



Food Allergies and Intolerances Information Pack

	Menu Item	Allergen Advise
<i>Breakfast - Bread/Pastries /Bagels</i>		
	American muffin	Gluten, Egg, Milk
	Bagel	Gluten, Egg, Milk
	Bagel with cream cheese and smoked salmon and chives	Gluten, Egg, Milk, Fish
	Baguette	Gluten, Egg, Milk
	Bread Roll, Freshly Baked	Gluten, Egg, Milk
	Brioche loaf	Gluten, Egg, Milk
	Cheese & Ham croissants	Gluten, Egg, Milk
	Crepes with fresh strawberries and cream	Gluten, Egg, Dairy
	Danish Pastry (Large)	Gluten, Egg, Milk, Sulphur Dioxide
	French toast with maple syrup	Gluten, Egg, Milk
	Fresh/artisan bread	Gluten, Egg, Milk
	Loaf of sliced bread	Gluten, Egg, Milk
	Mini Pastry	Gluten, Egg, Milk, Sulphur Dioxide
	Pain au Chocolat (Large)	Gluten, Egg, Milk
	Pancakes with maple syrup and fresh berry compote	Gluten, Egg, Milk
	Plain Croissant (Large)	Gluten, Egg, Milk
	Toasted English muffin	Gluten, Egg, Milk
<i>Breakfast - Eggs</i>		
	Cheese & Tomato Omelette (3 eggs)	Egg, Cheese
	Cheese and Onion omelette (3 eggs)	Egg, Cheese
	Eggs Benedict	Egg, Milk

	Eggs Florentine	Egg, Milk
	Ham and Cheese omelette (3 eggs)	Egg, Cheese
	Hard boiled eggs	Egg
	Mushroom Omelette (3 eggs)	Egg
	Plain Omelette (3 eggs)	Egg
	Poached eggs (2 eggs)	Egg
	Raw eggs	Egg
	Scrambled eggs (3 eggs)	Egg, Milk
	Scrambled eggs with smoked salmon (3 eggs)	Egg, Milk, Fish
	Spanish Omelette (3 eggs)	Egg
	Western Omelette (3 eggs)	Egg

Breakfast - Meat/Fish/Cheese		
	Bacon butty, wrapped in foil	Gluten, Milk
	Black pudding	Gluten
	Chicken sausage (2 per serving)	Gluten
	Continental cheese platter (175gz)	Milk
	Continental meat platter (200g)	
	Crispy American bacon (3)	
	Gluten free sausage (2 per serving)	
	Kippers	
	Maple bacon (3)	
	Pork sausage (2 per serving)	Gluten
	Portion of smoked salmon (115g)	Fish
	Smoked bacon (3)	
	Smoked salmon platter with garnish	Fish, Milk
Breakfast - Fruits		
	Blueberries	
	Mixed Berries	
	Raspberries	
	Sliced fresh fruit platter with berries at least 5 varieties (350g)	
	Strawberries	
Breakfast - Sides		
	Baked beans	
	Fried potatoes	
	Grilled mushrooms	
	Grilled tomatoes	
	Hash browns (2)	Gluten

Breakfast - Yoghurts		
	Fruit Yoghurt (150g)	Milk
	Greek yoghurt (150g)	Milk
	Individual fruit Soya yogurt (125g)	Soyabeans
	Large soya yougurt	Soyabeans
	Natural Bio Yogurt (150g)	Milk
	Yoghurt with muesli and fresh berry coulis	Milk, Gluten, Sulphur Dioxide
Breakfast - Other		
	Breakfast cereal from bulk	Gluten, Sulphur Dioxide
	Butter individual portion	Milk
	Fresh Butter stick	Milk
	Jam, Honey & Marmalade	
	Mini Pack cereal	Gluten, Sulphur Dioxide
	Porridge	Gluten

Sweet Snacks		
	American Pound cake	Gluten, Milk, Egg
	Apple strudel	Gluten, Milk, Sulphur Dioxide
	Biscotti	Gluten, Milk, Nuts
	Carrot cake	Gluten, Milk, Egg, Nuts
	Chocolate and almond torte	Gluten, Milk, Nuts, Egg
	Chocolate bar	Milk, Soyabeans
	Chocolate Brownie	Gluten, Milk, Egg
	Chocolate chip cookies	Gluten, Milk, Egg
	Flapjacks	Gluten, Milk, Egg, Sulphure Dioxide
	Fruit on green bamboo skewers with yogurt and honey dip	Milk
	Gingerbread men	Gluten, Milk, Egg
	Lemon cake	Gluten, Milk, Egg, Sulphur Dioxide
	Mini éclairs	Gluten, Milk, Egg
	Rococo gourmet biscuits selection	Gluten, Milk, Egg
	Scone with clotted cream and jam	Gluten, Milk, Egg
	Shortbread	Gluten, Milk, Egg
	Victoria Sponge cake	Gluten, Milk, Egg
Sandwiches, Wraps & Bagels		
	Deli Sandwiches	Gluten, Milk, Egg, Fish, Mustard
	Finger Sandwiches	Gluten, Milk, Egg, Fish, Mustard

	Bagels	Gluten, Milk, Egg
	VIP wrap selection	Gluten, Milk, Egg, Fish, Mustard
Canapés		
	Please see with our chef for recommendations	Gluten, Milk, Egg, Fish, Mustard, Crustaceans
Cold Starters and Salads		
	Aubergine dip with walnuts on crusty ciabatta	Gluten
	Brescola air-dried beef (100g) with rocket lettuce, Parmesan cheese, cherry tomatoes and herb infused olive oil	Milk
	Carpaccio of beef (200g), with Parmesan and black truffle oil	Milk
	Caviar with garnish of bilinis, lemon wedges, sour cream, chopped onion, chopped parsley and chopped egg whites and yolks	Milk, Gluten, Fish, Egg
	Chicken Caesar Salad	Milk
	Cold Cut Meats (3 pieces per serving)	
	Cold seafood platter with Marie Rose sauce	Fish, Crustacean, Milk, Gluten
	Crudities selection with 2 dips (humus and ranch)	Milk
	Green Olives with coriander, lemon, orange and Garlic with Fresh Crusty bread	Milk, Gluten
	Grilled Vegetables	
	Italian Selection of marinated vegetables, Italian cheeses and meats	Milk
	Mozzarella, cherry tomato and basil salad with a balsamic vinaigrette	Milk
	Parma ham with melon	
	Rustic Greek salad, with Feta cheese, tomatoes, red onions and white vinaigrette	Milk, Mustard
	Smoked Salmon, toasted rye bread and black pepper soft cheese	Fish, Gluten, Milk
	Soba noodles with chicken and ginger	
	Spring Salad with lambs lettuce, mango, crispy bacon, Feta with a lemon dressing	Milk
	Sushi selection, 9 pieces, with garnish	Fish, Crustacean
	Tapas Selection of cured meats, olives and cheeses	Milk
	VVIP Safood Platter (to include fresh crab claws or lobster, depending on availability)	Fish, Crustacean, Milk, Gluten
Hot Starters		
	Char grilled Snapper with Mango, Prawn and Chilli salsa	Fish, Crustacean
	Cheese and spinach triangles with leek and fennel	Milk, Gluten

	Garlic prawns	Crustacean
	Goat Cheese Fritters with Jalapeño peppers	Milk, Gluten
	Linguine with Tomato sauce and sautéed aubergines	Gluten, Egg
	Penne with Spinach and pine nuts	Gluten, Egg
	Quebecois Tomato Tart, with Gruyere cheese	Gluten, Egg, Milk
	Seared Scallops with Iberico ham	Fish
	Warm Fillet beef Thai salad	
	Warm wild mushroom salad with chicken	
	Wild Mushroom ravioli with cream sauce	Gluten, Egg
<i>Fresh Soup</i>		
	Black Bean soup with Bourbon	
	Carrot and coriander Soup	
	Cherry tomato soup	
	Chicken and Corn Soup with green peppercorns	
	Corn Soup with cherry tomatoes	
	Curried Leek Soup with saffron	
	Curry and Coconut Soup	
	Grilled Aubergine Soup with peppers and tomatoes	
	Minestrone	Gluten
	Provencale Fish Soup	
	Thai Fish Soup with tiger prawns	Crustacean, Fish
	Vegetable Soup	

<i>Main Entrees - Meats and Seafood</i>		
	Breast of duck with honey and Chinese five spice	Gluten
	Char grilled Sea Bass with roasted red pepper, tomato and basil salsa	
	Chicken stuffed with mozzarella, basil serve with a tomato and olive sauce	Milk
	Chicken Tikka Masala	Nuts
	Coriander crusted Salmon with leeks	
	Fillet Mignon	
	Fillet of Beef Stuffed with Foie gras and truffles	
	Grilled fillet steak with our Michelin Chef "Café des Paris sauce"	Milk
	Grilled Lamb cutlets marinated in rosemary and garlic	
	Grilled Seabass with Hollandaise Sauce	Milk
	Lobster Thermador	Milk, Mustard

	Monkfish steamed in sage and rosemary	
	Pancetta-wrapped Chicken	
	Pepper Duck with brandy sauce	Gluten
	Roasted Sea Bass, served with roasted cherry tomatoes, garlic and basil	
	Sautéed Cod with spring onion	
	Sautéed Steak with Béarnaise sauce	Milk
	Sirloin Steak with soy and ginger, served with chilli onion rings	
	Sole Fillets poached in White wine and Julienne of vegetables	
	Sri Lankan Duck Curry	Nuts
	Stir fried Monkfish with black bean sauce	
	Stir Fried Prawns with coriander and garlic	
	Tandori Lamb Chops	
	Thai King Prawn Red curry	
	Veal Dijon	Mustard
Main Entrees - Pasta		
	Beef Lasagne	Gluten, Milk, Celery, Egg
	Linguine with Prawns, dill and courgette	Gluten, Egg, Milk
	Linguine with Wild Mushroom Sauce	Gluten, Egg, Milk
	Penne with Lemongrass Primavera sauce	Gluten, Egg, Milk
	Penne with Spinach, Gorgonzola and pine nuts	Gluten, Egg, Milk, Nuts
	Spaghetti Carbonara	Gluten, Egg, Milk
	Spaghetti with 3-generation family recipe Bolognese sauce and Parmesan cheese	Gluten, Egg, Milk, Celery
	Spaghetti with Prawns, rocket and Chilli	Gluten, Egg, Milk, Crustacean
	Spaghetti with Sauce Antiboise	Gluten, Egg, Milk
	Spinach and Tomato Lasagne	Gluten, Egg, Milk
	Vegetable Lasagne	Gluten, Egg, Milk, Celery
Main Entrees - Risotto		
	Butternut Squash & Sage Risotto	Gluten, Milk
	Fennel Risotto	Gluten, Milk
	Italian Sausage Risotto with mushrooms	Gluten, Milk
	Leek and pancetta Risotto	Gluten, Milk
	Mushroom Risotto with garlic, thyme and parsley	Gluten, Milk
	Paella with Shellfish and Chicken	Gluten, Crustacean
	Prawn and Scallop Risotto	Gluten, Crustacean, Milk
	Red Wine Risotto	Gluten, Milk
Side Entrees		
	Asparagus Spears with butter	Milk

	Brown Rice	
	Cheddar mashed potatoes	Milk
	Chinese Fried rice	Egg
	Garlic Bread	Gluten, Milk
	Grilled courgette with Olive oil and sea salt	
	New potatoes	
	Pan Fried Potatoes	Milk
	Potato Rosti	Milk
	Roasted new potatoes	Milk
	Rosemary Roasted Vegetables	
	Spicy roasted Squash	
	Spinach sautéed with garlic	
	Steamed assorted vegetables	
	Steamed white rice	
	Steamed wild rice	
	Stir fried assorted vegetables	
	Stir-fried Chinese greens with ginger oyster and Soy sauce	Gluten
	Sweet Potato Mash	Milk
Children Specialties		
	Beans on Toast, with sprinkled cheese	Gluten, Milk
	French Fries	
	Macaroni and Cheese	Gluten, Milk, Egg
	Meatballs with tomato sauce	Gluten
	Mini Cheese Burger	Gluten, Milk
	Organic Chicken Nuggets	Gluten
	Peanut butter and am sandwich	Nuts, Gluten
	Small Tomato and Cheese Pizza	Gluten, Milk
	Special cupcake with frosting	Gluten, Egg, Milk

Desserts		
	Apple Tart	Gluten, Egg
	Assorted Petit Fours (3)	Gluten, Egg, Milk
	Berry Crumble with vanilla cream	Gluten, Egg, Milk, Sulphur Dioxide
	Carrot and Orange Cake	Gluten, Egg, Milk, Nuts
	Chocolate Fudge Cake with vanilla cream	Gluten, Egg, Milk
	Chocolate Torte	Gluten, Egg, Milk, Nuts
	Crème Brulee	Egg, Milk
	Fresh berries and vanilla cream	Milk
	Hot apple Strudel with vanilla cream	Gluten, Egg, Milk, Sulphur Dioxide

	New York Cheese cake with berry coulis	Gluten, Egg, Milk
	Poached figs and blackberries with vanilla mascarpone cheese	Milk
	Profiteroles with chocolate sauce and vanilla cream	Gluten, Egg, Milk
	Roasted fruit with vanilla mascarpone cheese	Milk
	Sliced fresh fruit with berries and vanilla yogurt	Milk
	Tiramisu	Gluten, Egg, Milk
<i>Cheese</i>		
	Selection of European cheeses, Quince paste with biscuits and grapes	Gluten, Egg, Milk, Sulphur Dioxide
<i>Wines</i>		
	Champagne - Veuve Cliquot	
	Wine (Please specify grape/type) FROM	
<i>Drinks</i>		
	Apple juice UHT, 1.0 ltr	
	Badoit 1.0 ltr	
	Black Tea bags 50	
	Coke (can) 330 ml	
	Cranberry Juice UHT, 1.0 ltr	
	Diet Coke (can) 330 ml	
	Diet Tonic Water	
	Evian 1.5 ltr	
	Evian 500 ml	
	Gourmet Instant coffee	
	Grapefruit juice UHT, 1.0 ltr	
	Herbal tea 25 (specify)	
	Ice Tea	
	Lemonade/Sprite 330 ml	
	Milk – semi skimmed 500 ml	
	Milk – skimmed 500 ml	
	Milk – Whole 500 ml	
	Orange Juice UHT, 1.0 ltr	
	Perrier Water 330 ml.	
	Perrier water 750 ml.	
	San Pelegrino 500ml	
	Scottish Highland Spring 1.0 ltr	
	Single cream 330 ml	
	Soda Water (can) 330 ml	
	Soya milk	
	Sparkling fruit juice	
	Tomato Juice UHT, 1.0 ltr	
	Tonic Water 330 ml	

	Tropical juice blend UHT, 1.0 ltr	
	Volvic 1.5 ltr	
	Volvic 500 ml	
Freshly Pressed Juices - 500ml		
	Apple and Cinnamon Juice	
	Apple, Greens, Celery, Cucumber and Beetroot Juice	Celery
	Apple, Pear and Raspberry Juice	
	Carrot and Parsley Juice	
	Carrot Juice	
	Carrot, Parsley, Celery and Lemon Juice	
	Fresh pressed tomato juice	
	Grapefruit Juice	
	Green Apple Juice	
	Kiwi and Melon Juice	
	Kiwi and Orange Juice	
	Melon Juice	
	Orange and Beetroot Juice	
	Orange and Raspberry Juice	
	Orange and Strawberry Juice	
	Orange Juice 500ml	
	Orange Strawberry and Banana Juice	
	Orange, Carrot and Ginger Juice	
	Pineapple, Pear, Carrot and Ginger root Juice	
	Raspberry, Strawberry and Blueberry Juice	
	Red Apple Juice	
Smoothies - 500ml		
	Banana, pear, orange and apple Smoothie	
	Banana, pineapple, coconut and spirulina Smoothie	
	Passion fruit, guava and Greek yogurt Smoothie	Milk
	Strawberry, yogurt, honey and roasted almonds Smoothie	Milk,Nuts
	Yogurt, Muesli and honey Smoothie	Gluten, Milk, Nuts

Garnishes		
	Assorted herb selection	
	Butter, 250g	Milk
	Butter, single portion	Milk
	Fresh Baguette	Gluten, Milk
	Fresh Ciabatta loaf	Gluten, Milk

	Fresh Granary loaf	Gluten, Milk, Egg
	Sliced or whole lemon	
	Sliced or whole lime	
	Slices Orange or whole	
	Whole fruit basket	
Chocolate selection		
	Chocolate selection Large 25 piece	Milk, Nuts
	Chocolate selection Medium 15 pieces	Milk, Nuts
	Chocolate selection Small 9 pieces	Milk, Nuts
In-flight Necessities		
	Cleaning products	
	Foil containers, specify size	
	Magazines	
	Paper Napkins large, 25	
	Paper Napkins small, 25	
	Paper Towels	
	Rubbish Bags 10	
	Tissue box	
	Tropical Whole Fruit selection	
	Wet Ice, 1 kilo	
	Whole Fruit selection	
	Zip Lock bags large, 50	
	Zip Lock bags small, 75	
Flowers		
	Large Flower Arrangement	
	Medium Flower Arrangement	
	Small Flower Arrangement	
Services		
	Dish Service	
	Personal Shopper	