon Fruit Compote 25% (Water, Sugar, Passionfruit Puree, Stabiliser: Comstarch, Lemon Juice, Gelling Agent: Pectin, Natural Flavouring, Natural Colours: Carotene, Lutein). Per serving 194 kcal.

Rhubarb & Strawberry Yogurt
Pasteurised Whole MILK Strawberry & Rhubarb Compote 25% (Sugar, Water,
Strawberries, Rhubarb, Stabilizer Corrflour, Lemon Julice Concentrate, Natural
Flavouring, Natural Colour. Anthocyanins (Purple Carrot Concentrate).

Plain Mini Croissant

WHEAT flour, fine butter (MILK) 23%, water, sugar, yeast, whole MILK powder, salt, WHEAT GLUTEN, flour treatment agents (alpha-amylas hemicellulases, ascorbic acid), EGGS. Per serving 125 kcal.

Mini Pain au Raisin

Party Dough IFlour WHEAT bread/strong white, Butter Laminating (MILIQ, Water MLIK, whole pasteurized MILIQ, Caster Sugar, Butter Unsalted (MILIQ) Yeast, Salt, BARLEY math four!, Raisins, Creme Pat (Water, Custard Crem Mix (Sugar, Modified starch; Skimmed MILK/Powder, Lactose and MILK/Powder; Lactose and MILK/Powder; Coconut oil; Gelling agent: Sodium phosphates, Diphosphates, Sodium alginate, Calcium sulphate; Firming agent: Calcium sulphate; Flavouring (contains MILIQ; Color. Carotenes)). Per serving 129 kcal.

Mini Berry Danish

Danish Pastry Dough (Flour WHEAT bread/strong white, Butter Laminating (MILK), Water, MILK whole pasteurized (MILK), Caster Sugar, Butter Unsalted (MILK), Yeast, Sait, BARLEY mail fill four), Fruit of Forest Filling (Forest Fruits Mis, Sugar Cater, Glocose Syrup, Lenon) juice fresh, Pectin, Creme Pat (Water, Custard Cream Mix (Sugar, Modified starch; Skimmed MILK Powder, Lactose and MILK Proteins; Coconut oil; Gelling agent: Sodium phosphates, Diphosphates, Sodium alginate, Calcium sulp-Firming agent: Calcium sulphate; Flavoring (contains MILK); Color Carotenes). Perserving 153.

Cheese Savoury Pastry

Mini Cheese Sarvoy pastry: Cheese Pastry (100%) [Croissant Pastry Dough IM (Cheese Sarvoy pastry: Cheese Pastry (100%) [Croissant Pastry Dough IM (WHEAT Strong Flour (WHEAT), Butter (MILL) Laminating (MILL) Water, MILL Sugar, Unsalated butter (MILL) Pasta S. Sila RABLE? What Flour; Cheese (MILL) Flat a SL5% (MILL) [Pastaurised Sheep & Goat's MILL), Grated Hard Cheese (MILL) Rat Strong MILL) [Pastaurised Cod * MILL Salt, Microbial Rennet, Cultures), EGGS]. Per serving 136 kcal.

Raspberry Muffin

Raspberry Muffin (100%) [Sugar, WHEAT Flour (WHEAT, Iron, Niacin (B3), Thiamin (B1), Raising Agents Bicarbonate Of Soda, Mono Calcium Phosphate E341, Rapsesed Oil (E900), EGG, MILK Glycerine, Freeze Dried Raspberries 0.5%, Raspberry Flavouring 0.1%, Salt (Salt, Anti Caking Agent: Sodium Ferrocyanide)]. Per serving 365 kcal.

Whilst this product is free from nuts and ingredients which 'may contain' nuts, this product is produced on a factory site where nuts are present.

Lemon Drizzle Flapjack

Cluther Free Ord, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt (2,0%), Emulsifier (E475), Colour (E100, E160b(i)), Flavourings), Golden Syrup (Invert Sugar Syrup), Sugar (Sugar And Cane Molasses), Lemon Icing 1% (Sugar, Glucose Syrup, Vegetable Oil, Warter, Scillan Lemon Oil (0,5%), Emulsifier (SOYA), Sabiliser, Preservative (Potassium Sorbate), Lutein), Natural Lemon Flavouring 0,3%. Per serving 247 kcal.

Made in bakery th

Rest of the day

Cheese & Crackers

Cheese & Crackers

AWC June 25 Ploughman's Tray [Red Fox Cheese [Pasteurised Cow's MILK pDV

Salt, Stater Culture, Colour, Annatto Norbxin E160b [II], Microbial Rennet)
Blackstone Virtage Cheddar Cheese [Pasteurised Cow's MILK Salt Contains
Anti Calaing Agents Sodum Ferrocycaide Vegetarian Rennet, Stater Culture)
Crispbrand [MILK RYEF low, WHEAT Flour, WHEAT Flour, Calcium, Iron,
Thiamine, Niacin, WHEAT), Sourdough [RYEF low (WHEAT), Water), Wholemaal
WHEAT Flour, Heney, Salt) Semi Dried Tomatoes (Semi Dried Tomatoes)
Sunflower Oll, Salt, Garlier Bales, Oregano, Preservative Potassium Sorbate)
Country Garden Chuthery (Vegetables Colnon Carrot, Swed, Turnip, Paranip),
Raw Cane Sugar, Cider Vinegar, Apricot, Bramley Apples, Tomato Puree,
Sultanas, Garlier Pure, Sas Salt, Tamarind Paste, MUSTAD Powder, Red Chillier,
Ground Ginger, Ground Clinnamon, Ground Allack Pepper)
Onion In Balsamic (Onions, Balsamic Dressing (Grape Must, Preservative
Potassium MetabsSLI.PHTE Red Wine Vinegar), Water, Wine Vinegar, Sea Salt,
Sugar, Acidity Regulators: Citric Acid, Glucono – Deta Lactone, Lactic Acid,
Laurel Firming Agent Calcium Cholds, Ant Oxidant, Ascorbic Acid,
Laurel Firming Agent Calcium Cholds, Ant Oxidant, Ascorbic Acid,
Laurel Firming Agent Calcium Cholds, Ant Oxidant, Ascorbic Acid, Sugar, Acidity Regulators: Citric Acid Glucono — Delta Lactone, Lactic Acid, Laurel Firming, Appent Caclium Chrotis, Anti Oridant Accorbic Acid, Preservative: Sodium MetabiSULPHITE), Pork Sausage Roll (44.3%) [85vl Pork Shoulder (27%), WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Unsalted Butter Milk, Pork Shoulder Heart Muscle 13%), Onion, Water, Bramley Apple (Ascorbic Acid, Citric Acid, Salt), Pork Rind, Potato, Breadcrumb (WHEAT Flour (Calcium Carbonate, Iron Niacin, Thiamini, Water, Salt, Yeast), Honey, Luquid EGG, White Wine Vinegar 6% Acidly, Salt, Garlic, Rubbed Sage, Parsley, Cracked Black Pepper, Caster Sugar, Rapessed Oil (Anti Foaming Agent (Polydmethysiloxane))], Butter (4.9%) [Pasteurised Cow's Cream (MILK) 98.49%, Salt 1.5%, Lactic Culture 0.0%), Swiss Chard (3.4%). Per serving 278 kcal.

Option with Naim's Crackers (GP) Gluten Free Wholegrain OATS (19%), Maize Flour, Rice Flour, Sustainable Palm Fruit Oil, Tapioca Starch, Maize Starch, Raising Agent: Ammonium Carbonates, Brown Rice Syrup, Sea Sait. Perserving 358 kcal.

Swiss Chard may contain Mustard and Celery. May contain traces of Po Hazeinuts. May contain fruit stones.

Sea Salt Crisps Crisps (100%) [Potatoes, Cold Pressed Rapeseed Oil, Sea Salt]. Per serving 82

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

BBQ Corn Nibbles

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

Garlic and Basil Olives Halkidiki Olives 90%, Rapeseed Oil 5%, Basil 3%, Garlic Olives 2%, Lemon juice (traces), white wine vinegar (traces), salt (traces). Per serving 50 kcal.

Wild Garlic Mixed Nuts

PEANUTS, CASHEWS, ALMONDS, HAZELNUTS, Sugar, Salt, Basil, Rape Oil, Garlic Powder, Black Pepper, Wild Garlic Leaves, Oregano. Per servir

Factory handles other allergens.

Uncle Joe's Mint Ball Brownie

Sugar, Butter (MILK Salt), Dark Chocolate 17% (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYAL exithin E 322), Natural Vanilla Flavouring, EGG (Sulten Free Flour, (Flour Blend (Rick), Potato, Tapico, Maize, Buck-wheat), Da Chocolate Chips 8% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier. SOYA Leacthin; Natural Vanilla Flavouring), Cocoa Powder, Xanthum Gum, Potassi Kostate (E202), Loce Loe's Perpermint Flavouring 0.0%. Ber serving 265 kc. Made in bakery that processes gluten, peanuts, ruts and sulphur dloxide.

Classic Caramel Popcorn

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.

Mini Victoria Sandwich

Mini Victoria Sandwich
Plain Vanilla Sponge (Cake Mix (GLUTEN MILK) (WHEAT flour, sugar, raising
agents: E 450, E 500; modified starch, whey permeate powder (from MILK), pai
oil emulafiers: E 471; E 472s, E 475; whey powder (from MILK), glucose syrup, so
thickener E 418; flavouring, slum MILK, powder, [Ecolo S, Vegetable Oil (SOYAbeo
oil (produced from genetically modified, fully refined SOYA), Antifoaming ager
(E900)), Water), UHT Whipping Cream (MILK), Raspberry Jam (Glucose Syrup,
Raspberry Puree Concentrate (*Pó. Raspberries (*Pó.), Gelliga Agent Pectin,
Acidity Regulator (Citric Acidi), Caster Sugar, Sweet Snow Dust (Dextross Sug.
Corn flour, Yegelable oil Vanilla Flavouring (Glucoseryup, water, flavouring
(natural and artificial flavours), vanilla, stabilizer E 406 (agar), colours E101
(riboflavin) El60a (b-carotene)). Per serving 150 kcal.

Mini Raspberry Choux Bun

Mini Raspberry Choux Bun
Raspberry Choux Bun(100%) [White Chocolate Whipped Ganache (UHT
Whipping Cream [MILLQ, White Chocolate 28% Cocoa Solids (Sugar 46.5%;
Cocoa Butter 29%; Whole MILK/Powder 23.5%; Enrudifiers (SOYALethin 19%;
Natural Vanilla Flavouring 19%). UHT Whipping Cream [MILLQ, Caster Sugar,
Glucose Syrup, O-boux Buns Small (EGGS), Soft Light Brown Sugar, WHEATPlain
Flour (WHEAT) [WHEAT Flour 99.6%, Calcium Carbonate, Thiamin, Naicin, Iron),
Butter Unsalted [MILLQ, White Strong Bread Flour (White WHEAT) Flour With
Added Calcium Carbonate, Nicotamide, Iron And Thiamine), Water, MILLQ,
Butter Unsalted [MILLQ, Sugar Cater, Salt), Ruby Chocolate Giaze (Ruby
Couverture Chocolate (Sugar 35.5%; Cocoa Butter 29.5%; Skimmed MILK
Powder 16.5%; Whole MILK Powder 12.5%; Cocoa Mass 4.5%; Emulsifie
SOY/ABEANS Lecthin 19%, Acid: Clitric Acid 19%; Natural Vanilla Flavouring
14%), Vagetable (Oli (SOYAbano 10) (Produced From Genetically Modified, Jully
Refined SOYA), Antifoaming Agent (E900)), Raspberry Freeze Dry). Perserving
79 kcal.

Mini Lemon Tart

Forur (WHEAT) Golden Jewel(WHEAT Flour, Maize Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Butter (MILQ) Unsalted (MILQ). Sugar cling, EGGS Salt), EGGSSugar, Cate, Ruther (MILQ). Unsalted (MILQ). EGGSSugar, Cate, Ruther (MILQ). Unsalted (MILQ). Edges (MILQ). Salt), Natural Glaze (Glucose Syrup, Water, Sugar, Gelling Agent (Pectin (E440)), Acid (Citric Acid (E330)), Thickener (Gellan Gum (E448), Xanthan Gum (E418)). Preservative (Postsaium Sorbate (E202)), Lemon Zest). Ferseving 182 kzal.

Eton Mess Cheesecake Slice

Eton Mess Cheesecake (100%) [Full Fat Soft Cheese (Cream (MLIQ.) Water, MILK Proteins, Maize Starch, Sea Sals, Starter Culture), Shortcake Biscuit Crumb (16%) (WHEAT Flour (Wilt.) Calcium; Iron, Niacin, Thiamin), Sugar, Palm Oil, Rapessed Oil, Whey (MILK) Powder (MLIQ.) Raising Agent/Sodium Bicarbonate), Salt, Flavouring, Very Low-Fat Fromage Fraistjökmmed MILK Starter Culture), White Chocolate (11%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Cocoa Butter, Skimmed MILK Powder, Charles (Syay Lecthin), Flavouring), Starberry Sauce (10%) (Water, Sugar, Modified Maize Starch, Strawberry Concentrate, Acidity Regulators/Citric Acid, Trisodium Citrate), Colour/Anthocyanins, Gelling Agent/Pectrin), Flavouring, Stabillor, Saucheries (3,5%). Acid, Trisodium Citrate), Colour (Anthocyanins), Gelling Agent(Pectin), Flavouring, Stabiliser(PanthanGurin), Suag, Cream (MLL), Raspberries (3.5%), Buttermlik (MLIQ) Powder, Butter (MLIQ), EGG Volk Merrigue Pieces (2.0%)(Sugar, EGG White), Margarine(Palm Oil, Rapeseed Oil, Water, Emulsifier(Mono And Di Glycerides Of Fatty Acids)), White Chocolate Shavings (1.0%)(Sugar, Cocoa Butter, Whole MLLX Powder, Whey (MLIQ) Powder (MLIX), Lactose (MLIQ), Emulsifier(Soya Lecithin), Flavouring, Emulsifier(Shon And Di Glycerides Of Fatty Acids, Poylycerol Esters Of Fatty Acids), Modified Maize Starch, Water, Stabilisers(Locust Bean Gurn, Xanthan Gurn, Guar Gurn), Glucose, Acidity Regulator(Potassium Hydroxide)). Per serving 394 kcal.

May contain Peanuts, Nuts (Haz elnuts, Pecans, Almonds, Walr

Lemon Shortbread

ead (100%) [**WHEAT** Flour (Gluten), Butter (**MILK**), (**MILK**, Salt), Sugar, Lemon Zest 1.5%, Natural Lemon Flavouring 0.7%]. Per serving 217 kcal.

Lily O'Brien Dark Chocolate with Himalayan Salt Bar

Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Himalayan Salt 0.2%, Butter Oil (MILK). Perservin

