


Non-Gluten Ingredient Menu

The items on this menu are made with ingredients which do not intentionally contain gluten. However, we handle gluten-containing ingredients in our kitchens, so we cannot guarantee our dishes are 100% gluten-free.

Please ensure you make our staff aware when ordering from this menu.

Breakfast

Fresh Fruit Salad (102 kcal)

Sweet honeydew and cantaloupe melon with juicy pineapple and red grapes finished with a dollop of Greek style yogurt from the Little Town Dairy. (The fruit salad can be served without yogurt  (44 kcal))

Smoked Salmon with Scrambled Eggs (323 kcal)

Smoked Scottish salmon served with scrambled eggs and a wedge of lemon.

Bacon Roll (367 kcal)

Thick cut smoked British bacon on a Gluten Free Roll.

Rest of the day

BBQ Crunchy Corn Nibbles (100 kcal)

Sea Salt Crisps (109 kcal)

Deliciously thick handmade crisps.

Chips & Dips (204 kcal)

Crunchy corn chips with a selection of dips.

Luxury Chocolate Bar (87 kcal)

Premium, smooth single origin 41% milk chocolate. Made by local chocolatiers in Stoke-on-Trent.

Cheese & Crackers (358 kcal)

Red Fox and Blackstone Vintage Cheddar cheeses, sun-blushed tomatoes, plum & ginger chutney, and a juicy balsamic pickled onion served with GF Crackers & cultured butter.

Adults need around 2000 kcal a day.

Kcal information provided is per serving/portion.

 **Vegetarian**

 **Vegan**

If you're making a short trip with us, we may not have the full menu available but you will have time for a drink. All items on the menu are subject to availability.

View calories, allergens and ingredients online [here](#).

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

