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

Northbound Services

Stations	Departure Times															
Penzance									06.28				09.35			
St Erth									06.36				09.43			
Hayle													09.47			
Camborne									06.45				09.56			
Redruth									06.52				10.03			
Truro									07.04				10.15			
St Austell									07.20				10.31			
Par									07.27				10.38			
Lostwithiel													10.45			
Bodmin Parkway									07.37				10.51			
Liskeard									07.53				11.04			
Plymouth								07.25	08.25		09.25		11.50	12.25	16.25	
Totnes								07.50	08.50		09.50		12.15	12.51	16.51	
Newton Abbot								08.03	09.03		10.03		12.28	13.04	17.03	
Exeter St David's								08.24	09.24		10.23		12.50	13.24	17.24	
Tiverton Parkway								08.37	09.38		10.37		13.06	13.38	17.38	
Taunton								08.50	09.51		10.50		13.21	13.51	17.50	
Cardiff Central							07.00									
Newport (Gwent)							07.14									
Bristol Temple Meads			06.27	07.00			08.00	09.30	10.30		11.30		14.00	14.30	18.30	
Bristol Parkway			06.39	07.10			08.10	09.40	10.40		11.40		14.10	14.40	18.40	
Cheltenham Spa			07.10	07.41			08.41	10.11	11.11		12.11		14.41	15.11	19.11	
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				
Guildford																
Reading		06.15			07.15	07.46				11.15		12.15				
Oxford		06.38			07.39	08.12				11.39		12.39				
Banbury		06.57			07.57	08.30				11.57		12.57				
Leamington Spa		07.14			08.14	08.47				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	07.30	07.57	08.03	08.31	08.57	09.30	09.31	11.03	12.03	12.57	13.03	13.57	15.31	16.03	20.03	
Wolverhampton		08.15		08.49	09.15		09.49			13.15		14.15	15.49			
Stafford		08.28		09.03	09.28		10.02			13.28		14.28	16.03			
Stoke-on-Trent		08.44		09.20	09.44		10.20			13.44		14.44	16.20			
Congleton		. .														
Macclesfield		09.02		09.37	10.02		10.37			14.02		15.02	16.37			
Stockport		09.14		09.50	10.14		10.50			14.14		15.14	16.50			
Manchester Piccadilly		09.24		09.59	10.24		11.00			14.24		15.24	16.59			
Tamworth			08.19						12.19					16.20	20.19	
Burton-on-Trent			08.29					11.26			13.28				20.30	
Willington																
Derby	08.19		08.47			10.20		11.56	12.55		13.46			16.50	20.50	
Chesterfield	09.03		09.37			11.03		12.32	13.32		14.32			17.34	21.36	
Sheffield	09.21		09.52			11.21		12.52	13.51		14.52			17.50	21.52	
Doncaster			10.18					13.19	14.19		15.19				22.31	
Wakefield Westgate	09.47					11.47								18.17		
Leeds	10.08					12.08								18.38		
York	10.31		10.46			12.31		13.46	14.46		15.46			19.05	22.51	
Darlington	11.00		11.15			13.00		14.13	15.15		16.15			19.33		
Durham	11.17		11.33			13.17		14.31	15.33		16.33			19.51		
Newcastle Central	11.37		11.46			13.38		14.43	15.46		16.46			20.07		
Morpeth	11.51															
Alnmouth						14.03								20.34		
Berwick-upon-Tweed	12.24					14.24										
Dunbar																
Edinburgh Waverley	13.13					15.12								21.35		
Haymarket	13.17					15.17										
Motherwell	13.55					15.55										
Glasgow Central	14.12					16.12										