# **Hot Drinks**

Oatly Barista Oat milk is available with hot drinks

### Coffee

(Decaf available on request) Fairtrade, full roast, made on our route by Brodies in Edinburgh

### Tea

An ethically sourced breakfast tea, blended on our route by Brodies in Edinburgh

### **Speciality Tea**

Earl Grey, mint, green or decaf tea, all blended on our route by Brodies in Edinburgh

### **Hot Chocolate**

Fairtrade, by Cadbury

### Soft Drinks

### **Harrogate Spring Water**

Still or Sparkling, bottled on our route in Harrogate

Orange Juice, Apple Juice | Pepsi, Pepsi Max R Whites Lemonade, Britvic Ginger Ale **Britvic Tonic, Britvic Slimline Tonic** 

### Alcohol

Served with the lunch/evening menu

### **Hop on Board Ale**

Made on our route exclusively for LNER by Rudgate Brewery in York

### **Skinny Lager** GF

Full flavour premium lager. At just 89 kcals a can this is 35% fewer calories than other premium lagers

### Masons Gin | Masons Vodka

Made on our route near Northallerton

### **High Commissioner Whisky**

Made on our route in Glasgow

White Wine - Viura Blanco, Spain

### White Rioja with a soft character and apple freshness

**Red Wine - Tempranillo Tinto, Spain** Juicy red fruit with an abundance of sweetness

### Rosé Wine - Tempranillo Rosado, Spain

Delicate aromas, mellow fruit and a dash of freshness

All drinks apart from hot chocolate are vegan friendly



We are very proud of the suppliers that we've sourced from up and down our route. We hope you enjoy this menu whilst you travel with us today.

### Caithness

Reids shortbread biscuits

### Edinburgh

Brodies coffee and tea

Glasgow
- High Commissioner whisky

Virgin Wines bottling plant

### Newcastle

 Beckleberry's Raspberry Pot and brownies

### Middlesbrough

· On a Roll sandwiches

### Northallerton

· Masons of Yorkshire gin and vodka

Ripon
• Taste Tradition bacon

### Harrogate

Harrogate Spring Water

 Rudgate Brewery Hop on Board ale

 The Fruity Kitchen Strawberry & Champagne jam

**Shipley**• Hughes toasted teacake

Jacksons Bakery bread rolls

### Stevenage

· Fairfield crisps

- Crussh salad bowl and overnight oats
- THIS<sup>™</sup> plant based sausage



Scan this code to access our menu on your device and find detailed allergy information



LNER2321 Autumn 2023



Suitable for vegetarians

Suitable for vegans (while these dishes do not contain any animal products they are produced in an environment where animal products are handled so there may be a risk of cross contamination)

Suitable for people intolerant to gluten

Customers who have a food allergy, intolerance, or coeliac disease - please speak to the staff about the ingredients in your food and drink before you order, and they will signpost you to the most up to date information you require.

Whilst every effort is made to minimise cross-contamination, our products are manufactured, and our dishes are freshly prepared, in small kitchens that handle allergens, and our café bars and kitchens on train are busy places where allergens are present. We cannot, therefore, guarantee that any item on our menu is allergen or gluten free.

## BREAKFAST/BRUNCH



### **Bacon Roll GF\***

Taste Tradition ♥ smoked bacon in a soft white roll, served hot with your choice of Heinz ketchup or brown sauce. 297 kcal (\*GF roll available, please ask your host)

### **Plant Based Sausage Sandwich** V VG GF\*

THIS™ plant based sausages in a soft white roll, served hot with your choice of Heinz ketchup or brown sauce. 316 kcal (\*GF roll available, please ask your host)

### Toasted Teacake V VG\*

Hot, buttered toasted teacake, made by Hughes. ₹ 332 kcal (\*VG if ordered with Flora instead of butter) Served with your choice of - Strawberry & Champagne jam by The Fruity Kitchen. ♥ 541 kcal

- Nutella 412 kcal

### **Apple & Sultana Overnight Oats V GF**

Gluten free oats soaked with natural yoghurt, fresh apple, apple compote, sultanas & cinnamon. Made by Crussh.♥ 217 kcal

### Fresh fruit

A choice of apple or banana



Your host can advise which menu is being offered on this train.

 $\mathbf{9}$  Made on our route. See our map to find out more about our local suppliers.

## LUNCH/EVENING



### **New York Deli Sandwich**

Pastrami with Emmental cheese and chopped gherkins in a Reuben style sauce in malted bread. 9 415 kcal

### Egg Florentine Roll V

Free range egg seasoned with mustard, lemon juice and cayenne pepper served with fresh spinach leaves in a cracked black pepper roll. ₱ 407 kcal

### **Mexican Style Grains Salad** V VG GF

Brown rice & red quinoa with black beans, sweetcorn & roasted red pepper in a smoked paprika & lime dressing, with mixed leaves, guacamole and sweety drop chilli peppers. Made by Crussh.♥ 297 kcal

### **Toasted Teacake** V VG\*

(\*VG if ordered with Flora instead of butter) Served with your choice of

- Nutella 412 kcal



### TO FINISH

### **Raspberry Pot** V GF

Sweet, thick, creamy and smooth raspberry pot of delicious indulgence. 

### Fresh fruit

A choice of apple or banana

Please choose one item. A selection of snacks will also be offered by your host Adults need an average of 2000 kcals per day

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