

Marston's Menu Item Allergens and Intolerance Report

All food is prepared in kitchens where nuts, gluten and other allergens could be present. We cannot include all ingredients in our menu descriptions, so we have produced the table below to help you identify the allergens present in each dish. If you have a food allergy please let us know before ordering.

Neighbourhood Breakfast Menu DN 2020

Dish Name	Cereals containing Gluten :										Nuts :																		
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs	Suitable for Vegetarians	Suitable for Vegans	
NBH DN All Day Breakfast								Y																	Y				
NBH DN Breakfast Bacon Sandwich	Y	Y			Y						Y																		
NBH DN Breakfast Beans on Toast	Y	Y			Y						Y																Y		
NBH DN Breakfast Egg Sandwich	Y	Y			Y			Y			Y																	Y	
NBH DN Breakfast Eggs on Toast	Y	Y			Y			Y			Y																	Y	
NBH DN Breakfast Full English	Y	Y			Y			Y																	Y				
NBH DN Breakfast Sausage Sandwich	Y	Y			Y						Y														Y				
NBH DN Breakfast Toast and flora dairy free	Y	Y			Y																						Y	Y	
NBH DN Breakfast Toast and Jam	Y	Y			Y																				Y		Y	Y	
NBH DN Breakfast Veggie	Y	Y			Y			Y																				Y	
NBH DN Breakfast Veggie Sausage Sandwich	Y	Y			Y			Y			Y																	Y	
NBH DN LB All Day Breakfast								Y																	Y				

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Neighbourhood Carvery F.W.E DN 2020

Dish Name	Cereals containing Gluten :										Nuts :																
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs	Suitable for Vegetarians

Weekday Carvery

NBH DN Carvery FWE Large	Y	Y			Y			Y				Y										Y	Y					
NBH DN Carvery FWE Small	Y	Y			Y			Y				Y										Y	Y					
NBH DN Carvery FWE Standard	Y	Y			Y			Y				Y										Y	Y					
NBH DN Carvery Meat Free Small	Y	Y			Y			Y				Y										Y	Y				Y	
NBH DN Carvery Meat Free Standard	Y	Y			Y			Y				Y										Y	Y				Y	
NBH DN Carvery Veg Small	Y	Y			Y			Y				Y										Y	Y				Y	
NBH DN Carvery Veg Standard	Y	Y			Y			Y				Y										Y	Y				Y	

Sunday and BH Carvery

NBH DN Carvery FWE Sunday Large	Y	Y			Y			Y				Y										Y	Y					
NBH DN Carvery FWE Sunday Small	Y	Y			Y			Y				Y										Y	Y					
NBH DN Carvery FWE Sunday Standard	Y	Y			Y			Y				Y										Y	Y					
NBH DN Carvery Meat Free Sunday Small	Y	Y			Y			Y				Y										Y	Y				Y	
NBH DN Carvery Meat Free Sunday Standard	Y	Y			Y			Y				Y										Y	Y				Y	
NBH DN Carvery Veg Sunday Small	Y	Y			Y			Y				Y										Y	Y				Y	
NBH DN Carvery Veg Sunday Standard	Y	Y			Y			Y				Y										Y	Y				Y	

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Neighbourhood Carvery NON F.W.E DN 2020

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	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs	Suitable for Vegetarians

Weekday Carvery

NBH DN Carvery Meat Free Small	Y	Y			Y			Y				Y											Y	Y			Y	
NBH DN Carvery Meat Free Standard	Y	Y			Y			Y				Y											Y	Y			Y	
NBH DN Carvery Non FWE Large	Y	Y			Y			Y				Y											Y	Y				
NBH DN Carvery Non FWE Small	Y	Y			Y			Y				Y											Y	Y				
NBH DN Carvery Non FWE Standard	Y	Y			Y			Y				Y											Y	Y				
NBH DN Carvery Veg Small	Y	Y			Y			Y				Y											Y	Y			Y	
NBH DN Carvery Veg Standard	Y	Y			Y			Y				Y											Y	Y			Y	

Sunday and BH Carvery

NBH DN Carvery Meat Free Sunday Small	Y	Y			Y			Y				Y											Y	Y			Y	
NBH DN Carvery Meat Free Sunday Standard	Y	Y			Y			Y				Y											Y	Y			Y	
NBH DN Carvery Non FWE Sunday Large	Y	Y			Y			Y				Y											Y	Y				
NBH DN Carvery Non FWE Sunday Small	Y	Y			Y			Y				Y											Y	Y				
NBH DN Carvery Non FWE Sunday Standard	Y	Y			Y			Y				Y											Y	Y				
NBH DN Carvery Veg Sunday Small	Y	Y			Y			Y				Y											Y	Y			Y	
NBH DN Carvery Veg Sunday Standard	Y	Y			Y			Y				Y											Y	Y			Y	

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Carvery Extras

NBH DN Carvery Bowl of Vegetables	Y				Y						Y													Y			Y		
NBH DN Carvery Extra Yorkshire Pudding	Y	Y						Y			Y																Y		
NBH DN Carvery Non FWE Bap Beef and Horseradish	Y	Y			Y			Y			Y											Y							
NBH DN Carvery Non FWE Bap Evening	Y	Y			Y						Y																		
NBH DN Carvery Non FWE Bap Gammon and English Mustard	Y	Y			Y						Y											Y							
NBH DN Carvery Non FWE Bap Pork and Stuffing	Y	Y			Y						Y																		
NBH DN Carvery Non FWE Bap Turkey and Stuffing	Y	Y			Y						Y																		
NBH DN Pigs in Blankets x 3										Y													Y						
NBH DN Yorkshire Pudding	Y	Y						Y			Y																Y		

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NBH DN Burger Cluck and Moo	Y	Y										Y										Y	Y					
NBH DN Burger Cowboy	Y	Y										Y										Y	Y					
NBH DN Burger Cowboy L	Y	Y										Y										Y	Y					
NBH DN Burger Cowboy XL	Y	Y										Y										Y	Y					
NBH DN Burger Dirty Chilli Cheese	Y	Y			Y							Y									Y	Y	Y					
NBH DN Burger Dirty Chilli Cheese L	Y	Y			Y							Y									Y	Y	Y					
NBH DN Burger Dirty Chilli Cheese XL	Y	Y			Y							Y									Y	Y	Y					
NBH DN Burger inferno Chicken	Y	Y										Y										Y	Y					
NBH DN Burger Inferno Chicken L	Y	Y										Y										Y	Y					
NBH DN Burger Inferno Chicken XL	Y	Y										Y										Y	Y					
NBH DN Burger Oozy Floozy	Y	Y										Y										Y	Y					
NBH DN Burger Oozy Floozy L	Y	Y										Y										Y	Y					
NBH DN Burger Oozy Floozy XL	Y	Y										Y										Y	Y					
NBH DN Burger Plain Beef	Y	Y																				Y	Y					
NBH DN Burger Plain Beef L	Y	Y																				Y	Y					
NBH DN Burger Plain Beef XL	Y	Y																				Y	Y					
NBH DN Burger Plain Coated Chicken	Y	Y																				Y	Y					
NBH DN Burger Plain Coated Chicken L	Y	Y																				Y	Y					

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NBH DN Beef Lasagne	Y	Y			Y			Y			Y										Y							
NBH DN Beef Lasagne Under 450	Y	Y			Y			Y			Y										Y							
NBH DN Beer Battered Cod and Chips	Y	Y			Y			Y	Y																			
NBH DN Chicken Tikka Masala	Y	Y									Y										Y	Y						
NBH DN Hunters Chicken											Y																	
NBH DN Lentil and Butternut Lasagne Vegan	Y	Y			Y						Y											Y	Y				Y	Y
NBH DN Lentil and Butternut Lasagne Vegan Under 450	Y	Y			Y						Y											Y	Y				Y	Y
NBH DN NGCI Chicken Tikka Masala											Y										Y	Y						
NBH DN NGCI Hunters Chicken											Y																	
NBH DN NGCI Sausage and Mash											Y												Y					
NBH DN NGCI Vegetable and Lentil Chilli										Y												Y					Y	Y
NBH DN PRE Battered Cod and Chips	Y	Y						Y	Y		Y											Y						
NBH DN Sausage and Mash											Y												Y					
NBH DN Steak and Ale Pie	Y	Y			Y			Y															Y					
NBH DN Vegetable and Lentil Chilli	Y	Y									Y											Y					Y	Y
NBH DN Veggie Sausage and Mash	Y	Y			Y						Y																Y	
NBH DN VGN NGCI Vegetable and Lentil Chilli											Y											Y					Y	Y
NBH DN VGN Peppered Mushroom and Root Veg Pie	Y	Y									Y												Y			Y	Y	

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Core Light Bites

NBH DN LC Gammon 4oz								Y																					
NBH DN LC Hunters Chicken											Y																		
NBH DN LC Plaice and Chips	Y	Y						Y	Y																				
NBH DN LC Sausage and Mash											Y												Y						
NBH DN LC Vegetable and Lentil Chilli										Y												Y					Y	Y	
NBH DN LC Veggie Sausage and Mash	Y	Y			Y						Y																Y		
NBH DN NGCI LC Gammon 4oz								Y																					
NBH DN NGCI LC Hunters Chicken											Y																		
NBH DN NGCI LC Sausage and Mash											Y												Y						
NBH DN NGCI LC Vegetable and Lentil Chilli										Y												Y					Y	Y	

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Core Sandwiches

NBH DN NGCI Sandwich Cheese and Onion								Y				Y																Y		
NBH DN NGCI Sandwich Chicken and Bacon Club								Y				Y										Y								
NBH DN NGCI Sandwich Tuna Mayo Melt								Y	Y			Y										Y								
NBH DN Onion Rings x3	Y	Y																									Y	Y		
NBH DN Sandwich Cheese and Onion	Y	Y			Y							Y															Y			
NBH DN Sandwich Chicken and Bacon Club	Y	Y			Y			Y				Y										Y								
NBH DN Sandwich Crispy Chicken BBQ Melt Baguette	Y	Y										Y																		
NBH DN Sandwich Tuna Mayo Melt Baguette	Y	Y						Y	Y			Y										Y								

Chip Toppers - Till only

NBH DN Topper Cheese												Y																Y		
NBH DN Topper Chilli Cheese	Y				Y							Y									Y	Y								
NBH DN Topper Hunters												Y																		
NBH DN Topper Veg Chilli											Y												Y				Y	Y		

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Mega Meals

NBH DN Burger Mega Chilli Cheese	Y	Y			Y							Y									Y	Y		Y				
NBH DN Mega Melt Stack												Y																
NBH DN Mega Mixed Grill	Y	Y						Y																Y				
NBH DN Mega Steak Rump	Y	Y																										
NBH DN NGCI Mega Melt Stack												Y																
NBH DN NGCI Mega Steak Rump																												
NBH DN NGCI Mixed Grill Mega								Y																Y				

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NBH DN NGCI Sunday Roast Beef								Y			Y											Y						
NBH DN NGCI Sunday Roast Beef Child								Y			Y											Y						
NBH DN NGCI Sunday Roast Turkey								Y		Y	Y											Y	Y					
NBH DN NGCI Sunday Roast Turkey Child								Y			Y											Y						
NBH DN Pigs in Blankets x 10										Y													Y					
NBH DN Sunday Cauliflower Cheese Tart	Y	Y						Y			Y																Y	
NBH DN Sunday Cauliflower Cheese Tart Child	Y	Y						Y			Y																Y	
NBH DN Sunday Roast Beef	Y	Y						Y			Y											Y						
NBH DN Sunday Roast Beef Child	Y	Y						Y			Y											Y						
NBH DN Sunday Roast Beef Large	Y	Y						Y			Y											Y						
NBH DN Sunday Roast Turkey	Y	Y						Y		Y	Y											Y	Y					
NBH DN Sunday Roast Turkey Child	Y	Y						Y			Y											Y						
NBH DN Sunday Roast Turkey Large	Y	Y						Y		Y	Y											Y	Y					

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Curry Night - Birch Only

NBH DN Beef Madras	Y	Y										Y										Y							
NBH DN Chicken Korma Curry	Y	Y										Y	Y	Y								Y		Y					
NBH DN Chicken Tikka Masala	Y	Y										Y									Y	Y							
NBH DN NGCI Beef Madras												Y										Y							
NBH DN NGCI Chicken Korma Curry												Y	Y	Y								Y		Y					
NBH DN NGCI Chicken Tikka Masala												Y									Y	Y							
NBH DN NGCI Vegetable Jalfrezi																						Y						Y	
NBH DN Onion Bhajis	Y	Y																									Y	Y	
NBH DN Poppadum																												Y	
NBH DN Poppadums and Dips									Y			Y												Y			Y		
NBH DN Vegetable Jalfrezi	Y	Y										Y										Y					Y		
NBH DN Vegetable Samosa	Y	Y																				Y					Y	Y	
NBH DN VGN Vegetable Jalfrezi																						Y					Y	Y	

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Till Only Extras

NBH DN Apple Sauce																													Y	Y
NBH DN Baguette and Flora Dairy Free	Y	Y																											Y	
NBH DN BBQ Sauce																													Y	Y
NBH DN Bread and flora dairy free Brown	Y	Y			Y																							Y	Y	
NBH DN Bread and flora dairy free White	Y	Y			Y																							Y	Y	
NBH DN Cauliflower Cheese	Y				Y						Y																	Y		
NBH DN Cheese Burger Slice											Y																	Y		
NBH DN Cheesy Mashed Potato 284g											Y																	Y		
NBH DN Chicken Breast																														
NBH DN Chip Shop Curry Sauce	Y	Y								Y											Y	Y						Y		
NBH DN Chocolate Flake											Y																	Y		
NBH DN Chocolate Sauce										Y																		Y	Y	
NBH DN Cranberry Sauce																												Y	Y	
NBH DN Cream											Y																	Y		
NBH DN Curly Fries Upgrade 150g	Y	Y																										Y	Y	
NBH DN Curly Fries Upgrade 284g	Y	Y																										Y	Y	
NBH DN Custard											Y																	Y		
NBH DN Dirty Chilli Extra	Y				Y																Y	Y								

