

# 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.

## Signature LN22 Beanstore Menu

Dish Name	<u>Cereals containing Gluten :</u> Wheat Spelt (Wheat) Kamut (Wheat) Rye Barley Oats	Crustaceans Eggs Fish Peanuts Soybeans Milk	<u>Nuts :</u> 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
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SIG LN Antipasti Board NEW	Y	Y		Y	Y						Y											Y	Y					
SIG LN Baked Camembert Sharer NEW	Y	Y		Y							Y												Y	Y				
SIG LN Breaded Garlic Mushrooms NEW	Y	Y					Y															Y					Y	
SIG LN Bruschetta Prosciutto NEW	Y	Y		Y	Y																Y	Y	Y					
SIG LN Duck Truffle and Red Onion Marmalade Terrine	Y	Y		Y							Y										Y	Y	Y					
SIG LN Korean Style BBQ Cauliflower Wings NEW	Y	Y			Y					Y												Y	Y				Y	Y
SIG LN Korean Style BBQ Chicken Wings NEW										Y												Y	Y					
SIG LN Nachos NEW											Y											Y					Y	
SIG LN Nachos with Chilli NEW											Y											Y						
SIG LN NGCI Baked Camembert Sharer NEW							Y				Y												Y					
SIG LN NGCI Cheesy Nachos NEW											Y											Y					Y	
SIG LN NGCI Cheesy Nachos with Chilli NEW											Y											Y						
SIG LN NGCI Duck Truffle and Red Onion Marmalade Terrine							Y				Y										Y	Y	Y					
SIG LN NGCI Korean Style BBQ Chicken Wings NEW										Y												Y	Y					
SIG LN NGCI Prawn Cocktail NEW							Y	Y	Y		Y											Y						
SIG LN NGCI Soup of the Day NEW								Y			Y											Y	Y				Y	
SIG LN Prawn Cocktail NEW	Y	Y			Y	Y	Y	Y			Y											Y						
SIG LN Salt and Pepper Calamari	Y	Y					Y			Y												Y				Y		

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	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Almonds							Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut												
SIG LN Soup of the Day NEW	Y	Y		Y								Y											Y	Y				Y				
SIG LN VGN Breaded Mushrooms NEW	Y	Y																									Y	Y				
SIG LN VGN Bruschetta NEW	Y	Y		Y	Y																	Y	Y		Y		Y	Y				
SIG LN VGN Nachos NEW																											Y	Y				
SIG LN VGN Soup of the Day NEW	Y	Y		Y								M										Y	Y				Y	Y				
zzz SIG LN NGCI VGN Nachos																											Y	Y				
<b>Nibbles to Share</b>																																
SIG LN Halloumi Fries NEW	Y	Y										Y																Y				
SIG LN Houmous and Flatbread	Y	Y																						Y			Y	Y				
SIG LN Mixed Olives NEW																								Y			Y	Y				
SIG LN NGCI Houmous and Toast								Y															Y			Y						
SIG LN NGCI Mixed Olives																							Y			Y	Y					

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SIG LN Cheddar Leek Potato Pie NEW	Y	Y						Y			Y																	Y
SIG LN Chicken Cider Mushroom Pie NEW	Y	Y						Y			Y													Y				
SIG LN Curry Royale Chicken Tikka Masala	Y	Y									Y	Y			Y													
SIG LN Curry Thai Vegetable NEW	Y	Y								Y	Y													Y			Y	
SIG LN Duo Of Chicken and Beef NEW											Y										Y	Y		Y				
SIG LN Fish and Chips NEW	Y	Y			Y			Y	Y															Y				
SIG LN Goats Cheese Lasagne NEW	Y	Y		Y	Y			Y			Y										Y							Y
SIG LN Goats Cheese Lasagne Salad NEW	Y	Y						Y			Y										Y							Y
SIG LN Hunter's Chicken NEW											Y																	
SIG LN Kebab Chicken and Chorizo NEW	Y	Y									Y										Y	Y						
SIG LN Kebab Halloumi and Veg NEW	Y	Y									Y										Y	Y						Y
SIG LN Minted Lamb Shank NEW											Y													Y				
SIG LN NGCI Curry Royale Chicken Tikka Masala NEW											Y	Y			Y													
SIG LN NGCI Curry Thai Vegetable NEW										Y														Y			Y	
SIG LN NGCI Duo of Chicken and Beef NEW											Y										Y	Y		Y				
SIG LN NGCI Hunter's Chicken NEW											Y																	
SIG LN NGCI Kebab Chicken and Chorizo NEW								Y			Y										Y	Y						
SIG LN NGCI Kebab Halloumi and Veg NEW								Y			Y										Y	Y						Y



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### Salad Toppers - for allergen purposes

SIG LN Extra 6oz Rump Steak NEW																														
SIG LN Extra Chicken Breast NEW																														
SIG LN Extra Grilled Halloumi 125g NEW												Y																	Y	

### Grills

SIG LN Mixed Grill NEW	Y	Y						Y													Y	Y		Y					
SIG LN NGCI Steak Ribeye 10oz NEW																					Y	Y		Y					
SIG LN NGCI Steak Sirloin 8oz NEW																					Y	Y		Y					
SIG LN NGCI Steak Sirloin 8oz Salad NEW																								Y					
SIG LN NGCI Steak Sweetcure Gammon NEW								Y																Y					
SIG LN Steak Bourbon Sirloin NEW	Y	Y				Y						Y									Y	Y		Y					
SIG LN Steak Ribeye 10oz NEW																					Y	Y		Y					
SIG LN Steak Sirloin 8oz NEW																					Y	Y		Y					
SIG LN Steak Sirloin 8oz Salad NEW																					Y	Y		Y					
SIG LN Steak Sweetcure Gammon NEW								Y																Y					

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### Grill Toppers

SIG LN Extra Bearnaise Sauce 75g NEW	Y					Y	Y				Y																	Y	
SIG LN Extra Beef Dripping Merlot Gravy NEW																								Y					
SIG LN Extra Peppercorn Sauce 75g NEW										Y	Y																		

### Light Bites - Till Only

SIG LN Lite Bite Beer Battered Cod and Chips NEW	Y	Y			Y		Y	Y																Y					
SIG LN Lite Bite Breaded Scampi NEW	Y	Y					Y	Y																Y					
SIG LN Steak Lite Bite Sweetcure Gammon 5oz NEW							Y																						

### Burgers

SIG LN Burger Beef Bacon and Cheese NEW	Y	Y					Y			Y	Y											Y	Y						
SIG LN Burger Beef Plain	Y	Y					Y			Y	Y											Y	Y						
SIG LN Burger Beef Signature NEW	Y	Y					Y			Y	Y											Y	Y						
SIG LN Burger Chicken Bacon and Cheese NEW	Y	Y					Y			Y	Y											Y	Y						
SIG LN Burger Chicken Buttermilk Fried NEW	Y	Y					Y			Y	Y										Y	Y	Y						
SIG LN Burger Chicken Plain	Y	Y					Y			Y	Y											Y	Y						
SIG LN Burger Veggie NEW	Y	Y			Y	Y	Y			Y	Y											Y	Y				Y		
SIG LN VGN Burger Veggie NEW	Y	Y			Y	Y				Y													Y				Y	Y	



















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SIG LN Kids Sunday Roast Beef	Y	Y						Y			Y																		
SIG LN Kids Sunday Roast Lamb	Y	Y						Y			Y																		
SIG LN Kids Sunday Roast Leg of Pork	Y	Y						Y			Y																		
SIG LN Kids Sunday Veggie Sausages	Y	Y			Y	Y		Y			Y														Y			Y	
SIG LN NGCI Kids Sunday Roast Beef																									Y				
SIG LN NGCI Kids Sunday Roast Breast Of Chicken																									Y				
SIG LN NGCI Kids Sunday Roast Lamb																									Y				
SIG LN NGCI Kids Sunday Roast Leg of Pork																									Y				
SIG LN NGCI Sunday Roast Beef NEW																						Y			Y				
SIG LN NGCI Sunday Roast Breast Of Chicken NEW																						Y			Y				
SIG LN NGCI Sunday Roast Lamb NEW																						Y			Y				
SIG LN NGCI Sunday Roast Lamb Shank NEW																						Y			Y				
SIG LN NGCI Sunday Roast Leg of Pork NEW																						Y			Y				
SIG LN ROT NGCI Sunday Roast Half Chicken																						Y			Y				
SIG LN ROT Sunday Roast Half Chicken	Y	Y						Y			Y											Y			Y				
SIG LN Sunday Roast Beef NEW	Y	Y						Y			Y											Y			Y				
SIG LN Sunday Roast Breast Of Chicken NEW	Y	Y						Y			Y											Y			Y				
SIG LN Sunday Roast Lamb NEW	Y	Y						Y			Y											Y			Y				



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SIG LN Sunday Roast Lamb Shank NEW	Y	Y						Y				Y								Y			Y				
SIG LN Sunday Roast Leg of Pork NEW	Y	Y			Y			Y				Y								Y			Y				
SIG LN Sunday Signature Large Mixed Roast	Y	Y			Y			Y			Y	Y								Y			Y				
SIG LN Sunday Signature Mixed Roast	Y	Y			Y			Y			Y	Y								Y			Y				
SIG LN Sunday Vegetable Seeded Roast NEW	Y	Y						Y			Y	Y	Y	Y					Y			Y			Y		
SIG LN VGN Kids Sunday Veggie Sausages	Y	Y			Y	Y																Y			Y	Y	
SIG LN VGN Sunday Vegetable Seeded Roast	Y	Y									Y		Y	Y					Y			Y			Y	Y	
zzz SIG LN Kids Sunday Roast Breast Of Chicken	Y	Y						Y				Y										Y					







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## Signature LN22 Carvery Bolt On

Dish Name	<b>Cereals containing Gluten :</b>										<b>Nuts :</b>																
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### Adult Mains

SIG LN CRV Carvery Sunday Large NEW	Y	Y						Y			Y	Y									Y			Y					
SIG LN CRV Carvery Sunday Meatless Large NEW	Y	Y						Y			Y	Y									Y			Y				Y	
SIG LN CRV Carvery Sunday Meatless Medium NEW	Y	Y						Y			Y	Y									Y			Y				Y	
SIG LN CRV Carvery Sunday Meatless Small NEW	Y	Y						Y			Y	Y									Y			Y				Y	
SIG LN CRV Carvery Sunday Medium NEW	Y	Y						Y			Y	Y									Y			Y					
SIG LN CRV Carvery Sunday Small NEW	Y	Y						Y			Y	Y									Y			Y					
SIG LN CRV Carvery Sunday Veg Medium NEW	Y	Y						Y			Y	Y	Y	Y			Y				Y			Y				Y	
SIG LN CRV Carvery Sunday Veg Small NEW	Y	Y						Y			Y	Y	Y	Y			Y				Y			Y				Y	
SIG LN CRV NGCI Carvery Sunday Meatless Medium												Y									Y			Y				Y	
SIG LN CRV NGCI Carvery Sunday Meatless Small NEW												Y									Y			Y				Y	
SIG LN CRV NGCI Carvery Sunday Medium NEW												Y									Y			Y					
SIG LN CRV NGCI Carvery Sunday Small NEW												Y									Y			Y					

### Kids Mains

SIG LN CRV Carvery Sunday Kids	Y	Y						Y			Y	Y											Y						
SIG LN CRV Carvery Sunday Veg Kids	Y	Y						Y			Y	Y	Y	Y			Y				Y			Y				Y	
SIG LN CRV NGCI Carvery Sunday Kids											Y	Y											Y						

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**Baps**

SIG LN CRV Carvery Bap Beef and Horseradish NEW	Y	Y						Y			Y	Y									Y	Y		Y				
SIG LN CRV Carvery Bap Gammon and Mustard NEW	Y	Y									Y	Y									Y	Y		Y				
SIG LN CRV Carvery Bap Mixed Meat NEW	Y	Y									Y	Y									Y			Y				
SIG LN CRV Carvery Bap Pork and Apple NEW	Y	Y									Y	Y									Y			Y				
SIG LN CRV Carvery Bap Turkey and Cranberry NEW	Y	Y									Y	Y									Y			Y				



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## Signature LN22 Carvery Nutritional Menu

Dish Name	<b>Cereals containing Gluten :</b>							Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	<b>Nuts :</b>											Suitable for Vegetarians	Suitable for Vegans	
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Almonds							Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Celery	Mustard	Sesame	Sulphur dioxide/sulphites			Lupin
SIG LN CRV Dauphinoise Potatoes (Batch)	Y	Y						Y				Y														Y	
SIG LN CRV Peas Frozen Minted (Batch)																										Y	Y
SIG LN CRV Potatoes Roast Fresh (Batch)																										Y	Y
SIG LN CRV Seasonal Greens Mix (Batch)																										Y	Y
SIG LN CRV Seasoned Swede Mash (Batch)																										Y	Y
SIG LN CRV Stuffing Sage and Onion Dry Mix (Batch)	Y	Y																								Y	Y
SIG LN CRV Sunday Roast Chunky Carrots (Batch)																										Y	Y
SIG LN CRV Vegetable Seeded Roast (Batch)	Y	Y										Y	Y	Y					Y						Y	Y	





