

# 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.

## Rotisserie LN21 Beanstore Menu

Dish Name	<b><u>Cereals containing Gluten :</u></b> Wheat Spelt (Wheat) Kamut (Wheat) Rye Barley Oats Crustaceans Eggs Fish Peanuts Soybeans Milk <b><u>Nuts :</u></b> 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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### Light Bites

ROT LN LB NGCI Steak Gammon 5oz								Y																						
ROT M1 Beer Battered Cod and Chips Light Bite	Y	Y			Y			Y	Y													Y								
ROT M1 Breaded Scampi Light Bite	Y	Y					Y	Y														Y								
ROT M1 Steak Sweetcure Gammon 5oz Light Bite								Y																						

### Sandwiches

ROT M1 Sandwich BBQ Chicken and Cheddar Cheese Melt	Y	Y			Y						Y																		
ROT M1 Sandwich Cheese and Caramelised Onion Chutney	Y	Y			Y						Y												Y					Y	
ROT M1 Sandwich NGCI BBQ Chicken and Cheese Melt								Y			Y																		
ROT M1 Sandwich NGCI Cheese and Caramelised Onion Chutney								Y			Y												Y					Y	
ROT M1 Sandwich NGCI Red Pepper and Spicy Guacamole								Y																				Y	
ROT M1 Sandwich NGCI The Classic Club								Y														Y							
ROT M1 Sandwich Posh Fish Finger & Tartare Sauce	Y	Y			Y			Y	Y													Y							
ROT M1 Sandwich Red Pepper and Spicy Guacamole	Y	Y			Y																						Y	Y	
ROT M1 Sandwich The Classic Club	Y	Y			Y			Y														Y							













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ROT M1 Burger Bacon and Cheese	Y	Y						Y				Y											Y	M	Y				
ROT M1 Burger Bacon and Cheese XL	Y	Y						Y				Y											Y	M	Y				
ROT M1 Burger Buttermilk Chicken	Y	Y						Y				Y									Y	Y	M						
ROT M1 Burger Buttermilk Chicken XL	Y	Y						Y				Y									Y	Y	M						
ROT M1 Burger Classic Beef	Y	Y						Y				M										Y	M	Y					
ROT M1 Burger Classic Beef XL	Y	Y						Y				M										Y	M	Y					
ROT M1 Burger Classic Chicken	Y	Y						Y				Y									Y	Y	M	Y					
ROT M1 Burger Classic Chicken XL	Y	Y						Y				Y									Y	Y	M	Y					
ROT M1 Burger Classic Plant Based	Y	Y			Y	Y		Y				M										Y	M	Y				Y	
ROT M1 Burger Classic Plant Based XL	Y	Y			Y	Y		Y				M										Y	M	Y				Y	
ROT M1 Burger Classic Rotisserie Chicken	Y	Y						Y				M										Y	M	Y					
ROT M1 Burger Classic Rotisserie Chicken XL	Y	Y						Y				M										Y	M	Y					
ROT M1 Burger Two Way Chicken	Y	Y						Y				Y									Y	Y	M	Y					
ROT M1 Burger Two Way Chicken XL	Y	Y						Y				Y									Y	Y	M	Y					
ROT M1 VGN Burger Classic Plant Based	Y	Y			Y	Y		M				M											M	Y				Y	Y
ROT M1 VGN Burger Classic Plant Based XL	Y	Y			Y	Y		M				M											M	Y				Y	Y
ROT M1 VGN Burger Mint Garden	Y	Y						M				M										Y	M	Y				Y	Y
ROT M1 VGN Burger Mint Garden XL	Y	Y						M				M											M	Y				Y	Y

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ROT LN Kids Sunday Roast Beef	Y	Y						Y				Y										Y	Y					
ROT LN Kids Sunday Roast Chicken	Y	Y						Y				Y										Y	Y					
ROT LN Kids Sunday Roast Leg of Pork	Y	Y						Y				Y										Y	Y					
ROT LN Kids Sunday Veggie Sausages	Y	Y			Y	Y		Y				Y										Y	Y				Y	
ROT LN NGCI Kids Sunday Roast Beef								Y				Y										Y	Y					
ROT LN NGCI Kids Sunday Roast Chicken								Y				Y										Y	Y					
ROT LN NGCI Kids Sunday Roast Leg of Pork								Y				Y										Y	Y					
ROT LN NGCI Sunday Roast 1/2 Chicken								Y				Y										Y	Y	Y				
ROT LN NGCI Sunday Roast Beef								Y				Y										Y	Y	Y				
ROT LN NGCI Sunday Roast Leg of Pork								Y				Y										Y	Y	Y				
ROT LN Sunday Roast 1/2 Chicken	Y	Y						Y				Y										Y	Y	Y				
ROT LN Sunday Roast Beef	Y	Y						Y				Y										Y	Y	Y				
ROT LN Sunday Roast Leg of Pork	Y	Y			Y			Y				Y										Y	Y	Y				
ROT LN Sunday Roast Mushroom Peppered Pie	Y	Y						Y			Y	Y										Y	Y	Y			Y	
ROT LN VGN Kids Sunday Veggie Sausages	Y	Y			Y	Y																		Y			Y	Y
ROT LN VGN Sunday Roast Mushroom Peppered Pie	Y	Y									Y											Y		Y			Y	Y



















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BRK T2 Avocado on Toast	Y	Y			Y			Y																				Y	
BRK T2 Beans on Toast	Y	Y			Y																							Y	Y
BRK T2 Eggs Benedict Mushroom	Y	Y						Y			Y																	Y	
BRK T2 Extra Hash Browns x 3																												Y	Y
BRK T2 Extra Toast and Butter	Y	Y			Y						Y																	Y	
BRK T2 Extra Toast and Jam	Y	Y			Y																			Y			Y	Y	
BRK T2 Pancakes Bacon and Maple Syrup	Y	Y						Y			Y																		
BRK T2 VGN Avocado On Toast	Y	Y			Y																			Y			Y	Y	
BRK T2 VGN Breakfast	Y	Y			Y	Y					M																Y	Y	
BRK T2 VGN Breakfast Kids	Y	Y			Y	Y																					Y	Y	
ROT LN Breakfast Kids Veggie	Y	Y			Y	Y		Y																			Y		
ROT LN NGCI Brunch Shakshuka								Y			Y													Y			Y		
ROT LN VGN NGCI Brunch Shakshuka																								Y			Y	Y	
ROT M1 BM Cooked Breakfast	Y	Y			Y			Y			Y													Y					
ROT M1 BM Eggs and Bacon Benedict	Y	Y						Y			Y																		
ROT M1 BM Kids Breakfast								Y																Y					
ROT M1 BM Large Breakfast	Y	Y			Y			Y			Y													Y					
ROT M1 BM Muffin Bacon	Y	Y																				Y							







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### Cakes

ROT LN Cake Caramel Shortcake	Y	Y									Y	Y																	Y	
ROT LN Cake Lemon Drizzle Cake	Y	Y						Y				Y																	Y	
ROT LN Cake St Clements	Y	Y						Y				Y											Y					Y		



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### Fixed Price Menu

ROT LN Lunch Bruschetta	Y	Y			Y	Y																Y	Y				Y	Y	
ROT LN NGCI VGN Mediteranean Salad <300																								Y				Y	Y
ROT LN VGN Mediteranean Salad <300																								Y				Y	Y
ROT M1 LM Beer Battered Cod Goujons and Chips	Y	Y			Y			Y	Y													Y							
ROT M1 LM Beer Battered Onion Rings x15	Y	Y																									Y	Y	
ROT M1 LM Cajun Chicken	Y										Y																		
ROT M1 LM Creamy Garlic Mushrooms	Y	Y			Y						Y											Y	Y				Y		
ROT M1 LM Mediterranean Salad with BBQ Cauliflower WIngs	Y	Y				Y																		Y			Y	Y	
ROT M1 LM Mediterranean Salad with Feta Cheese											Y													Y			Y		
ROT M1 LM Mediterranean Salad with Grilled Halloumi											Y													Y			Y		
ROT M1 LM Mediterranean Salad with Pulled Chicken																								Y					
ROT M1 LM Mediterranean Salad with Sliced Rump Steak																								Y					
ROT M1 LM NGCI Cajun Chicken	Y										Y																		
ROT M1 LM NGCI Creamy Garlic Mushrooms								Y			Y											Y	Y				Y		
ROT M1 LM NGCI Mediterranean Salad with Feta Cheese											Y													Y			Y		
ROT M1 LM NGCI Mediterranean Salad with Halloumi											Y													Y			Y		
ROT M1 LM NGCI Mediterranean Salad with Pulled Chicken																								Y					
ROT M1 LM NGCI Mediterranean Salad with Rump Steak																								Y					







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### Starters/Sharers

ROT M1 SB Bantry Bay Mussels Starter	Y	Y			Y	Y					Y														Y		Y		
ROT M1 SB Crayfish and Lobster Risotto Starter	Y	Y					Y	Y	Y		Y	Y									Y	Y		Y					
ROT M1 SB Crayfish Crostini	Y	Y			Y		Y														Y	Y							
ROT M1 SB Garlic and Herb Prawns							Y														Y	Y		Y					
ROT M1 SB NGCI Bantry Bay Mussels Starter								Y				Y												Y		Y			
ROT M1 SB NGCI Garlic and Herb Prawns							Y														Y	Y		Y					
ROT M1 SB Rip and Dip Cheddar Stilton and Garlic Bread	Y	Y			Y			Y				Y										Y							
ROT M1 SB Rip and Dip Cheddar Tomato and Garlic Bread	Y	Y										Y												Y				Y	
ROT M1 SB Scotch Egg	Y	Y			Y	Y	Y	Y				Y												Y					

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ROT LN Burger Lamb and Mint	Y	Y						Y				M										Y	M	Y				
ROT LN Burger Lamb and Mint XL	Y	Y						Y				M										Y	M	Y				
ROT LN NGCI SB Sandwich Roast Dinner								Y				Y												Y				
ROT LN SB NGCI Kids Sunday Roast Lamb								Y				Y										Y		Y				
ROT LN SB Goats Cheese Lasagne	Y	Y		Y	Y			Y				Y									Y						Y	
ROT LN SB Kids Sunday Roast Lamb	Y	Y						Y				Y										Y		Y				
ROT LN SB NGCI Salad Honey & Mustard Chorizos								Y		Y		Y										Y		Y				
ROT LN SB NGCI Sandwich Roast Meat								Y				Y																
ROT LN SB NGCI Sunday Roast Lamb								Y				Y									Y	Y		Y				
ROT LN SB Sandwich Roast Dinner	Y	Y			Y							Y												Y				
ROT LN SB Sandwich Roast Meat	Y	Y			Y							Y																
ROT LN SB Sunday Roast Lamb	Y	Y						Y				Y									Y	Y		Y				
ROT LN SB VGN Tacos BBQ Cauliflower	Y	Y			Y																						Y	Y
ROT M1 SB Bantry Bay Mussels Main	Y	Y		Y	Y							Y												Y		Y		
ROT M1 SB Beer Battered Halloumi and Chips	Y	Y			Y			Y				Y										Y						
ROT M1 SB Burger Halloumi and Mushroom	Y	Y						Y				Y										Y	M				Y	
ROT M1 SB Burger Mac Stack	Y	Y						Y				Y										Y	M	Y				
ROT M1 SB Burger Pheasant and Pork	Y	Y						Y				Y										Y	M					









