

FIRST CLASS

A GUIDE TO TRAVEL AND MENUS



Complimentary **WiFi**
available onboard



Great value main
meals now only **£4.95**



Great British
Breakfast only **£9.95**

GET ON BOARD.

EAST MIDLANDS TRAINS

WELCOME TO FIRST CLASS

WITH EAST MIDLANDS TRAINS

Look out for the coloured bars for a quick reference through the booklet.

We are delighted to welcome you on board East Midlands Trains. Whilst travelling with us in First Class you will benefit from an at seat service delivered by our dedicated team of First Class hosts.

If you are a business traveller in First Class you will appreciate the convenience and privacy to catch up on work on a guaranteed table – with complimentary WiFi and powerpoints to recharge laptops and phones – alongside the extra space that First Class offers.

On weekday services we offer a range of dishes, from light snacks to main meals all freshly prepared on board and all priced at **£4.95** or less. Selected services also offer breakfast or enhanced complimentary snacks – details of these services can be found in this booklet.

Shortly after departure on weekday services we will offer you;

- ▶ Complimentary newspaper on all morning services
- ▶ Tea and freshly brewed filter coffee served with fresh milk
- ▶ Complimentary biscuits and individually wrapped bite-sized snacks
- ▶ Premium fruit juice, still or sparkling water
- ▶ A glass of red or white wine and Dormens finest quality nuts on trains which depart between 1600 and 1900






You will find information about our services within this guide, including;

- ▶ First Class breakfast service and menus for weekdays and weekends
- ▶ First Class weekday menu including a range of light snacks and main meals
- ▶ First Class weekend and Public Holiday service information
- ▶ Travel extras including WiFi, First Class Lounges, parking and onward travel solutions

We wish you an enjoyable journey.

QUICK REFERENCE

Use the colour bars to flick directly to the relevant information you require. Please find the various sections listed within this booklet below:

Welcome	
Breakfast	
Weekday	
Weekend	
Information	

BREAKFAST ONBOARD

OUR BREAKFAST SERVICES

Set yourself up for the day with our Great British Breakfast.

Travel on one of our breakfast trains and enjoy a freshly cooked breakfast or a choice of lighter and healthier options freshly prepared by our onboard chef and served to you at your seat by our team of dedicated First Class hosts. Breakfast is served on the following trains:

WEEKDAY BREAKFAST TRAINS TO LONDON

Sheffield	0529	0557	0627	–	0647	0727
Chesterfield	0541	0610	0639	–	0659	0739
Nottingham	–	–	–	0710	–	–
Derby	0604	0632	0705	–	0720	0801
Long Eaton	–	0643	–	–	–	–
East Midlands Parkway	0617	–	–	0725	0733	–
Loughborough	0625	0652	0722	–	0741	–
Leicester	0639	0706	0735	0742	0754	0825
Market Harborough	0654	–	–	0758	–	–
Kettering	0706	0729	0759	0809	0816	–
Wellingborough	0714	0738	0807	–	0824	–
London St Pancras	0807	0839	0855	0906	0909	0934

To include breakfast within your ticket, purchase the East Midlands Trains Business Anytime Plus. For no more than £20 in addition to the cost of your First Anytime ticket, you will get up to 48 hours car parking at any East Midlands Trains station, Zone 1 and 2 London Underground travel and your breakfast. Plus, save an extra 10% on five Business Anytime Plus tickets by purchasing our Carnet 5 product.

Holders of all other First Class tickets can purchase breakfast onboard. A full menu and prices are shown overleaf. Please speak to a member of our on train team if you wish to purchase breakfast.

Our Saturday morning breakfast trains to London St Pancras International offer an at seat breakfast service and create the perfect start to the weekend. If you're travelling to London for the day, our London Day Out ticket represents great value. Enjoy First Class travel, breakfast, a One-day Travelcard for travel around London, plus 24 hours car parking at any East Midlands Trains station.

If you're travelling for longer than a day, then you can still buy a breakfast on Saturday mornings by purchasing one of our online Advance fares with breakfast. To see our range of prices go at eastmidlandstrains.co.uk or ask at your local Ticket Office.

SATURDAY BREAKFAST TRAINS TO LONDON

Sheffield	0727	0732
Chesterfield	0739	0745
Alfreton	–	0756
Langley Mill	–	0804
Nottingham	–	0828
Derby	0801	–
East Midlands Parkway	–	0839
Leicester	0825	0857
Market Harborough	–	0912
London St Pancras	0934	1012

To find out more about our range of business and breakfast products please visit eastmidlandstrains.co.uk, ask at your local station or speak with your Travel Management company.

BREAKFAST MENU

CLASSIC ENGLISH DISHES

Enjoy our Great British Breakfast.



The following dishes are only available on our selected breakfast services shown on the previous page. All of our breakfasts are offered with tea or coffee, fruit juices, toast, croissants and English preserves.

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| Toast (v)
Two slices of white or multi-grain toast served with a choice of preserves | £2.00 |
| Healthy Option (v)
Breakfast fruit mix – a delicious selection of citrus fruits in their natural juices, a selection of breakfast cereals and a low fat yogurt | £4.95 |
| Great British Breakfast
Fried, poached or scrambled free-range eggs, bacon, prime pork sausage, black pudding, tomato, hash browns, mushrooms and toasted muffin | £9.95 |
| Vegetarian Grill (v)
Fried, poached or scrambled free-range eggs, tomato, hash browns, mushrooms and toasted muffin | £9.95 |
| Salmon or Kippers <small>(Monday to Friday)</small>
Choose from smoked salmon served with scrambled egg or kippers and Newcastle Brown bread – oak smoked kippers served with lemon, melted butter and fresh brown beer bread | £9.95 |

In addition to this range, an at seat trolley service will be available, where you can purchase a range of beverages including drinks, snacks and refreshments.

We try to ensure that the full menu is available at all times, however we apologise if your first choice is not available.
If you have any queries about any of our menu items, please ask a member of staff. (v) Suitable for vegetarians.
We cannot guarantee that our menu items do not contain trace elements of nuts or seeds.

WEEKDAY MENU

LIGHT TASTY SNACKS

Fancy a snack? Enjoy a bacon baguette.



A range of tasty hot and cold snacks, prepared to order.

- | | |
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| Porridge (v)
A bowl of freshly prepared unsweetened porridge made from the finest Scottish oats | £1.50 |
| Dorset Cereals® (v)
Choose either 'Simply Delicious' or 'Simply Fruity' muesli, served with chilled semi skimmed milk | £1.50 |
| Bacon baguette
Three rashers of succulent back bacon in a freshly baked baguette with a choice of tomato ketchup or brown sauce | £3.95 |
| Sausage baguette
Slices of prime pork sausage in a freshly baked baguette with a choice of tomato ketchup or brown sauce | £3.95 |
| Scrambled egg and cheese baguette (v)
Light and fluffy scrambled egg infused with cheese in a freshly baked baguette | £3.95 |

In addition to this range, an at seat trolley service will be available, where you can purchase a range of beverages including alcoholic drinks, snacks and refreshments.

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WEEKDAY MENU

ALL DAY MAIN MEALS

Hungry? Enjoy our Premium cheeseburger with potato wedges.



A selection of freshly prepared dishes served to you at your seat, priced at just **£4.95** or less.

Nachos with cheese and dips (v) £3.95
Lightly salted crisp corn tortillas with melted cheese accompanied by jalapeño peppers, sour cream and tomato salsa

Selection of soups and crusty bread £3.95
Please ask your host for the soups available today (including vegetarian options)

Freshly made baguette £3.95
Served with salad garnish and potato crisps. Choose from egg mayonnaise (v), tuna and sweetcorn or coronation chicken

East Midlands' Ploughmans £4.95
Red Leicester cheese, Melton Mowbray pork pie, served with pickled onion, Branston® original pickle, a hunk of sunflower and honey loaf and salad garnish

Premium cheeseburger with potato wedges £4.95
A hearty 6oz beefburger with cheddar cheese and salad leaf in a baked bread roll served with potato wedges and tomato ketchup

Beef in ale and Yorkshire pudding £4.95
A crisp Yorkshire pudding loaded with British beef, potatoes and onions in a smooth Black Velvet Porter gravy

Vegetable Dhal with naan bread (v) £4.95
An authentic Indian dish of spicy green lentils simmered with tomatoes and traditional herbs and spices served with a warmed naan bread

Thai chicken curry £4.95
Free range chicken with lime leaves, creamy coconut and tangy red chillies served with a light fluffy rice

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We try to ensure that the full menu is available at all times, however we apologise if your first choice is not available.
If you have any queries about any of our menu items, please ask a member of staff. (v) Suitable for vegetarians.
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Complimentary tea and coffee is served to you at your seat.

OUR WEEKEND SERVICE

TRAVELLING IN FIRST CLASS

If you are travelling at the weekend or on a Public Holiday in First Class you will benefit from the relaxed atmosphere of the First Class carriages, with large comfortable seats which have a guaranteed table. If you want to catch up on the move, WiFi is free and there are plug sockets to re-charge your phone or laptop too.

Whilst there are no dedicated First Class hosts at the weekend or on Public Holidays we still offer free tea and coffee, which is served at your seat. There is also a variety of drinks and refreshments available for you to purchase from the trolley.

On Saturdays there are two early morning trains to London St Pancras from Sheffield which serve a cooked breakfast, the perfect start to a weekend in the Capital.

See the breakfast section of this booklet for the times of these services and to see the full menu.

Whilst we aim to offer the advertised service, we apologise for any inconvenience caused if we are unable to do so.

USEFUL INFORMATION

FOR FIRST CLASS TRAVEL

For more information please visit eastmidlandstrains.co.uk

ONBOARD WIFI

WiFi is available on all our trains, meaning you can access the Internet on the move. To get connected to complimentary WiFi in First Class, simply select your WiFi connection, **East Midlands Trains_WiFi** from your available connections list, follow the on screen instructions and begin browsing.

If you have any problems connecting to the East Midlands Trains WiFi, please contact the WiFi support desk on **0207 0966 966** and choose **option 3**.

START YOUR JOURNEY IN STYLE IN OUR FIRST CLASS LOUNGES

We offer First Class lounges at Sheffield, Nottingham, Derby, Leicester and London St Pancras International and a Business Lounge at East Midlands Parkway.

Our lounges are open to all First Class ticket holders on weekdays, with our Nottingham, Derby and Leicester lounges closing at lunch time. Our Sheffield lounge closes late afternoon and our London lounge closes early evening. (First Advance ticket holders are required to pay a small supplement after 1600 at London St Pancras). Please see each lounge for opening hours.*

All lounges offer complimentary refreshments, as well as a selection of newspapers and magazines to read whilst waiting for your train.

STRESS FREE CONNECTIONS AT LONDON ST PANCRAS

We've teamed up with Brunel cars to offer an affordable luxury car service using Hybrid, low emission cars from London St Pancras International to anywhere in London. Services can be booked up to one hour before your journey. For further information or to book, call **0207 068 5298** or visit brunel.com

SUPERTRAM OFFER FOR FIRST CLASS TICKET HOLDERS

East Midlands Trains First Class ticket holders can benefit from free travel to and from Sheffield station with Stagecoach Supertram. Simply present a valid Business Anytime Plus, Business Anytime, First Anytime, First Off Peak or First Super Off Peak ticket on the tram along with the valid Supertram voucher available to download at eastmidlandstrains.co.uk or at any East Midlands Trains Ticket Office.

* Opening times correct at time of print.

CAR PARKING FOR FIRST CLASS PASSENGERS

We offer large amounts of car parking at many stations on our route to London, with enhanced car parking equipment installed at Chesterfield, Kettering, Leicester, Market Harborough, Derby and Wellingborough stations. We also offer dedicated car parking spaces for First Class passengers at Derby and Leicester stations.

Customers with Business Anytime Plus tickets at Sheffield, Derby, East Midlands Parkway, Leicester, Kettering, Market Harborough and Wellingborough simply need to validate their parking voucher at the Ticket Office and at Chesterfield display the orange parking portion of the ticket in the front windscreen of the car.

Nottingham station is currently undergoing a major redevelopment as part of the multi-million pound Nottingham Hub project, with the first part of the process being a 950 space multi-storey car park, opening Spring 2012.

LOWERING EMISSIONS ON OUR MERIDIAN TRAINS

All of our Meridian trains are now set up in Energy Saving mode, which allows us to switch off selected engines when they are sitting in stations, meaning reduced noise and reduced emissions from our trains.

This will only operate when the train is stationary for a long period of time, so primarily will only happen at London St Pancras International, Nottingham and Sheffield stations.

When a train is in Energy Saving Mode the following changes happen to the train:

- ▶ Slightly reduced interior lighting
- ▶ No power at the at seat power sockets
- ▶ Limited heating or air conditioning

Full power will be restored to the train several minutes before departure, meaning all services will operate fully at departure time. To find out what else we are doing to lower our carbon footprint visit eastmidlandstrains.co.uk/environment

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- ▶ For East Midlands Trains service updates and travel information – twitter.com/EMTrains
- ▶ For the latest deals and offers from East Midlands Trains – twitter.com/EMTrains_offers

