

Hot meals are available on the trains listed below (Monday-Friday) and are served during the periods highlighted.

Stations	Northbound Services																		
	Departure Times																		
Penzance										06.28					08.28	09.35			
St Erth										06.36					08.36	09.43			
Hayle																09.47			
Camborne										06.46					08.46	09.56			
Redruth										06.52					08.52	10.03			
Truro										07.04					09.04	10.15			
St Austell										07.20					09.20	10.31			
Par										07.27					09.27	10.38			
Lostwithiel																10.45			
Bodmin Parkway										07.37					09.37	10.51			
Liskeard										07.53					09.50	11.04			
Plymouth										06.25	08.25		09.25		10.25	11.50	12.25		15.25
Totnes										06.50	08.50		09.50		10.50	12.15	12.51		15.51
Newton Abbot										07.03	09.03		10.03		11.03	12.28	13.04		16.04
Exeter St David's										07.24	09.24		10.23		11.24	12.50	13.24		16.24
Tiverton Parkway										07.37	09.38		10.37		11.37	13.06	13.38		16.38
Taunton										07.51	09.51		10.51		11.51	13.22	13.51		16.51
Weston-super-Mare																			
Cardiff Central								07.00											
Newport (Gwent)								07.14											
Bristol Temple Meads			06.27		07.00		08.00	08.30	10.30			11.30		12.30	14.00	14.30	15.00	17.30	
Bristol Parkway			06.39		07.10		08.10	08.40	10.40			11.40		12.40	14.10	14.40	15.10	17.40	
Cheltenham Spa			07.10		07.41		08.41	09.12	11.11			12.11		13.11	14.41	15.11	15.42	18.11	
Bournemouth											09.45		10.45						
Brockenhurst											10.00		11.00						
Southampton Central		05.15				06.15					10.17		11.17						
Southampton Airport		05.22				06.22					10.24		11.24						
Winchester		05.31				06.31					10.33		11.33						
Basingstoke		05.47				06.47					10.49		11.49						
Reading		06.15		06.45		07.15					11.15		12.15						
Oxford		06.38		07.08		07.39					11.39		12.39						
Banbury		06.57		07.26		07.57					11.57		12.57						
Leamington Spa		07.14		07.43		08.14					12.14		13.14						
Coventry		07.27				08.27					12.27		13.27						
Birmingham International		07.38				08.38					12.38		13.38						
Birmingham New Street	06.00	07.57	08.03	08.30	08.31	08.57	09.31	10.03	12.03	12.57	13.03	13.57	14.03	15.31	16.03	16.31	19.03		
Wolverhampton		08.15		08.49	09.15	09.49					13.15		14.15		15.49		16.49		
Stafford		08.28		09.03	09.28	10.02					13.28		14.28		16.03		17.03		
Stoke-on-Trent		08.44		09.20	09.44	10.20					13.44		14.44		16.20		17.20		
Macclesfield		09.02		09.37	10.02	10.37					14.02		15.02		16.37		17.37		
Stockport		09.14		09.50	10.14	10.50					14.14		15.14		16.50		17.50		
Manchester Piccadilly		09.25		09.59	10.25	11.00					14.25		15.25		16.59		17.59		
Tamworth			08.19					10.19	12.19				14.19		16.20				
Burton-on-Trent			08.29								13.28							19.29	
Willington																			
Derby	06.35		08.44	09.20				10.44	12.44		13.44		14.44		16.43		19.43		
Chesterfield	07.02		09.03					11.03	13.03		14.03		15.03		17.04		20.04		
Sheffield	07.21		09.21	09.52				11.21	13.21		14.21		15.21		17.21		20.21		
Doncaster				10.18															
Wakefield Westgate	07.48		09.47					11.47	13.47		14.47		15.47		17.47		20.48		
Leeds	08.07		10.08					12.08	14.08		15.08		16.08		18.07		21.02		
York	08.30		10.31	10.46				12.31	14.31		15.31		16.31		18.32				
Darlington	08.58		11.00	11.15				13.00	15.00		16.00		17.00		19.02				
Durham	09.14		11.17	11.33				13.17	15.17		16.17		17.17		19.20				
Newcastle Central	09.35		11.37	11.46				13.38	15.37		16.35		17.37		19.36				
Morpeth			11.51								16.48								
Alnmouth	10.01							14.03	16.03		17.03		18.03		20.04				
Berwick-upon-Tweed	10.22		12.24					14.24	16.24				18.24		20.26				
Dunbar											17.45								
Edinburgh Waverley	11.11		13.13					15.12	17.12		18.10		19.11		21.14				
Haymarket	11.16		13.17					15.17	17.16		18.15		19.16		21.19				
Motherwell	11.55		13.55					15.55	17.56				19.55		22.05				
Glasgow Central	12.12		14.12					16.12	18.11				20.15		22.21				
Inverkeithing											18.29								
Kirkcaldy											18.47								
Markinch											18.57								
Ladybank											19.05								
Cupar											19.16								
Leuchars											19.23								
Dundee											19.36								
Arbroath											19.52								
Montrose											20.06								
Stonehaven											20.27								
Aberdeen											20.48								