

Upper crust and Pasty shop products

Review Date: 01/11/2024

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)	631	*	*																									*		
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	526	*	*									*	*																	
111046	Uppercrust	Ham and Cheese Baguette	555	*	*									*	*																	
111051	Uppercrust	Tuna Mayonnaise Baguette	535	*	*						*			*																		
111052	Uppercrust	Chicken and Bacon Club Baguette	534	*	*									*																		
111064	Uppercrust	Chicken and Avocado Baguette	529	*	*									*																*		
111057	Uppercrust	Bhaji & Turmeric Houmous Baguette	636	*	*																							*				
111063	Uppercrust	Proscuitto Ham Baguette	532	*	*									*	*																	
103740	Uppercrust	Chicken Katsu	711	*	*																					*						

M&S products

Review Date: 01/11/2024

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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