

# 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.

## Community Carvery F.W.E Bolt On Menu August 2021

Dish Name	<b>Cereals containing Gluten :</b>											<b>Nuts :</b>																					
	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					
CRV 21 Carvery Meatless Large	Y	Y									Y	Y																Y			Y		
CRV 21 Carvery Meatless Regular	Y	Y										Y	Y																Y			Y	
CRV 21 Carvery Meatless Small	Y	Y										Y	Y																Y			Y	
CRV 21 Carvery Sliced Kids	Y	Y						Y				Y	Y																Y				
CRV 21 Carvery Sliced Large	Y	Y						Y				Y	Y																Y				
CRV 21 Carvery Sliced Regular	Y	Y						Y				Y	Y																Y				
CRV 21 Carvery Sliced Small	Y	Y						Y				Y	Y																Y				
CRV 21 Carvery Veg Kids	Y	Y						Y				Y	Y																Y			Y	
CRV 21 Carvery Veg Large	Y	Y						Y				Y	Y																Y			Y	
CRV 21 Carvery Veg Regular	Y	Y						Y				Y	Y																Y			Y	
CRV 21 Carvery Veg Small	Y	Y						Y				Y	Y																Y			Y	
CRV 21 NGCI Carvery Meatless Regular												Y	Y																Y			Y	
CRV 21 NGCI Carvery Meatless Small												Y	Y																Y			Y	
CRV 21 NGCI Carvery Regular												Y	Y																Y				
CRV 21 NGCI Carvery Small												Y	Y																Y				

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## Community Carvery F.W.E Bolt On Menu August 2021

Dish Name	<b>Cereals containing Gluten :</b>										<b>Nuts :</b>										Suitable for Vegetarians	Suitable for Vegans						
	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
<b>Sunday</b>																												
CRV 21 Carvery Sunday Kids	Y	Y						Y			Y	Y													Y			
CRV 21 Carvery Sunday Large	Y	Y						Y			Y	Y													Y			
CRV 21 Carvery Sunday Meatless Large	Y	Y						Y			Y	Y													Y			Y
CRV 21 Carvery Sunday Meatless Regular	Y	Y						Y			Y	Y													Y			Y
CRV 21 Carvery Sunday Meatless Small	Y	Y						Y			Y	Y													Y			Y
CRV 21 Carvery Sunday Regular	Y	Y						Y			Y	Y													Y			
CRV 21 Carvery Sunday Small	Y	Y						Y			Y	Y													Y			
CRV 21 Carvery Sunday Veg Kids	Y	Y						Y			Y	Y													Y			Y
CRV 21 Carvery Sunday Veg Large	Y	Y						Y			Y	Y													Y			Y
CRV 21 Carvery Sunday Veg Regular	Y	Y						Y			Y	Y													Y			Y
CRV 21 Carvery Sunday Veg Small	Y	Y						Y			Y	Y													Y			Y
CRV 21 NGCI Carvery Sunday Meatless Regular											Y	Y													Y			Y
CRV 21 NGCI Carvery Sunday Meatless Small											Y	Y													Y			Y
CRV 21 NGCI Carvery Sunday Regular											Y	Y													Y			
CRV 21 NGCI Carvery Sunday Small											Y	Y													Y			



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## Community Carvery NON F.W.E Bolt On Menu August 2021

Dish Name	<b>Cereals containing Gluten :</b>											<b>Nuts :</b>																					
	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					
Weekday																																	
CRV 21 Carvery Meatless Large	Y	Y									Y	Y																Y			Y		
CRV 21 Carvery Meatless Regular	Y	Y										Y	Y																Y			Y	
CRV 21 Carvery Meatless Small	Y	Y										Y	Y																Y			Y	
CRV 21 Carvery Non FWE Kids	Y	Y							Y			Y	Y																Y				
CRV 21 Carvery Non FWE Large	Y	Y							Y			Y	Y																Y				
CRV 21 Carvery Non FWE Regular	Y	Y							Y			Y	Y																Y				
CRV 21 Carvery Non FWE Small	Y	Y							Y			Y	Y																Y				
CRV 21 Carvery Veg Kids	Y	Y							Y			Y	Y																Y			Y	
CRV 21 Carvery Veg Large	Y	Y							Y			Y	Y																Y			Y	
CRV 21 Carvery Veg Regular	Y	Y							Y			Y	Y																Y			Y	
CRV 21 Carvery Veg Small	Y	Y							Y			Y	Y																Y			Y	
CRV 21 NGCI Carvery Meatless Regular												Y	Y																Y			Y	
CRV 21 NGCI Carvery Meatless Small												Y	Y																Y			Y	
CRV 21 NGCI Carvery Non FWE Regular												Y	Y																Y				
CRV 21 NGCI Carvery Non FWE Small												Y	Y																Y				

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## Community Carvery NON F.W.E Bolt On Menu August 2021

Dish Name	<b>Cereals containing Gluten :</b>										<b>Nuts :</b>																	
	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
CRV 21 Carvery Sunday Meatless Large	Y	Y						Y			Y	Y													Y			Y
CRV 21 Carvery Sunday Meatless Regular	Y	Y						Y			Y	Y													Y			Y
CRV 21 Carvery Sunday Meatless Small	Y	Y						Y			Y	Y													Y			Y
CRV 21 Carvery Sunday Non FWE Kids	Y	Y						Y			Y	Y													Y			
CRV 21 Carvery Sunday Non FWE Large	Y	Y						Y			Y	Y													Y			
CRV 21 Carvery Sunday Non FWE Regular	Y	Y						Y			Y	Y													Y			
CRV 21 Carvery Sunday Non FWE Small	Y	Y						Y			Y	Y													Y			
CRV 21 Carvery Sunday Veg Kids	Y	Y						Y			Y	Y													Y			Y
CRV 21 Carvery Sunday Veg Large	Y	Y						Y			Y	Y													Y			Y
CRV 21 Carvery Sunday Veg Regular	Y	Y						Y			Y	Y													Y			Y
CRV 21 Carvery Sunday Veg Small	Y	Y						Y			Y	Y													Y			Y
CRV 21 NGCI Carvery Sunday Meatless Regular											Y	Y													Y			Y
CRV 21 NGCI Carvery Sunday Meatless Small											Y	Y													Y			Y
CRV 21 NGCI Carvery Sunday Non FWE Regular											Y	Y													Y			
CRV 21 NGCI Carvery Sunday Non FWE Small											Y	Y													Y			

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## Community Carvery NON F.W.E Bolt On Menu August 2021

Dish Name	Cereals containing Gluten :							Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts :												
	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	Molluscs

### Sides

COM DN Pigs in Blankets x 3																																											
CRV 21 Carvery Non FWE Bap Beef and Horseradish	Y	Y						Y				Y	Y																														
CRV 21 Carvery Non FWE Bap Evening	Y	Y										Y	Y																														
CRV 21 Carvery Non FWE Bap Gammon and Mustard	Y	Y										Y	Y															Y															
CRV 21 Carvery Non FWE Bap Pork Stuffing and Apple	Y	Y										Y	Y																														
CRV 21 Carvery Non FWE Bap Turkey Stuffing and Cranberry	Y	Y										Y	Y																														
zzNBH DN21 Carvery Extra Yorkshire Pudding	Y	Y						Y				Y																												Y			







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**Community DN21 (inc. Village, Willow & Toast)**

Dish Name	<b>Cereals containing Gluten :</b>											<b>Nuts :</b>																
	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
COM DN Burger Chilli Cheese	Y	Y			Y						Y										Y	Y	Y					
COM DN Burger Chilli Cheese L	Y	Y			Y						Y										Y	Y	Y					
COM DN Burger Chilli Cheese XL	Y	Y			Y						Y										Y	Y	Y					
COM DN Burger Classic Beef	Y	Y																				Y	Y	Y				
COM DN Burger Classic Beef L	Y	Y																				Y	Y	Y				
COM DN Burger Classic Beef XL	Y	Y																				Y	Y	Y				
COM DN Burger Classic Chicken	Y	Y									Y	Y									Y	Y	Y					
COM DN Burger Classic Chicken L	Y	Y									Y	Y									Y	Y	Y					
COM DN Burger Classic Chicken XL	Y	Y									Y	Y									Y	Y	Y					
COM DN Burger Cowboy	Y	Y									Y											Y	Y	Y				
COM DN Burger Cowboy L	Y	Y									Y											Y	Y	Y				
COM DN Burger Cowboy XL	Y	Y									Y											Y	Y	Y				
COM DN Burger Inferno Chicken	Y	Y									Y	Y									Y	Y	Y					
COM DN Burger Inferno Chicken L	Y	Y									Y	Y									Y	Y	Y					
COM DN Burger Inferno Chicken XL	Y	Y									Y	Y									Y	Y	Y					
COM DN Burger Skinny Chilli Cheese	Y	Y			Y						Y										Y	Y	Y					
COM DN Burger Skinny Classic Beef	Y	Y																				Y	Y	Y				
COM DN Burger Skinny Classic Chicken	Y	Y									Y	Y									Y	Y	Y					

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**Community DN21 (inc. Village, Willow & Toast)**

Dish Name	<b>Cereals containing Gluten :</b>											<b>Nuts :</b>																
	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
COM DN Burger Skinny Cowboy	Y	Y									Y										Y		Y					
COM DN Burger Skinny Inferno Chicken	Y	Y								Y	Y										Y	Y		Y				
COM DN Burger Skinny Ultimate Cheese	Y	Y									Y											Y		Y				
COM DN Burger Skinny Ultimate Stacker	Y	Y								Y	Y										Y	Y		Y				
COM DN Burger Ultimate Cheese	Y	Y									Y											Y		Y				
COM DN Burger Ultimate Cheese L	Y	Y									Y											Y		Y				
COM DN Burger Ultimate Cheese XL	Y	Y									Y											Y		Y				
COM DN Burger Ultimate Stacker	Y	Y								Y	Y										Y	Y		Y				
COM DN VGN Burger Chilli Plant Based	Y	Y			Y	Y				Y											Y	Y		Y			Y	Y
COM DN VGN Burger Chilli Plant Based XL	Y	Y			Y	Y				Y											Y	Y		Y			Y	Y
COM DN VGN Burger Classic Plant Based	Y	Y			Y	Y																Y		Y			Y	Y
COM DN VGN Burger Classic Plant Based XL	Y	Y			Y	Y																Y		Y			Y	Y
COM DN VGN Burger Skinny Chilli Plant Based	Y	Y			Y	Y				Y											Y	Y		Y			Y	Y
COM DN VGN Burger Skinny Classic Plant Based	Y	Y			Y	Y																Y		Y			Y	Y
NBH DN21 NGCI Burger Skinny Classic Beef																												
NBH DN21 NGCI Burger Skinny Cowboy											Y											Y		Y				
NBH DN21 NGCI Burger Skinny Ultimate Cheese											Y											Y		Y				



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Dish Name	<b>Cereals containing Gluten :</b>											<b>Nuts :</b>																
	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
<b>Pub Classics</b>																												
COM DN Beef Lasagne	Y	Y			Y			Y			Y										Y							
COM DN Beef Lasagne Under 450	Y	Y			Y			Y			Y										Y							
COM DN Beer Battered Cod and Chips	Y	Y			Y			Y	Y		M																	
COM DN Chicken Tikka Masala	Y	Y									Y										Y	Y		Y				
COM DN Hunters Chicken											Y																	
COM DN NGCI Chicken Tikka Masala											Y										Y	Y		Y				
COM DN NGCI Hunters Chicken											Y																	
COM DN NGCI Sausage and Mash										Y	Y													Y				
COM DN NGCI VGN Vegetable and Lentil Chilli										Y											Y			Y			Y	Y
COM DN Sausage and Mash										Y	Y													Y				
COM DN Steak and Ale Pie	Y	Y			Y			Y			Y	Y																
COM DN Steak and Ale Pie (Peters)	Y	Y			Y			Y			Y	Y																
COM DN Veggie Sausage and Mash	Y	Y			Y	Y					Y	Y																Y
COM DN VGN Lentil and Butternut Lasagne	Y	Y			Y						Y											Y		Y			Y	Y
COM DN VGN Lentil and Butternut Lasagne Under 450	Y	Y			Y						Y											Y		Y			Y	Y
COM DN VGN Mushroom Bourguignon Pie	Y	Y									Y													Y			Y	Y
COM DN VGN Peppered Mushroom and Root Veg Pie	Y	Y									Y																Y	Y
COM DN VGN Vegetable and Lentil Chilli	Y	Y									Y										Y			Y			Y	Y



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**Community DN21 (inc. Village, Willow & Toast)**

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

**Core Light Bites**

COM DN LC Gammon 4oz								Y																					
COM DN LC Hunters Chicken											Y																		
COM DN LC Sausage and Mash										Y	Y												Y						
COM DN LC Scampi and Chips	Y	Y					Y	Y																					
COM DN LC Veggie Sausage and Mash	Y	Y			Y	Y				Y	Y																Y		
COM DN LC VGN Vegetable and Lentil Chilli										Y										Y			Y				Y	Y	
COM DN NGCI LC Gammon 4oz								Y																					
COM DN NGCI LC Hunters Chicken											Y																		
COM DN NGCI LC Sausage and Mash										Y	Y												Y						
COM DN NGCI LC VGN Vegetable and Lentil Chilli										Y										Y			Y				Y	Y	

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## Community DN21 (inc. Village, Willow & Toast)

Dish Name	<b>Cereals containing Gluten :</b>										<b>Nuts :</b>																
	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

### Core Sandwiches

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

### Chip Toppers - Till Only

COM DN Topper Beans																												Y	Y
COM DN Topper Beans n Cheese											Y																	Y	
COM DN Topper Cheese											Y																	Y	
COM DN Topper Chilli Cheese	Y				Y						Y										Y	Y							
COM DN Topper Hunters											Y																		
COM DN Topper Veg Chilli Cheese											Y	Y									Y			Y			Y		
COM DN Topper VGN Veg Chilli											Y										Y			Y			Y	Y	







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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
COM DN Beef Madras	Y	Y										Y										Y						
COM DN Chicken Korma Curry	Y	Y										Y	Y	Y								Y		Y				
COM DN Chicken Tikka Masala	Y	Y										Y									Y	Y		Y				
COM DN NGCI Beef Madras												Y										Y						
COM DN NGCI Chicken Korma Curry												Y	Y	Y								Y		Y				
COM DN NGCI Chicken Tikka Masala												Y									Y	Y		Y				
COM DN NGCI Vegetable Jalfrezi																						Y						Y
COM DN Poppadum																												Y
COM DN Poppadums and Dips																												Y
COM DN Vegetable Jalfrezi	Y	Y										Y										Y						Y
COM DN VGN Vegetable Jalfrezi																						Y						Y







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Dish Name	<b>Cereals containing Gluten :</b>									<b>Nuts :</b>																				
	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		
COM DN Extra Cheddar Cheese 28g												Y																Y		
COM DN Extra Jalapenos 25g																													Y	Y
COM DN Extra Mediterranean Melt												Y										Y		Y				Y		
COM DN Extra Mushroom Sauteed												M																Y	Y	
COM DN Extra Mushy Peas																												Y	Y	
COM DN Extra Pie Veg																												Y	Y	
COM DN Extra Pork Sausage																									Y					
COM DN Extra Tuna Mayonnaise								Y	Y													Y								
COM DN Extra Veg Chilli											Y											Y		Y				Y	Y	
COM DN Extra Veggie Sausage	Y	Y			Y	Y																						Y	Y	
COM DN Fried Egg								Y																				Y		
COM DN Fried Onions																												Y	Y	
COM DN Garlic Bread Upgrade Curly Fries 284g	Y	Y																										Y	Y	
COM DN Garlic Mayonnaise								Y																				Y		
COM DN Gravy											Y																	Y	Y	
COM DN Guacamole												Y																Y		
COM DN Ice Cream Scoop Chocolate											Y	Y																Y		
COM DN Ice Cream Scoop Vanilla												Y																Y		
COM DN Inferno Sauce												Y													Y			Y		
COM DN Katsu Curry Sauce	Y	Y									Y	Y										Y	Y				Y			



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## **Community HITW Giant Yorkies 2021**

Dish Name	<b>Cereals containing Gluten :</b>										<b>Nuts :</b>																		
	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	
COM DN HITW Giant Yorkshire - Beef	Y	Y						Y			Y	Y										Y							
COM DN HITW Giant Yorkshire - Sausage	Y	Y						Y			Y	Y												Y					
COM DN HITW Giant Yorkshire - Turkey and Stuffing	Y	Y						Y			Y	Y																	
COM DN HITW Giant Yorkshire - Veggie Sausage	Y	Y			Y	Y		Y			Y	Y															Y		

















