

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

Stations	Southbound Services													
	Departure Times													
Aberdeen								08.20						
Stonehaven								08.38						
Montrose								08.59						
Arbroath								09.15						
Dundee								09.35						
Leuchars								09.48						
Cupar								09.55						
Ladybank								10.02						
Markinch								10.09						
Kirkcaldy								10.18						
Inverkeithing								10.33						
Glasgow Central							09.00		11.00	13.00		15.00	17.00	
Motherwell							09.15		11.15	13.16		15.16	17.16	
Haymarket							09.54	10.51	11.54	13.55		15.56	17.55	
Edinburgh Waverley			06.06				10.10	11.06	12.08	14.09		16.06	18.08	
Dunbar								11.28					18.30	
Berwick-upon-Tweed			06.50				10.51	11.51	12.50	14.50			18.54	
Alnmouth			07.11					12.12				17.05	19.14	
Morpeth							11.22					17.19		
Newcastle Central			07.40				11.42	12.41	13.42	15.41		17.41	19.42	
Durham			07.53				11.54	12.54	13.54	15.54		17.54	19.55	
Darlington			08.11				12.12	13.12	14.12	16.12		18.12	20.13	
York			08.44				12.44	13.44	14.44	16.44		18.45	20.45	
Leeds		06.11	09.11				13.11	14.11	15.11	17.10		19.11	21.11	
Wakefield Westgate		06.23	09.23				13.23	14.23	15.23	17.22		19.23	21.23	
Doncaster														
Sheffield		06.53	09.55				13.55	14.55	15.55	17.55		19.58	22.01	
Chesterfield		07.06	10.08				14.07	15.07	16.07	18.07		20.10	22.25	
Derby		07.27	10.30				14.28	15.28	16.28	18.29		20.29	22.45	
Burton-on-Trent		07.38						15.38					22.56	
Tamworth		07.50	10.50				14.47		16.47	18.49		20.47	23.07	
Manchester Piccadilly	05.11			10.27	11.05	11.27				17.27		18.27		
Stockport				10.36	11.13	11.36				17.35		18.36		
Wilmslow										17.45				
Crewe	05.47									18.07				
Macclesfield				10.49	11.26	11.49								
Congleton												18.55		
Stoke-on-Trent	06.07			11.07	11.44	12.07						19.07		
Stafford	06.25			11.25	12.01	12.25				18.25		19.25		
Wolverhampton	06.41			11.41	12.17	12.41				18.41		19.41		
Birmingham New Street	07.04	08.12	11.17	12.04	12.42	13.04	15.17	16.12	17.12	19.04	19.12	20.04	21.12	23.26
Birmingham International	07.14			12.14		13.14				19.14		20.14		
Coventry	07.25			12.25		13.25				19.25		20.25		
Leamington Spa	07.38			12.38		13.38				19.38		20.38		
Banbury	07.55			12.55		13.55				19.55		20.56		
Oxford	08.16			13.16		14.16				20.16		21.16		
Reading	08.49			13.49		14.52				20.52		21.52		
Guildford														
Basingstoke	09.11			14.10		15.10				21.10		22.10		
Winchester	09.26			14.26		15.25				21.25		22.25		
Southampton Airport	09.35			14.35		15.34				21.34		22.34		
Southampton Central	09.45			14.43		15.43				21.42		22.43		
Brockenhurst	09.59			14.57		15.58				21.57		22.59		
Bournemouth	10.13			15.11		16.12				22.15		23.19		
Cheltenham Spa		08.52	11.59		13.26		16.00	16.51	17.52		19.52		21.52	
Gloucester													22.06	
Bristol Parkway		09.27	12.30		13.58		16.31	17.26	18.30		20.32		22.34	
Bristol Temple Meads		09.44	12.45		14.08		16.45	17.44	18.45		20.49		22.43	
Taunton		10.16	13.17				17.17	18.16	19.16		21.20			
Tiverton Parkway		10.29	13.29				17.29	18.28	19.28		21.32			
Exeter St David's		10.45	13.44				17.45	18.46	19.44		21.47			
Newton Abbot		11.05	14.04				18.12	19.06	20.03		22.07			
Totnes		11.18	14.17				18.24	19.18	20.15		22.18			
Plymouth		11.44	14.43				19.01	19.49	20.40		22.45			
Liskeard							19.24	20.12	21.13					
Bodmin Parkway							19.36	20.24	21.25					
Lostwithiel									21.31					
Par							19.46	20.34	21.37					
St Austell							19.52	20.41	21.44					
Truro							20.18	21.02	22.03					
Redruth							20.29	21.18	22.14					
Camborne							20.35	21.25	22.20					
Hayle									22.28					
St Erth							20.46	21.35	22.32					
Penzance							20.54	21.43	22.41					