

# Ingredients & Allergen Menu

Euston First Class Lounge Allergen & Ingredients Menu **11<sup>th</sup> June 2025**

## Breakfast

### Rye Bread with Smoked Salmon & Cream 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** Malt Extract, Yeast, Semolina (**WHEAT**), Rapeseed Oil), SMOKED SALMON (25%) [Salmon (**FSH**) (Salmo salar), Salt, Demerara Sugar], CUCUMBER (16%), LEMON AND BLACK PEPPER CRÈME FRAÎCHE MAYONNAISE (8%) [Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range **EGG** and **EGG** Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from Concentrate, Flavouring, Antioxidant (Calcium Disodium EDTA), Colour (Paprika Extract)), Crème Fraîche (Skimmed **MILK**, Cream (**MILK**), Modified Starch, Stabiliser (Guar Gum), Dextrose, Preservative (Potassium Sorbate), Culture), Lemon Juice (Lemon Juice from Concentrate, Preservative (Potassium **METABISULPHITE**), Black Pepper), PICKLED RADISH (3%)] [Radish, Water, White Wine Vinegar (White Wine Vinegar, Antioxidant (Sodium **METABISULPHITE**), Sugar, Salt), Chives, Black Pepper. Red Chard: Swiss Chard. Lemon. Preserving 165 kcal.

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

### Porridge

Gluten free wholegrain **OATS** (73%), skimmed **MILK** powder. Preserving 252 kcal.

**Toppings:** Honey (81 kcal)

**Allergy Advice: For allergens see ingredients in bold. Packed in a factory that handles peanuts and nuts. Contains naturally occurring sugars. Suitable for Coeliac, Vegetarians.**

### Fresh Fruit Salad Bowl

Honeydew (29%), Pineapple (29%), Cantaloupe Melon (25%), Grape (17%). Per serving 44 kcal.

### Lemon Curd Yogurt

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

### Passion Fruit Yogurt

Pasteurised Whole **MILK** Passion Fruit Compote 25% (Water, Sugar, Passionfruit Puree, Stabiliser: Cornstarch, 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: Cornflour, Lemon Juice 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-amylases, hemicellulases, ascorbic acid). **EGGS**. Per serving 125 kcal.

**May contain nuts.**

### Mini Pain au Raisin

Danish Pastry Dough (Flour **WHEAT** bread/strong white, Butter Laminating (**MILK**), Water, **MILK** whole pasteurized (**MILK**), Caster Sugar, Butter Unsalted (**MILK**), Yeast, Salt, **BARLEY** malt flour), Raisins, Creme Pat (Water, Custard Crem Mix (Sugar, Modified starch; Skimmed **MILK** Powder, Lactose and **MILK** Proteins; Coconut oil; Gelling agent: Sodium phosphates, Diphosphates, Sodium alginate, Calcium sulphate; Firming agent: Calcium sulphate; Flavouring (contains **MILK**); Color: Carotenes)). Per serving 129 kcal.

**May contain nuts.**

### 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, Salt, **BARLEY** malt flour), Fruit of Forest Filling (Forest Fruits Mix, Sugar Cater, Glucose Syrup, Lemon 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 sulphate; Firming agent: Calcium sulphate; Flavoring (contains **MILK**); Color: Carotenes). Preserving 153.

**May contain nuts.**

### Cheese Savoury Pastry

Mini Cheese Savory pastry: Cheese Pastry (100%) [Croissant Pastry Dough (**WHEAT** Strong Flour (**WHEAT**), Butter (**MILK**) Laminating (**MILK**), Water, **MILK** Sugar, Unsalted Butter (**MILK**), Yeast, Salt, **BARLEY** Malt Flour), Cheese (**MILK**) Filling, Cheese (**MILK**) Feta 81.52% (**MILK**) (Pasteurised Sheep & Goat's **MILK**), Grated Hard Cheese (**MILK**) 18.12% (**MILK**) (Pasteurised Cow's **MILK** Salt, Microbial Rennet, Cultures). **EGGS**]. Preserving 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), Rapeseed 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

Gluten Free **OATS**, 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, Water, Sicilian Lemon Oil (0.5%), Emulsifier (**SOYA**), Stabiliser, Preservative (Potassium Sorbate), Lutein), Natural Lemon Flavouring 0.3%. Per serving 247 kcal.

**Made in bakery that processes milk, gluten, eggs, peanuts, nuts and sulphur dioxide.**

## Rest of the day

### Cheese & Crackers

AWC June 25 Ploughman's Tray (Red Fox Cheese (Pasteurised Cow's **MILK** PDV Salt, Starter Culture, Colour: Annatto Norbixin E160b (ii), Microbial Rennet) Blackstone Vintage Cheddar Cheese (Pasteurised Cow's **MILK** Salt Contains Anti Caking Agent Sodium Ferrocyanide, Vegetarian Rennet, Starter Culture) Crispbread (**MILK**, **RYE** Flour, **WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Thiamine, Niacin, **WHEAT**), Sourdough (**RYE** Flour (**WHEAT**), Water), Wholemeal **WHEAT** Flour, Honey, Salt) Semi Dried Tomatoes (Semi Dried Tomatoes, Sunflower Oil, Salt, Garlic Flakes, Oregano, Preservative: Potassium Sorbate) Country Garden Chutney (Vegetables (Onion, Carrot, Swede, Turnip, Parsnip), Raw Cane Sugar, Cider Vinegar, Apricots, Bramley Apples, Tomato Puree, Sultanas, Garlic Pure, Sea Salt, Tamarind Paste, **MUSTARD** Powder, Red Chillies, Ground Ginger, Ground Cinnamon, Ground Allspice, Ground Black Pepper) Onion In Balsamic (Onions, Balsamic Dressing (Grape Must, Preservative: Potassium Metabi **SULPHITE**, Red Wine Vinegar), Water, Wine Vinegar, Sea Salt, Sugar, Acidity Regulators: Citric Acid, Glucono – Delta Lactone, Lactic Acid, Laurel, Firming Agent: Calcium Chloride, Anti Oxidant: Ascorbic Acid, Preservative: Sodium Metabi **SULPHITE**), Pork Sausage Roll (44.3%) [85v Pork Shoulder (21%), **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, Thiamin), Water, Salt, Yeast), Honey, Liquid **EGG**, White Wine Vinegar 6% Acidity, Salt, Garlic, Rubbed Sage, Parsley, Cracked Black Pepper, Caster Sugar, Rapeseed Oil (Anti Foaming Agent: [Polydimethylsiloxane]]], Butter (4.9%) (Pasteurised Cow's Cream (**MILK**) 98.49%, Salt 1.5%, Lactic Culture 0.01%), Swiss Chard (3.4%). Per serving 278 kcal.

**Option with Nalms's Crackers (GF)** Gluten Free Wholegrain **OATS** (51%), Maize Flour, Rice Flour, Sustainable Palm Fruit Oil, Tapioca Starch, Maize Starch, Raising Agent: Ammonium Carbonates, Brown Rice Syrup, Sea Salt. Per serving 358 kcal.

**Swiss Chard may contain Mustard and Celery. May contain traces of Peanuts, Hazelnuts. May contain fruit stones.**

### 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.**

### BBQ Corn Nibbles

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

### Garlic and Black 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.

**Although extra care has been taken to remove all stones, some may remain.**

### Wild Garlic Mixed Nuts

**PEANUTS, CASHEWS, ALMONDS, HAZELNUTS** Sugar, Salt, Basil, Rapeseed Oil, Garlic Powder, Black Pepper, Wild Garlic Leaves, Oregano. Per serving 121 kcal.

**Factory handles other allergens.**

### 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, Xanthan Gum, Potassium Sorbate (E202), Uncle Joe's Peppermint Flavouring 0.07%. Preserving 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)

**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.**

