

Hot meals are available on the trains listed below and are served during the periods highlighted.

Northbound Services		
Station	Departure Time	
Penzance	..	06.28
St Erth	06.36
Camborne	06.46
Redruth	..	06.52
Truro	07.04
St Austell	..	07.20
Par	07.27
Bodmin Parkway	07.37
Liskeard	..	07.53
Plymouth	06.25	08.25
Totnes	06.50	08.50
Newton Abbot	07.03	09.03
Exeter St David's	07.24	09.24
Tiverton Parkway	07.37	09.38
Taunton	07.51	09.51
Bristol Temple Meads	08.30	10.30
Bristol Parkway	08.40	10.40
Cheltenham Spa	09.12	11.11
Birmingham New Street	10.03	12.03
Tamworth	10.19	12.19
Derby	10.44	12.44
Chesterfield	11.03	13.03
Sheffield	11.21	13.21
Wakefield Westgate	11.47	13.47
Leeds	12.08	14.08
York	12.32	14.32
Darlington	13.00	15.00
Durham	13.17	15.17
Newcastle Central	13.38	15.37
Alnmouth	14.03	16.03
Berwick-upon-Tweed	14.24	16.24
Edinburgh Waverley	15.12	17.12
Haymarket	15.17	17.17
Motherwell	15.55	17.55
Glasgow Central	16.15	18.11

Southbound Services				
Station				
Glasgow Central	09.00		11.00	17.00
Motherwell	09.15		11.15	17.16
Haymarket	09.57		11.54	17.55
Edinburgh Waverley	10.10		12.08	18.07
Dunbar	18.30
Berwick-upon-Tweed	10.51		12.50	18.54
Alnmouth	19.14
Morpeth	11.22	
Newcastle Central	11.44		13.43	19.42
Durham	11.56		13.55	19.55
Darlington	12.14		14.13	20.13
York	12.45		14.45	20.45
Leeds	13.11		15.11	21.11
Wakefield Westgate	13.23		15.23	21.23
Sheffield	13.55		15.55	22.01
Chesterfield	14.07		16.07	22.25
Derby	14.28		16.28	22.45
Burton-on-Trent	22.56
Tamworth	14.47		16.47	23.07
Birmingham New Street	15.17		17.12	23.26
Cheltenham Spa	16.00		17.52	..
Bristol Parkway	16.31		18.29	..
Bristol Temple Meads	16.45		18.44	..
Taunton	17.17		19.16	..
Tiverton Parkway	17.29		19.28	..
Exeter St David's	17.45		19.44	..
Newton Abbot	18.12		20.03	..
Totnes	18.24		20.15	..
Plymouth	19.01		20.50	..
Liskeard	19.24		21.13	..
Bodmin Parkway	19.36		21.25	..
Lostwithiel	..		21.31	..
Par	19.46		21.37	..
St Austell	19.52		21.44	..
Truro	20.18		22.03	..
Redruth	20.29		22.14	..
Camborne	20.35		22.20	..
Hayle	..		22.28	..
St Erth	20.46		22.32	..
Penzance	20.54		22.41	..