



Your menu



BARBADOS TO MANCHESTER

Welcome on board

You're very welcome on board.
Sit back, relax and we'll look after you.

In your hands is our seasonal menu,
with every dish tailor-made to make
your time in the skies extra special.

Whether you want a lighter, healthier
meal or to indulge in comfort food,
we've got great options for you. Each
dish is designed with your needs in
mind, including melatonin-rich foods
to help you get a good night's rest.
You'll see delicious vegetarian meals
packed full of flavour, plus lots more
tasty snacks.

As part of our goal to reach net-zero
carbon emissions by 2050, we've
carefully considered where all the
food you'll enjoy today has been
grown and raised.

And of course local flavours remain
at the heart of our menu. We hope
you enjoy it.

Wines

RED WINES

Tinto Sobre Lias, 2022, Bodega Care,

Cariñena DOP, Northern Spain ⁽¹⁴⁾

A complex and appealing 75% grenache and 25% syrah
blend aged for three months in oak barrels. This delightfully
textured red is full of raspberries and blackberries with a faint,
yet insistent, aroma of spice.

Four Growers Shiraz, 2021, Southern Australia ^(7, 14)

Bursting with rich red fruit and a slight peppery note, the
initial flavours eventually give way to a satisfying oaky finish.
This wonderful southern Australian 100% shiraz is the perfect
foil for rich, hearty dishes.

WHITE WINES

Whakapapa Farm Sauvignon Blanc, 2023,

Auckland, New Zealand ⁽¹⁴⁾

This New Zealand sauvignon blanc blend is green and fresh
with lime and gooseberry, mellowed with flavours of tropical
fruit. The grape's vibrancy is preserved thanks to cool stainless
steel fermentation.

Blanco Sobre Lias, 2022, Bodega Care,

Cariñena DOP, Northern Spain ⁽¹⁴⁾

Refreshing, balanced and appealing, boasting flavours of
green apple, pineapple and a burst of citrus. Enjoy a mouthfeel
full of volume and texture as you drink this 50% grenache
blanc and 50% chardonnay handmade wine.

CHAMPAGNE

JM Gobillard et Fils Tradition Brut, France ⁽¹⁴⁾

This elegant champagne comes from an excellent quality
producer in the village of Hautvillers, between Taittinger
and Dom Pérignon. It is full-bodied and balanced with notes
of ripe apples, white flowers, brioche and gingerbread. Made
with 35% pinot noir, 25% meunier and 30% chardonnay grapes,
the palate is fleshy, ample, fresh and long on the finish.

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Main meal

EXPRESS TRAY

Prefer to settle down to sleep sooner?
We recommend our express tray:

Smooth, rich spiced pumpkin and ginger soup
topped with toasted cumin pumpkin seeds (1, 7, 13)

Vibrant salad of romaine lettuce, cherry tomatoes,
diced mango and a fragrant coriander vinaigrette (14)

Creamy mango swirl baked cheesecake with a buttery
graham cracker base and a tropical mixed berry coulis (2, 4, 7, 14)

STARTER

Soy honey marinated chicken breast on a pickled
wakame seaweed salad with a wonton crisp (2, 13)

Or

Smooth, rich spiced pumpkin and ginger soup
topped with toasted cumin pumpkin seeds (1, 7, 13)

Ask about our tasty bread options and choose your favourite

ENTRÉES

Seared pork tenderloin, seasoned kidney bean rice,
roast pumpkin and christophine squash served with
a caramelised pineapple barbecue sauce (1, 9, 13, 14)

Juicy thyme-roasted chicken breast alongside steamed
carrots and broccoli, aged cheddar potato gratin
and a wholegrain mustard chicken jus (1, 2, 7, 13)

Mediterranean vegetable and fire-roasted tomato
lasagne, herb breadcrumbs and crumbled goat's cheese,
finished with rocket* and peppers (1, 2, 7, 13)

DESSERT

Creamy mango swirl baked cheesecake with a buttery
graham cracker base and a tropical mixed berry coulis (2, 4, 7, 14)

Or

Cheese board featuring camembert and mature
cheddar cheeses, crackers with a grape chutney (2, 7, 14)

Allergens

1 Celery, 2 Gluten, 3 Crustaceans, 4 Eggs, 5 Fish, 6 Lupin,
7 Milk, 8 Molluscs, 9 Mustard, 10 Nuts, 11 Peanuts, 12 Sesame,
13 Soybeans, 14 Sulphur Dioxide and Sulphites

*Also known as arugula

Breakfast

Refreshing banana and strawberry yogurt smoothie (7)

Crunchy homemade granola with Greek-style yogurt
and a blueberry compote (2, 7, 13)

Our famously tasty bacon roll (2, 7, 13, 14)

Soft, warm Danish filled with sweetened cream
cheese and fresh mango (2, 4, 7)

Tea or coffee

FEELING PECKISH?

There's a lovely selection of snacks
and treats waiting for you in the galley.
Simply help yourself.

