

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.

FAM DN 2020

Dish Name	<u>Cereals containing Gluten :</u>											<u>Nuts :</u>																
	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
FAM DN Brie Dippers	Y	Y									Y													Y			Y	
FAM DN Buffalo Chicken Wings											Y																	
FAM DN Buttermilk Chicken	Y	Y			Y						Y										Y							
FAM DN Cheesy Nachos										Y	Y												Y				Y	
FAM DN Golden Breaded Mushrooms	Y	Y			Y			Y																			Y	
FAM DN NGCI Prawn Cocktail							Y	Y														Y		Y				
FAM DN NGCI Soup of the Day								Y			Y										Y			Y			Y	
FAM DN NGCI VGN Soup of the Day																					Y			Y			Y	Y
FAM DN Prawn Cocktail	Y	Y			Y		Y	Y														Y		Y				
FAM DN Soup of the Day	Y	Y			Y																Y						Y	Y
FAM DN VGN Buffalo Cauliflower Wings	Y	Y			Y																						Y	Y
FAM DN VGN Nachos																											Y	Y
FAM DN VGN Soup of the Day	Y	Y			Y																Y						Y	Y
FAM LN NGCI Cheesy Nachos										Y	Y												Y				Y	

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Grill Sides and Extras

FAM DN Extra Chicken Wings and Goujons Combo	Y	Y										Y									Y								
FAM DN Extra Chicken Wings x 3																													
FAM DN Extra Half Rack BBQ Ribs	Y	Y			Y					Y											Y	Y							
FAM DN Extra Onion Rings and Breaded Mushrooms Combo	Y	Y						Y																			Y		

Mega Meals

FAM DN Mega Chilli Cheese Burger	Y	Y			Y		Y			Y	Y										Y	Y		Y					
FAM DN Mega Hunters Chicken	Y	Y			Y						Y																		
FAM DN Mega Mixed Grill	Y	Y					Y																	Y					
FAM DN Mega Rump and Scampi	Y	Y					Y	Y																					
FAM DN NGCI Mega Mixed Grill							Y																	Y					

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KIDS - Desserts

FAM DN KID Chocolate Brownie	Y	Y						Y			Y	Y																Y	
FAM DN KID Ice Cream Sundae	Y	Y						Y			Y	Y																Y	
FAM DN KID Jelly and Ice Cream												Y																	
FAM DN KID VGN Ice Cream Sundae											Y																Y	Y	
FAM LN KID Mini Ice Cream Tub Chocolate											Y	Y											Y				Y		
FAM LN KID Mini Ice Cream Tub Strawberry												Y											Y				Y		
FAM LN KID Mini Ice Cream Tub Valilla												Y											Y				Y		

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Sunday Roasts																													
FAM DN KID Sunday Roast Beef	Y	Y						Y			Y																		
FAM DN KID Sunday Roast Chicken	Y	Y						Y			Y																		
FAM DN NGCI Sunday Roast Beef								Y			Y											Y							
FAM DN NGCI Sunday Roast Half Chicken											Y																		
FAM DN NGCI Sunday Roast Turkey											Y																		
FAM DN Sunday Roast Beef	Y	Y						Y			Y											Y							
FAM DN Sunday Roast Beef XL	Y	Y						Y		Y	Y											Y		Y					
FAM DN Sunday Roast Half Chicken	Y	Y						Y			Y											Y							
FAM DN Sunday Roast Half Chicken XL	Y	Y						Y		Y	Y											Y		Y					
FAM DN Sunday Roast Turkey	Y	Y						Y			Y																		
FAM DN Sunday Roast Turkey XL	Y	Y						Y		Y	Y											Y		Y					
FAM DN Sunday Roast Vegetarian	Y	Y						Y			Y											Y	Y					Y	
FAM DN Sunday Roast Vegetarian XL	Y	Y						Y			Y											Y	Y					Y	

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Carvery																													
CRV LN Roast of the Day	Y	Y			Y			Y			Y											Y	Y						
CRV LN20 KID Carvery	Y	Y			Y			Y			Y											Y	Y						
CRV LN20 KID Carvery Veg	Y	Y			Y			Y			Y											Y	Y				Y		
FAM DN Carvery Large	Y	Y			Y			Y			Y											Y	Y						
FAM DN Carvery Meatless Large	Y	Y			Y			Y			Y											Y	Y				Y		
FAM DN Carvery Meatless Medium	Y	Y			Y			Y			Y											Y	Y				Y		
FAM DN Carvery Meatless Small	Y	Y			Y			Y			Y											Y	Y				Y		
FAM DN Carvery Medium	Y	Y			Y			Y			Y											Y	Y						
FAM DN Carvery Small	Y	Y			Y			Y			Y											Y	Y						
FAM DN Carvery Veg Large	Y	Y			Y			Y			Y											Y	Y	Y			Y		
FAM DN Carvery Veg Small	Y	Y			Y			Y			Y											Y	Y	Y			Y		

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Sunday Carvery																													
CRV LN20 Sunday Carvery Meatless Medium	Y	Y			Y			Y			Y											Y	Y				Y		
CRV LN20 Sunday Carvery Medium	Y	Y			Y			Y			Y											Y	Y						
CRV LN20 Sunday Carvery Veg Medium	Y	Y			Y			Y			Y										Y	Y		Y			Y		
FAM DN Carvery Sunday Kids	Y	Y			Y			Y			Y											Y	Y						
FAM DN Carvery Sunday Large	Y	Y			Y			Y			Y											Y	Y						
FAM DN Carvery Sunday Meatless Large	Y	Y			Y			Y			Y											Y	Y				Y		
FAM DN Carvery Sunday Meatless Small	Y	Y			Y			Y			Y											Y	Y				Y		
FAM DN Carvery Sunday Small	Y	Y			Y			Y			Y											Y	Y						
FAM DN Carvery Sunday Veg Kids	Y	Y			Y			Y			Y										Y	Y		Y			Y		
FAM DN Carvery Sunday Veg Large	Y	Y			Y			Y			Y										Y	Y		Y			Y		
FAM DN Carvery Sunday Veg Small	Y	Y			Y			Y			Y										Y	Y		Y			Y		
Carvery Extras																													
FAM DN Extra Ciabatta and Butter	Y	Y		Y	Y																						Y	Y	
FAM DN Extra Giant Yorkshire Pudding	Y	Y						Y			Y																Y		
FAM DN Extra Pigs in Blankets x 3										Y													Y						
FAM DN Extra Pigs in Blankets x 6										Y													Y						

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FAM DN20 - Pizza

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Pizza Toppers & Extras

FAM DN PK Topping BBQ Sauce	Y				Y																							Y	Y
FAM DN PK Topping Brie											Y																	Y	
FAM DN PK Topping Chicken Breast																													
FAM DN PK Topping Crispy Buttermilk Chicken Goujons	Y	Y									Y										Y								
FAM DN PK Topping Hickory BBQ Pulled Pork																													
FAM DN PK Topping Inferno Sauce											Y												Y				Y		
FAM DN PK Topping Jalapenos																											Y	Y	
FAM DN PK Topping Katsu Curry Sauce	Y	Y								Y	Y										Y	Y					Y		
FAM DN PK Topping Mini Meatballs	Y	Y						Y			Y																		
FAM DN PK Topping Monterey Jack											Y																Y		
FAM DN PK Topping Mozzarella Cheese											Y																Y		
FAM DN PK Topping Mushrooms																											Y	Y	
FAM DN PK Topping Pepperoni																													
FAM DN PK Topping Pesto											Y	Y			Y												Y		
FAM DN PK Topping Pineapple																											Y	Y	
FAM DN PK Topping Pulled Chipotle Chicken	Y				Y																								
FAM DN PK Topping Red Chillies																											Y	Y	
FAM DN PK Topping Red Onion																											Y	Y	

