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

Stations	Northbound Services																					
Penzance										06.28				08.28		09.35						
St Erth										06.36				08.36		09.43						
Hayle																09.47						
Camborne										06.45				08.45		09.56						
Redruth										06.52				08.52		10.02						
Truro										07.04				09.03		10.14						
St Austell										07.20				09.20		10.31						
Par										07.27				09.26		10.37						
Lostwithiel																10.44						
Bodmin Parkway										07.37				09.37		10.51						
Liskeard										07.53				09.49		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									07.50	09.51		10.50		11.51		13.21	13.51					16.51
Cardiff Central								07.00														
Newport (Gwent)								07.14														
Bath Spa				06.09																		
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							15.46		
Southampton Airport		05.22					06.22				10.24		11.24							15.53		
Winchester		05.31					06.31				10.33		11.33							16.02		
Basingstoke		05.47					06.47				10.49		11.49							16.18		
Guildford					06.01																	
Reading		06.15			06.45		07.15				11.15		12.15		13.45				15.45	16.45		
Oxford		06.38			07.08		07.39				11.39		12.39		14.13				16.13	17.13		
Banbury		06.57			07.26		07.57				11.57		12.57		14.31				16.31	17.33		
Leamington Spa		07.14			07.43		08.14				12.14		13.14		14.50				16.48	17.51		
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	15.30	15.31	16.03	16.31	17.30	18.30		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		09.24				09.59	10.24	11.00			14.24		15.24			16.59		17.59				
Tamworth				08.19					10.19	12.19				14.19			16.20					
Burton-on-Trent				08.29								13.28										19.29
Derby	06.35			08.44	09.20				10.44	12.44		13.44		14.44	16.16		16.43		18.10	19.09		19.43
Chesterfield	07.02			09.03					11.03	13.03		14.03		15.03			17.04			19.28		20.04
Sheffield	07.21			09.21	09.52				11.21	13.21		14.21		15.21	16.52		17.21		18.52	19.52		20.21
Doncaster					10.18										17.19				19.19	20.20		
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	17.48		18.32		19.43	20.48		
Darlington	08.58			11.00	11.15				13.00	15.00		16.00		17.00	18.16		19.02		20.12	21.15		
Durham	09.14			11.17	11.33				13.17	15.17		16.17		17.17	18.33		19.20		20.29	21.32		
Newcastle Central	09.35			11.37	11.46				13.38	15.37		16.35		17.37	18.47		19.36		20.42	21.45		
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	17.18		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										