

Upper crust and Pasty shop products

Review Date: 02/08/2024

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 | 312 | * | * | | | | * | | | | | | | | | | | | | | | | | | | | | | |
| 32941 | Breakfast | Breakfast Sausage Roll | 409 | * | * | | | | * | | | | | | * | | | | | | | | | | | | | | | * | |
| 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 | * | * | | | | * | | | | | | * | | | | | | | | | | | | | | | | |
| 108815 | Pasty Shop | Sausage roll (8 in) | 532 | * | * | | | | * | | | | | * | * | | | | | | | | | | | | | | | * | |
| 103179 | Pasty Shop | Vegan Sausage roll | 386 | * | * | | | | | | | | | | | | | | | | | | | | | | | | | * | |
| 111068 | Uppercrust | Our Best Ever Streaky Bacon | 463 | * | * | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 111069 | Uppercrust | Our Best Ever Sausage | 674 | * | * | | | | | | | | | | | * | | | | | | | | | | | | | | * | |
| 111048 | Uppercrust | Cheese & Tomato Baguette | 528 | * | * | | | | | | | | | * | * | | | | | | | | | | | | * | | | | |
| 111046 | Uppercrust | Ham and Cheese Baguette | 555 | * | * | | | | | | | | | * | * | | | | | | | | | | | | * | | | | |
| 111051 | Uppercrust | Tuna Mayonnaise Baguette | 535 | * | * | | | | | | * | | | * | * | | | | | | | | | | | | * | | | | |
| 111052 | Uppercrust | Chicken and Bacon Club Baguette | 536 | * | * | | | | | | | | | * | * | | | | | | | | | | | | * | | | | |
| 111064 | Uppercrust | Chicken and Avocado Baguette | 531 | * | * | | | | | | | | | * | * | | | | | | | | | | | | * | | * | | |
| 111057 | Uppercrust | Bhaji & Turmeric Houmous Baguette | 636 | * | * | | | | | | | | | | | | | | | | | | | | | | | * | | | |
| 111063 | Uppercrust | Proscuitto Ham Baguette | 534 | * | * | | | | | | | | | * | * | | | | | | | | | | | | * | | | | |
| 103740 | Uppercrust | Chicken Katsu | 711 | * | * | | | | | | | | | | | | | | | | | | | | | * | | | | | |

M&S products

Review Date: 02/08/2024

Notice for all customers:
Allergens may change, especially if ordering in advance - Customers must check the food packaging of M&S food when it is delivered onboard the train as allergens may change from the time of purchase on LumoEats to the point of delivery.

| Product name | Kcal per pack | Allergens does contain |
|---|---------------|---|
| M&S Food Our Best Ever Prawn Sandwich | 465 | Fish; Eggs; Wheat; Gluten; Mustard; Barley; Oats; Crustaceans |
| M&S Food Chicken & Bacon Caesar Wrap | 636 | Fish; Eggs; Wheat; Gluten; Mustard; Milk; Spelt |
| M&S Food Plant Kitchen Hoisin No Duck Wrap | 421 | Soya; Wheat; Gluten; Barley |
| M&S Food Egg & Watercress Sandwich | 388 | Eggs; Wheat; Gluten; Mustard; Barley; Milk |
| M&S Food Farmhouse Cheddar Cheese Ploughmans Sandwich | 434 | Wheat; Gluten; Barley; Milk |
| M&S Food Feta Cheese, Slow Roasted Tomato Pasta Salad | 486 | Eggs; Wheat; Gluten; Milk |
| M&S Food BLT Sandwich | 453 | Eggs; Wheat; Gluten; Mustard; Barley; Milk |
| M&S Food Roast Chicken & Salad Sandwich | 360 | Eggs; Wheat; Gluten; Mustard; Barley |