

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 DN21 (inc. Village, Willow & Toast)

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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COM DN Battered Chicken Strips	Y	Y										Y																	
COM DN Battered Chicken Strips Sharer	Y	Y										Y																	
COM DN Cauliflower Wings	Y	Y			Y																						Y	Y	
COM DN Cauliflower Wings Sharer	Y	Y			Y																						Y	Y	
COM DN Cheese and Bacon Crispy Potato Skins												Y											Y						
COM DN Chicken Wings																													
COM DN Chicken Wings Sharer																													
COM DN Crispy Jumbo Prawns	Y	Y					Y																Y						
COM DN Crispy Jumbo Prawns Sharer	Y	Y					Y																Y						
COM DN Golden Breaded Mushrooms	Y	Y						Y																				Y	
COM DN Mexican Nachos												Y											Y				Y		
COM DN Mexican Nachos Sharer												Y											Y				Y		
COM DN NGCI Cheese and Bacon Crispy Potato Skins												Y											Y						
COM DN NGCI Chicken Wings																													
COM DN NGCI Chicken Wings Sharer																													
COM DN NGCI Mexican Nachos												Y											Y				Y		
COM DN NGCI Mexican Nachos Sharer												Y											Y				Y		
COM DN NGCI Soup of the Day								Y				Y															Y		

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Burgers																												
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					
COM DN Burger Classic Beef L	Y	Y																				Y	Y					
COM DN Burger Classic Beef XL	Y	Y																				Y	Y					
COM DN Burger Classic Chicken	Y	Y									Y										Y	Y	Y					
COM DN Burger Classic Chicken L	Y	Y									Y										Y	Y	Y					
COM DN Burger Classic Chicken XL	Y	Y									Y										Y	Y	Y					
COM DN Burger Cowboy	Y	Y									Y											Y	Y					
COM DN Burger Cowboy L	Y	Y									Y											Y	Y					
COM DN Burger Cowboy XL	Y	Y									Y											Y	Y					
COM DN Burger Inferno Chicken	Y	Y									Y										Y	Y	Y					
COM DN Burger Inferno Chicken L	Y	Y									Y										Y	Y	Y					
COM DN Burger Inferno Chicken XL	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					
COM DN Burger Skinny Classic Chicken	Y	Y									Y										Y	Y	Y					

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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																	
COM DN Burger Skinny Cowboy	Y	Y										Y													Y		Y										
COM DN Burger Skinny Inferno Chicken	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									
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									
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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Pub Classics

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											Y							
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 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	
COM DN Wholetails of Breaded Scampi	Y	Y					Y	Y														Y							

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Core Sides

COM DN Battered Onion Rings x12	Y	Y																										Y	Y
COM DN Cheesy Garlic Bread	Y	Y										Y																Y	
COM DN Chips 284g																												Y	Y
COM DN Curly Fries 284g	Y	Y																										Y	Y
COM DN Garlic Bread	Y	Y																										Y	Y
COM DN NGCI Side Salad Bowl																												Y	Y
COM DN Side Salad Bowl																												Y	Y

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														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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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								
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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Curry Night

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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	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
COM DN Extra Cheddar Cheese 28g													Y														Y	
COM DN Extra Jalapenos 25g																											Y	Y
COM DN Extra Mediterranean Melt													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																												
COM DN Extra Tuna Mayonnaise									Y	Y											Y							
COM DN Extra Veg Chilli												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		
COM DN Katsu Curry Sauce	Y	Y										Y	Y							Y	Y					Y		

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Sunday - Standard (BC)

COM DN NGCI Sunday Roast Pork Child NEW												Y																	
COM DN NGCI Sunday Roast Pork NEW												Y																	
COM DN Sunday Minted Lamb Shank NEW	Y	Y						Y			Y	Y																	
COM DN Sunday Roast Pork Child NEW	Y	Y			Y			Y			Y	Y																	
COM DN Sunday Roast Pork Large NEW	Y	Y			Y			Y			Y	Y																	
COM DN Sunday Roast Pork NEW	Y	Y			Y			Y			Y	Y																	

Sunday - Premium (WC)

COM DN SB NGCI Sunday Roast Leg of Pork Child NEW												Y																Y		
COM DN SB NGCI Sunday Roast Leg of Pork NEW												Y																Y		
COM DN SB Sunday Minted Lamb Shank NEW	Y	Y						Y			Y	Y															Y			
COM DN SB Sunday Roast Leg of Pork Child NEW	Y	Y			Y			Y			Y	Y															Y			
COM DN SB Sunday Roast Leg of Pork Large NEW	Y	Y			Y			Y			Y	Y															Y			
COM DN SB Sunday Roast Leg of Pork NEW	Y	Y			Y			Y			Y	Y															Y			

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Mains

COM DN SB All Day Breakfast NEW								Y																					
COM DN SB Chicken and Garlic Mushrooms NEW											Y													Y					
COM DN SB Chicken Breast Sizzler NEW	Y	Y									Y												Y						
COM DN SB Liver Bacon and Onions NEW											Y																		
COM DN SB Minted Lamb Shank NEW	Y	Y								Y	Y																		
COM DN SB NGCI Steak Americano NEW											Y																		
COM DN SB Port and Stilton Sirloin NEW	Y	Y									Y										Y			Y					
COM DN SB Pulled Pork and Beef Chilli NEW	Y	Y			Y						Y										Y	Y		Y					
COM DN SB Salmon Hollandaise NEW								Y	Y		Y																		
COM DN SB Steak Americano NEW	Y	Y									Y																		
COM DN SB Steak and Ribs NEW	Y	Y			Y					Y											Y	Y							

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Community Standard Sunday Lunch Bolt On August 2021

Dish Name	Cereals containing Gluten :							Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts :											Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs	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															
COM DN NGCI Sunday Roast Beef Child NEW								Y			Y	Y														Y									
COM DN NGCI Sunday Roast Beef NEW								Y			Y	Y														Y									
COM DN NGCI Sunday Roast Turkey Child NEW											Y																						Y		
COM DN NGCI Sunday Roast Turkey NEW											Y																						Y		
COM DN Pigs in Blankets x 10											Y																					Y			
COM DN Roast Potatoes NEW																																	Y	Y	
COM DN Sunday Cauliflower Cheese Tart Child NEW	Y	Y						Y			Y	Y																					Y		
COM DN Sunday Cauliflower Cheese Tart NEW	Y	Y						Y			Y	Y																					Y		
COM DN Sunday Roast Beef Child NEW	Y	Y						Y			Y	Y														Y									
COM DN Sunday Roast Beef Large NEW	Y	Y						Y			Y	Y														Y									
COM DN Sunday Roast Beef NEW	Y	Y						Y			Y	Y														Y									
COM DN Sunday Roast Turkey Child NEW	Y	Y						Y			Y	Y																				Y			
COM DN Sunday Roast Turkey Large NEW	Y	Y						Y			Y	Y																				Y			
COM DN Sunday Roast Turkey NEW	Y	Y						Y			Y	Y																				Y			
COM DN Sunday Veg NEW																																	Y	Y	
COM DN Yorkshire Pudding	Y	Y						Y				Y																					Y		