

Upper crust and Pasty shop products

Review Date:

19/04/2024

**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	293	*	*				*																						
32941	Breakfast	Breakfast Sausage Roll	391	*	*				*						*																*
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	*	*											*															
108815	Pasty Shop	Sausage roll (8 in)	532	*	*				*					*	*	*															*
103179	Pasty Shop	Vegan Sausage roll	386	*	*																										*
111068	Uppercrust	Our Best Ever Streaky Bacon	678	*	*											*															
111069	Uppercrust	Our Best Ever Sausage	944	*	*											*															*
111048	Uppercrust	Cheese & Tomato Baguette Cold	503	*	*									*	*	*													*		
111049	Uppercrust	Cheese & Tomato Baguette Hot	503	*	*									*	*	*												*			
111046	Uppercrust	Ham and Cheese Baguette Cold	531	*	*									*	*	*												*			
111047	Uppercrust	Ham and Cheese Baguette Hot	531	*	*									*	*	*												*			
111051	Uppercrust	Tuna Mayonnaise Baguette	519	*	*						*			*	*	*											*				
111052	Uppercrust	Chicken and Bacon Club Baguette Cold	536	*	*									*	*	*											*				
111053	Uppercrust	Chicken and Bacon Club Baguette Hot	536	*	*									*	*	*											*				
111064	Uppercrust	Chicken and Avocado Baguette	531	*	*									*	*	*											*		*		
111057	Uppercrust	Bhaji & Turmeric Houmous Baguette	637	*	*																						*	*			
111063	Uppercrust	Proscuitto Ham Baguette	512	*	*									*	*	*											*				
103740	Uppercrust	Chicken Katsu	712	*	*																						*	*			
111067	Uppercrust	Ham & Cheese Melt	548	*	*			*	*						*	*											*		*		*
111074	Uppercrust	Philly Beef Melt	513	*	*			*	*						*	*											*		*		*







M&S products

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Product name		Allergens does contain
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 Roast Chicken & Salad Sandwich		Eggs; Wheat; Gluten; Mustard; Barley