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

**Southbound Services**

| Stations | Departure Times | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Aberdeen | | | | | | | | 08.20 | | | | | | | | | |
| Stonehaven | | | | | | | | 08.37 | | | | | | | | | |
| Montrose | | | | | | | | 08.58 | | | | | | | | | |
| Arbroath | | | | | | | | 09.14 | | | | | | | | | |
| Dundee | | | | | | | | 09.31 | | | | | | | | | |
| Leuchars | | | | | | | | 09.44 | | | | | | | | | |
| Cupar | | | | | | | | 09.51 | | | | | | | | | |
| Ladybank | | | | | | | | 09.58 | | | | | | | | | |
| Markinch | | | | | | | | 10.06 | | | | | | | | | |
| Kirkcaldy | | | | | | | | 10.14 | | | | | | | | | |
| Inverkeithing | | | | | | | | 10.29 | | | | | | | | | |
| Glasgow Central | | | | | | | | | 11.00 | | | | | | | 15.00 | 17.00 |
| Motherwell | | | | | | | | | 11.15 | | | | | | | 15.16 | 17.16 |
| Haymarket | | | | | | | | 10.49 | 11.54 | | | | | | | 15.56 | 17.56 |
| Edinburgh Waverley | | | | 07.00 | | | | 11.06 | 12.08 | | | | | | | 16.06 | 18.08 |
| Dunbar | | | | | | | | 11.28 | | | | | | | | | 18.30 |
| Berwick-upon-Tweed | | | | 07.43 | | | | 11.51 | 12.50 | | | | | | | | 18.54 |
| Alnmouth | | | | 08.04 | | | | 12.12 | | | | | | | | 17.05 | 19.14 |
| Morpeth | | | | 08.19 | | | | | 13.21 | | | | | | | 17.19 | |
| Newcastle Central | | | | 08.36 | | | 12.34 | 12.41 | 13.42 | | 15.03 | | 16.35 | 17.32 | | 17.41 | 19.42 |
| Durham | | | | 08.49 | | | 12.47 | 12.54 | 13.54 | | 15.16 | | 16.48 | 17.48 | | 17.54 | 19.55 |
| Darlington | | | | 09.06 | | | 13.05 | 13.12 | 14.12 | | 15.33 | | 17.06 | 18.06 | | 18.12 | 20.13 |
| York | | | | 09.36 | | | 13.35 | 13.44 | 14.44 | | 16.05 | | 17.35 | 18.36 | | 18.45 | 20.45 |
| Leeds | | 05.39 | | | | | | 14.11 | 15.11 | | 16.40 | | | | | 19.11 | 21.11 |
| Wakefield Westgate | | 05.53 | | | | | | 14.23 | 15.23 | | 16.52 | | | | | 19.23 | 21.23 |
| Doncaster | | | | 10.00 | | | 13.59 | | | | | | 17.58 | 18.59 | | | |
| Sheffield | | 06.30 | | 10.24 | | | 14.24 | 14.55 | 15.55 | | 17.24 | | 18.24 | 19.24 | | 19.58 | 22.01 |
| Chesterfield | | 06.44 | | 10.40 | | | 14.36 | 15.07 | 16.07 | | 17.36 | | 18.36 | 19.36 | | 20.10 | 22.25 |
| Derby | | 07.27 | | 11.28 | | | 15.28 | 15.53 | 16.53 | | 18.29 | | 19.29 | 20.29 | | 20.54 | 23.14 |
| Burton-on-Trent | | 07.38 | | | | | 15.38 | | | | | | 19.41 | | | | 23.24 |
| Tamworth | | 07.50 | | | | | | | | | 18.49 | | | 20.47 | | | 23.35 |
| 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 | 12.04 | 12.17 | 12.42 | 13.04 | 16.12 | 16.33 | 17.33 | 19.04 | 19.12 | 20.04 | 20.12 | 21.12 | 21.29 | | 23.50 |
| 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 | | 17.00 | 18.01 | 19.38 | | 20.38 | | | | | |
| Banbury | 07.55 | | 12.55 | | | 13.55 | | 17.19 | 18.19 | 19.55 | | 20.56 | | | | | |
| Oxford | 08.16 | | 13.16 | | | 14.16 | | 17.43 | 18.43 | 20.16 | | 21.16 | | | | | |
| Reading | 08.49 | | 13.49 | | | 14.52 | | 18.21 | 19.10 | 20.52 | | 21.52 | | | | | |
| Guildford | | | | | | | | 18.59 | | | | | | | | | |
| 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 | | 22.41 | | | | | |
| Brockenhurst | 09.59 | | 14.57 | | | 15.58 | | | | 21.57 | | | | | | | |
| Bournemouth | 10.13 | | 15.11 | | | 16.12 | | | | 22.15 | | | | | | | |
| Cheltenham Spa | | 08.52 | | 13.02 | 13.26 | | 16.51 | | | | 19.52 | | 20.54 | 21.52 | | | |
| Gloucester | | | | | | | | | | | | | | 22.06 | | | |
| Bristol Parkway | | 09.27 | | 13.32 | 13.58 | | 17.26 | | | | 20.32 | | 21.26 | 22.34 | | | |
| Bristol Temple Meads | | 09.44 | | 13.45 | 14.08 | | 17.44 | | | | 20.48 | | 21.44 | 22.43 | | | |
| Taunton | | 10.16 | | 14.17 | | | 18.16 | | | | 21.19 | | 22.16 | | | | |
| Tiverton Parkway | | 10.29 | | 14.29 | | | 18.28 | | | | 21.32 | | 22.28 | | | | |
| Exeter St David's | | 10.45 | | 14.44 | | | 18.46 | | | | 21.47 | | 22.42 | | | | |
| Dawlish | | | | | | | | | | | | | | | | | |
| Teignmouth | | | | | | | | | | | | | | | | | |
| Newton Abbot | | 11.05 | | 15.04 | | | 19.06 | | | | 22.06 | | 23.03 | | | | |
| Torquay | | | | | | | | | | | | | | | | | |
| Totnes | | 11.18 | | 15.17 | | | 19.18 | | | | 22.18 | | 23.19 | | | | |
| Plymouth | | 11.44 | | 15.43 | | | 19.49 | | | | 22.44 | | 23.44 | | | | |
| Liskeard | | | | | | | 20.12 | | | | | | | | | | |
| Bodmin Parkway | | | | | | | 20.24 | | | | | | | | | | |
| Par | | | | | | | 20.34 | | | | | | | | | | |
| St Austell | | | | | | | 20.41 | | | | | | | | | | |
| Truro | | | | | | | 21.02 | | | | | | | | | | |
| Redruth | | | | | | | 21.18 | | | | | | | | | | |
| Camborne | | | | | | | 21.25 | | | | | | | | | | |
| St Erth | | | | | | | 21.35 | | | | | | | | | | |
| Penzance | | | | | | | 21.43 | | | | | | | | | | |