

Upper crust and Pasty shop products

Review Date: 30/06/2022

**Notice for all customers:**

**Allergens may change, especially if ordering in advance** - Customers must check this allergen table for Upper Crust and Pasty Shop food delivered onboard the train as allergens may change from the time of purchase on LumoEats to the point of delivery.

Please enjoy your Upper Crust and Pasty Shop food immediately upon delivery as the food is freshly produced and only has a limited shelf life. This will be highlighted as a time on a label on your delivered product(s).

Please be aware that we do use other allergens in our kitchens and we use shared cooking equipment, therefore cannot guarantee our products are free from

PLU		Product name	Kcal per portion	Cereals containing gluten	Wheat	Spelt	Kamut	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soya	Milk	Tree nuts	Almond	Hazelnuts	Walnuts	Cashews	Pecan nuts	Brazil nuts	Pistachio nuts	Macadamia or Queensland nuts	Peanuts	Celery	Mustard	Sesame seeds	Sulphites	Lupin
77507	Breakfast	Breakfast Bacon Roll	251	*	*																										
32941	Breakfast	Breakfast Sausage Roll	358	*	*										*															*	
100996	Pasty Shop	Cheese & Onion Pasty	824	*	*										*	*															
82470	Pasty Shop	Chicken and Mushroom Pasty	633	*	*										*	*															
100994	Pasty Shop	Large Steak pasty	794	*	*										*	*															
104152	Pasty Shop	Vegan Meat free Pasty	631	*	*				*						*																
104207	Pasty Shop	Sausage roll (10in)	613	*	*											*															
103179	Pasty Shop	Vegan Sausage roll	386	*	*																									*	
82279	Upper Crust	Baguette Chicken and Bacon Club	407	*	*									*	*	*												*			
64312	Upper Crust	Baguette Ham and Cheese	456	*	*									*	*	*												*			
82280	Upper Crust	Baguette Tuna Mayo	339	*	*						*			*	*	*												*		*	
106187	Upper Crust	Ciabatta Italian Mozz	619	*	*				*	*				*	*	*												*			
106189	Upper Crust	Ciabatta Italian Prosciutto	449	*	*				*	*				*	*	*												*			







M&S products

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Product name		Allergens does contain
M&S Food Greek Style Yogurt Bircher Muesli		Oats; Milk
M&S Food Our Best Ever Prawn Sandwich		Fish; Eggs; Wheat; Gluten; Mustard; Barley; Oats; Crustaceans
M&S Food Chicken & Bacon Caesar Wrap		Fish; Eggs; Wheat; Gluten; Mustard; Milk; Spelt
M&S Food Plant Kitchen Hoisin No Duck Wrap		Soya; Wheat; Gluten; Barley
M&S Food Egg & Watercress Sandwich		Eggs; Wheat; Gluten; Mustard; Barley; Milk
M&S Food Farmhouse Cheddar Cheese Ploughmans Sandwich		Wheat; Gluten; Barley; Milk
M&S Food Feta Cheese, Slow Roasted Tomato Pasta Salad		Eggs; Wheat; Gluten; Milk
M&S Food BLT Sandwich		Eggs; Wheat; Gluten; Mustard; Barley; Milk
M&S Food Greek Style Yogurt with Five Berry Compote		Oats; Milk
M&S Food Roast Chicken & Salad Sandwich		Eggs; Wheat; Gluten; Mustard; Barley
M&S Food Made Without Free Range Egg & Watercress Sandwich		Eggs; Mustard