

Ingredients & Allergen Menu

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

Breakfast

Porridge

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

Toppings: Honey (70 kcal)

Packed in a factory that handles peanuts and nuts. Contains naturally occurring sugars. Suitable for Coeliac, Vegetarians.

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.

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.

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.

Rest of the day

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.

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, Xanthum Gum, Potassium Sorbate (E202), Uncle Joe's Peppermint Flavouring 0.07%. Per serving 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.

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.

Rosemary and Thyme Pitta Chips

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Rapeseed Oil, Olive Oil (6%), Sea Salt, Rosemary (1%), Thyme (1%), Black Pepper, Yeast. Per serving 113 kcal.

Produced in a factory that handles milk ingredients.

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**). Per serving 75 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.

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