



# West Coast Kitchen

by TransPennine Express



## WELCOME ONBOARD

We invite you to enjoy a choice of complimentary local food and our range of drinks depending on the time of day and duration of your journey.

When selecting our menu, we worked with a range of regional producers from in and around the communities we serve along the West Coast Mainline.

Your superstar host will be along shortly to take your order.



For Allergy and Calorie information please use the QR code or ask your Customer Host.  
[tpexpress.co.uk](http://tpexpress.co.uk)

Please Enjoy Alcohol Responsibly - we want you to enjoy alcohol responsibly and for you to have a safe and enjoyable journey with us.

The safety of our guests is our top priority. We prepare our food with care and are committed to providing accurate allergen information. Please be aware that while we take precautions to avoid cross-contamination, we prepare our food in a kitchen where allergens, including gluten, may be present. If you have Coeliac disease or any other food allergies or intolerances, please inform us when placing your order so we can assist you in making safe meal choices.

## WEST COAST KITCHEN

### BREAKFAST (served until 11am)

#### Regional Breakfast 937 Kcal

Full English breakfast with Cumberland Sausage, Bacon, Black Pudding from the Bury Black Pudding Company, Frittata & Baked Beans

#### Breakfast Rolls

Your choice of filling served in a brioche style bun with ketchup or brown sauce

Bacon - 272 Kcals

Cumberland Sausage - 327 Kcals

Vegetable Omelette - 216 Kcals **V**

Vegan sausage - 274 Kcals **VG**

#### Pancakes **VG** 283 Kcals

Hot fluffy pancakes with a rich blueberry compote

#### Bio & Me Nice & Nutty Porridge **VG GF**

Creamy plant based porridge with crushed almonds and hazelnuts. Served with honey (optional)

#### Butter Croissant **V**

Flaky all butter croissant served with strawberry jam (optional)

#### Tea Cakes **V** 255 Kcals

Hot buttered tea cakes. Served with jam (optional)

#### Crumpets **V** 195 Kcals

Hot, buttery Warburtons crumpets from Bolton. Served with jam (optional)

Vegan **VG**

Vegetarian **V**

Suitable for people intolerant to gluten **GF**





# WEST COAST KITCHEN

## REST OF THE DAY (served after 11am weekdays)

### Sausage and Mash 540 Kcals

Served with Steamed Carrots, Green Beans, and Rich Caramelised Onion Gravy

### Winter Nourish Bowl 383 Kcals

A hearty and balanced bowl of Whole Grains, Legumes, a vibrant mix of Vegetables, heart-healthy nuts, and a luscious dressing

### Macaroni Cheese 529 Kcals

Made with Belhaven Cheese & Italian Style Crumb

### Pork & Caramelised Onion Sausage Roll 553 Kcals

Lovingly made by Pie Demand, Carlisle

### Vegan Sausage Roll 530 Kcals

Lovingly made by Pie Demand, Carlisle

## REST OF THE DAY (served after 11am weekends)

### Balmoral Chicken 687 Kcals

A Scottish classic of Chicken stuffed with Haggis, wrapped in Bacon, and covered in a Rich Whisky sauce. Served with creamy Mashed Potatoes and Steamed Carrots

### Vegan Nut Roast 437 Kcals

with Roasted Baby Potatoes, Seasonal Greens, and Vegan Gravy

### Pork & Caramelised Onion Sausage Roll 553 Kcals

Lovingly made by Pie Demand, Carlisle

### Vegan Sausage Roll 530 Kcals

Lovingly made by Pie Demand, Carlisle

## SNACKS

### Yorkshire Crisps

Natural Sea Salt

### Meredith & Drew Biscuits

Perfect with a cuppa: Milk Choc Chip Cookie, White Choc Chip Cookie, Shortie Swirl, and Oat Crunch

### Lemon Cake

### Chocolate Cake

### Penn State Sour Cream & Chive Pretzels

Crunchy Pretzels with a tangy coating

### Joe & Seph's Salted Caramel Popcorn

Sweet and Salty Caramel Luxury Popcorn

## HOT & SOFT DRINKS

### Selection of Farrer's Teas 0 Kcals

All blended on our route by Farrer's in the Lake District. - Choose from Breakfast, Earl Grey, Peppermint and Green Tea

### Farrer's Filter Coffee 2 Kcals

Made on our route by Farrer's in the Lake District

### Farrer's Decaf Coffee 2 Kcals

Made on our route by Farrer's in the Lake District

### Farrer's Hot Chocolate 116 Kcals


Made on our route by Farrer's in the Lake District

### Coca-Cola / Coke Zero / Sprite Zero

330ml

### Orange Juice

Vegan 

Vegetarian 

Suitable for people intolerant to gluten 

Adults need around 2000 Kcals a day





# WEST COAST KITCHEN

## AFTER 11AM WE ADDITIONALLY OFFER

### Nice Sauvignon Blanc VG

France. Dry, crisp, Sauvignon Blanc, 187ml. 13.5% abv. A little bit fruity

### Nice Malbec VG

Argentina. Juicy, darkly fruity. 187ml. 12% abv. A medium bodied Argentinian wine from the Mendoza region

### Nice Pale Rosé VG

France. Dry, crisp hint of strawberries. 187ml. 12% abv. A classic French pale Rose from the Languedoc-Roussillon Region

### Nice Sparkling Wine VG

France. Sauvignon Blanc. 200ml. 10% abv. This dry and crisp sparkling fresh white comes from the luscious hills of Cotes de Gascogne region

### Northern Monk Pennine Pale VG

This beer is a crisp and refreshing 4.1% Session IPA, craft brewed with Northern pride and bursting with hoppy citrus fruit flavours, to keep you on the right track

### Edinburgh G&T VG

Gin and Tonic with Edinburgh Gin. 250ml. 7.4% abv.



Vegan VG

Vegetarian V

Suitable for people intolerant to gluten GF

# OUR SUPPLIERS

Take a journey through the best produce the North has to offer and support local businesses. Look out for drinks and snacks handmade by local suppliers based along our route.

