

## WELCOME TO FIRST

Travelling in First offers you the very finest things in life, and your delicious menu today is no exception.

So, please sit back, relax and enjoy our à la carte dining. Our Head Chef, Sinead Ferguson uses fresh local produce as the inspirations for her dishes.

The finest food deserves the finest wines, so we have selected an eclectic mixture of ripe, fruity reds and crisp, fresh whites from around the world. You can also choose from an extra special variety of Champagnes, each perfectly balanced and sure to delight.



## LUNCH

There's more to dining options than merely selecting your favourite dish. Your First menu gives you the choice to eat from the delicious à la carte menu, offering you exquisite dishes made from the finest fresh local produce.

We've worked with top chefs, suppliers and nutritionists to create 'Height Cuisine'. The result is the finest food and drink that will give you the fullest flavours at altitude. And to complement your food we've researched the finest wines that will tantalise your taste buds at 30,000 feet.

### STARTERS

Seared fresh tuna tataki on dressed wakame salad served with jalapeño, ginger and coriander

Glazed goat's cheese and tomato tartlet drizzled with balsamic olive oil

Wild mushroom consommé served with mushroom soufflé and snipped chives

Fresh seasonal salad served with your choice of red wine vinaigrette or creamy miso marinade

### MAIN COURSES

Seared fillet of Herefordshire beef with truffle taglierini, rosemary jus, grilled asparagus and baby carrot

Grilled wild seabass with warm tartar sauce, potato and Parmesan mousseline and slow-roasted vine-on cherry tomatoes

Slow-braised Wiltshire pork belly with creamed potato, broccolini and seasonal vegetables with thyme jus

Casarecce pasta tossed in a fresh pea and mint sauce, finished with oven-roasted cherry tomatoes

Buttermilk-marinated breast of corn-fed chicken with Taleggio-wrapped Parma ham, honey-glazed fig wedges, Mediterranean lentil salad and basil vinaigrette

## DESSERTS

Nougat cream with mango gel and praline pearls

Warm blackberry and vanilla clafoutis with sauce anglaise

Vanilla ice cream

## CHEESE PLATE

### SHROPSHIRE BLUE

A soft cheese with a sharp, strong flavour and a slightly tangy aroma.

### BARBER'S 1833 VINTAGE CHEDDAR

A creamy cheese with a distinct flavour and smooth finish.

### NORMANDY BRIE

This soft pasteurised cow's milk cheese is one of the world's most popular cheeses.

Fresh fruit

A selection of biscuits

For allergen information, please ask your crew for more details.

## AFTERNOON TEA

### INSPIRED BY TRADITION

The British custom of traditional Afternoon Tea originates in 1830 when the Duchess of Bedford first introduced it to the cream of society. By Victorian times, tea was a well established meal, with its own distinctive array of foods, including delicate teas, savoury sandwiches, cakes and scones. We have taken inspiration for our own British Airways afternoon tea from this quintessential tradition.

### SANDWICHES

An individual selection of sandwiches featuring:  
 Prawn Marie Rose  
 Gammon ham with Dijon mustard mayonnaise  
 Mature Cheddar with chutney  
 Loch Fyne smoked salmon

### PÂTISSERIE

Pear walnut cake  
 Strawberry éclair  
 Chocolate tart

### SCONES

Buttermilk or lemon and date scones served warm  
 with clotted cream and strawberry preserves

### BEVERAGES

**Teas:** In 1706 Twinings started selling fine teas in England. Back then, the most popular drinks in England were coffee, gin and ale. Although tea had been drunk in China for thousands of years, it had only just been imported to England. More than 300 years later, the passion for tea continues and we're pleased to offer you a selection of Twinings' most popular teas.

The Full English – English Breakfast  
 Thoroughly Minted – Peppermint Infusion  
 Pure Camomile Infusion  
 The Earl – Earl Grey a Chinese black tea with a hint of bergamot  
 Elderflower and Blossom Darjeeling  
 Jasmine Petals and Pearls – Green Tea with Camomile  
 Citrus Ginger Twist – Ginger Infusion

Coffee – Freshly roasted and ground, decaffeinated,  
 espresso or cappuccino



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