

# Ingredients & Allergen Menu

Evero Weekday First Class Allergen & Ingredients Menu from 11<sup>th</sup> June 2025

(updated 090625)

## Breakfast

### The Breakfast Grill

Breakfast Grill (65.1%) [PORK AND PARSLEY SAUSAGE (29%)] [Pork, Water, Rusk (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin)), Salt, Raising Agent (Ammonium Carbonate), Pork Fat, Salt, Dextrose, **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser (Sodium Tripolyphosphate), Preservative (Sodium **SULPHITE**), Flavour Enhancer (Monosodium Glutamate), Spices [White Pepper, Black Pepper, Cayenne Chili], Yeast Extract, Antioxidant (Ascorbic Acid), Spice Extracts (Black Pepper Extract, Nutmeg Extract, Capsicum Extract, Ginger Extract), Citric Acid, Colour (Carmine), (**SULPHITES**)], Dried Parsley, Natural Hog Casing), ROSTI BITES (27%)] [potato, Vegetable Oil (Palm), Salt, Dextrose (Maize), Onion Powder, Emulsifier (Hydroxypropyl Methyl Cellulose), Spice], TOMATO (26%), SMOKED BACK BACON (19%)] [Pork, Water, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], Scrambled **EGG** (33.6%) [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]], Swiss Chard (1.3%). Per serving 509 kcal.

**Swiss Chard may contain mustard and celery. Factories handles all other allergens.**

#### 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.

### 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 431 kcal.

**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.

### 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.

## 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**), Vegan 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.**

### Chicken Salad Roll

Chicken Salad Roll (97.9%)] [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**), **WHEAT** Gluten, Preservative (Calcium Propionate), Inactive Dry Yeast, Emulsifier (Mono And Diglycerides Of Fatty Acids)], SHREDDED CHICKEN (19%)] [Chicken Breast, Water, Salt], LEMON PEPPER MAYONNAISE (11%)] [Mayonnaise (Rapeseed Oil, Water, Spirit, Pasteurised Free Range **EGG** And **EGG** Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice From Concentrate, Flavouring, Antioxidant (Calcium Disodium EDTA), Colour (Paprika Extract)), Lemon Juice (Lemon Juice From Concentrate, Preservative (Potassium Metabi**SULPHITE**), Cracked Black Pepper), CUCUMBER (9%)] TOMATO (6%), APOLLO LETTUCE (4%), Vegetable Fat Spread (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono And Diglycerides Of Fatty Acids), Preservative (Potassium Sorbate), Colours (Annatto, Bixin, Curcumin), Acidity Regulator (Citric Acid), Flavouring)], Swiss Chard (2.1%).

Per serving 412 kcal.

**Swiss Chard may contain Mustard and Celery.**

**May contain Milk & Mustard.**

**Although every care has been taken to remove all bones, some may remain.**

### Strawberry Cheesecake Dessert Pot

Strawberry Cheesecake (95.2%) [Strawberries 21.49%, UHT Whipping Cream (**MILK**), Biscuit Crumb Caramelized (**WHEAT** Flour, Sugar, Vegetable Oil SG (Palm, Rapeseed), Candy Sugar Syrup, Raising Agent E500i, Salt, Cinnamon), Non Hydrogenated Vegetable Fat SG (Palm Oil, Emulsifier E322)], Full Fat Soft Cheese (**MILK**), Strawberry Puree 9.65%, Caster Sugar , Glucose Syrup, Lemon Juice Fresh, **MILK** Dextran Sugar, Pieces 8 12 Mm 1.22%, Mousse Stabiliser (**MILK**) (Dextrose, Sugar, Thickener Modified Starch, Skimmed **MILK** Powder, **MILK** Protein, Pectin), Mint (4.8%)] [Fresh, Whole Sprigs Of Mint (100%)]

Per serving 224 kcal.

**May contain eggs, soya and sulphites.**

### 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 Contains 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.

### 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.**

### Fish and Chips with Pea Croquette

CHIPS (Potato, Palm Oil, Dextrose), Battered **FISH** (Pollock (**FISH**) (50%), Fortified **WHEAT** flour (with Calcium Carbonate Iron, Niacin, Thiamine), Water, Rapeseed oil, Salt, **WHEAT** Starch, Disodium Diphosphate, Sodium Bicarbonate, Yeast (Anticaking Gum), Dextrose), PEA CROQUETTE: Mix Crumbed (90%) (Pea Croquette Mix (Green Peas, Potato, Breadcrumbs (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamine), Yeast, Salt)), **EGG**, Cornflour, Salt, Mint, Ground black Pepper), Water, Breadcrumbs Panko (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Yeast, Sunflower Oil, Sugar, Salt, Acid E270, Flour Treatment Agent E300), Plain flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Rapeseed Oil); Per serving 676 kcal.

Optional:

**Tartare Sauce:** Rapeseed Oil, Water, Spirit Vinegar, Sugar, Gherkins 8% (contain Firming Agent Calcium Chloride).

Capers 6%, Modified Starch, Salt, **EGG** Yolk Powder,

Concentrated Lemon Juice, Preservative Potassium Sorbate, Thickeners Xanthan Gum, Guar Gum. Per serving 31 kcal

**Malt Vinegar:** **BARLEY** Malt Vinegar, Salt, **BARLEY** Malt Extract. Per serving 1.5 kcal.

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

**Every effort has been taken to remove bones, but some can remain. All items are manufactured in the same area as other products that may contain other allergens.**

**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.**

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