

# First Class menus

## Nutritional information

# Breakfast menu nutritional information

Breakfast dishes	Energy (kcal)	Protein (g)	Carbohydrates (g)	Fat (g)	Saturated fat (g)	Fibre (g)	Salt (g)
Great British breakfast	605.1	35.8	40.6	34.6	11.1	3.1	4.8
Vegetarian grill	199.2	9.2	24.7	7.3	1.6	2.7	0.7
Smoked salmon breakfast	279.1	24.0	23.4	9.8	2.6	1.0	2.6
Scrambled egg on toast	276.8	14.6	18.6	16.2	7.6	2.6	0.9
Rachel's Greek yogurt and granola	285.1	9.2	38.8	8.9	2.4	0.0	0.0
Croissant	275.0	5.0	30.5	15.5	9.8	1.2	0.0
East Midlands bacon Benedict	381.1	26.9	20.2	21.6	8.0	0.8	3.3
East Midlands smoked salmon Benedict	233.5	18.6	20.2	9.0	3.2	0.8	1.7
East Midlands vegetarian Benedict	208.9	13.4	21.5	8.1	3.0	1.5	0.6
Bacon roll	494.0	26.6	53.2	19.9	7.2	3.2	5.1
Sausage roll	571.0	24.8	67.9	24.0	9.4	4.2	5.0
Omelette roll	235.4	11.2	34.7	5.3	2.6	1.7	1.1
Bonn Maman honey stick	48.5	0.1	12.0	0.0	0.0	0.0	0.0
Bonn Maman strawberry jam	39.0	0.0	9.6	0.0	0.0	0.2	0.0
Bonn Maman strawberry marmalade	39.2	0.1	9.6	0.0	0.0	0.2	0.0
Kellogg's Special K	112.5	2.7	23.7	0.5	0.1	1.4	0.3
Wolfy's porridge	269.8	5.5	42.9	7.5	4.6	4.2	0.1
Gluten free porridge	220.2	12.1	37.5	2.6	0.5	3.9	0.1
Muller Light yogurt	67.5	5.3	10.6	0.1	0.1	0.0	0.0



# All day menu nutritional information

All day menu items	Energy (kcal)	Protein (g)	Carbohydrates (g)	Fat (g)	Saturated fat (g)	Fibre (g)	Salt (g)
Classic teacake	246.8	7.3	46.2	2.8	0.9	4.0	0.7
Mozzarella, sun-dried tomato and pesto panini	601.0	13.1	56.1	29.7	14.7	2.4	2.1
Pulled pork panini	501.1	12.1	62.2	20.1	9.3	3.9	0.0
Ham and cheese toastie	402.3	22.1	40.1	16.8	8.3	2.6	2.7
Heinz chicken soup	505.2	14.9	67.2	20.9	7.4	0.0	3.9
Heinz tomato soup	561.7	13.5	79.6	22.4	6.7	0.0	4.3
Cheese roll	524.1	22.4	55.5	26.4	16.1	2.8	2.3
Ham roll	487.9	33.7	55.4	16.0	7.8	3.9	4.5
Chicken tikka with rice	558.0	42.3	44.3	22.0	11.5	6.4	0.0
Chilli con carne with rice	275.0	20.6	24.8	100.1	4.1	5.2	0.0
Spanish rice	277.0	8.4	37.0	8.4	1.1	0.1	1.5
White rice	220.5	17.9	33.8	1.1	0.5	1.9	0.0
Chunky chips	231.0	2.8	29.0	11.1	1.0	2.1	0.0
Grated cheese	206.0	12.8	0.1	17.2	10.9	0.0	0.8



# Complimentary snacks nutritional information

Complimentary snacks	Energy (kcal)	Protein (g)	Carbohydrates (g)	Fat (g)	Saturated fat (g)	Fibre (g)	Salt (g)
Walkers Belgian chocolate biscuits (25g)	129.5	1.3	15.8	6.8	2.4	0.5	0.2
Walkers shortcake (two pack)	129.5	1.3	15.8	6.8	2.4	0.5	0.2
Macaroon chocolate (two pack)	110.0	2.3	16.0	4.4	0.3	0.8	0.2
Ten Acre salted crisps (20g)	102.6	1.2	10.5	6.0	0.7	1.3	0.2
Salted nuts (27g)	162.5	6.7	1.9	14.3	2.6	2.2	0.3
Tyrells sweet and salty popcorn (12g)	62.0	0.1	6.8	3.4	0.4	0.1	0.2
Snack sour cream pretzels (10g)	43.7	0.9	7.0	1.2	0.1	0.4	0.1
Walkers sultana slice (45g)	166.1	1.8	25.9	5.8	2.5	1.4	0.2
Lizi's granola (500g)	244.5	0.0	23.0	14.5	3.8	0.0	0.0

# Complimentary snacks intolerance information

Complimentary snacks	Suitable for vegetarians	Suitable for vegans	Contains gluten	Contains nuts	Contains sesame seeds	Contains soya	Contains egg	Contains seafood	Contains milk
Walkers Belgian chocolate biscuits (25g)	✓		✓	✓					✓
Walkers shortcake (two pack)	✓		✓	✓					✓
Macaroon chocolate (two pack)	✓			✓		✓	✓		
Ten Acre salted crisps (20g)	✓	✓							
Salted nuts (27g)			✓	✓					
Tyrells sweet and salty popcorn (12g)	✓	✓		✓					
Snack sour cream pretzels (10g)	✓		✓						
Walkers sultana slice (45g)	✓			✓			✓		✓
Lizi's granola (500g)	✓			✓					