

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 Carvery July 2021 Nutritional 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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Starters																												
FAM LN Brie Dippers	Y	Y										Y													Y			Y
FAM LN Buffalo Chicken Wings												Y																
FAM LN Cheesy Nachos											Y	Y												Y			Y	
FAM LN Crispy Buttermilk Chicken	Y	Y										Y									Y							
FAM LN Golden Breaded Mushrooms	Y	Y						Y																			Y	
FAM LN NGCI Buffalo Chicken Wings												Y																
FAM LN NGCI Cheesy Nachos											Y	Y												Y			Y	
FAM LN NGCI Prawn Cocktail							Y	Y	Y			M										Y						
FAM LN NGCI Soup of the Day								Y				Y										Y		Y			Y	
FAM LN NGCI VGN Nachos																											Y	Y
FAM LN NGCI VGN Soup of the Day																						Y		Y			Y	Y
FAM LN Prawn Cocktail	Y	Y			Y		Y	Y	Y			M										Y						
FAM LN Soup of the Day	Y	Y			Y							Y										Y		Y			Y	
FAM LN VGN Buffalo Cauliflower Wings	Y	Y			Y																						Y	Y
FAM LN VGN Nachos																											Y	Y
FAM LN VGN Soup of the Day	Y	Y			Y							M										Y					Y	Y

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Sharers

FAM LN Beer Battered Onion Rings to Share	Y	Y																										Y	Y
FAM LN Brie Dippers to Share	Y	Y										Y												Y				Y	
FAM LN Cheesy Nachos to Share											Y	Y												Y				Y	
FAM LN NGCI Cheesy Nachos to Share											Y	Y												Y				Y	
FAM LN NGCI VGN Nachos to Share																												Y	Y
FAM LN VGN Nachos to Share																												Y	Y
FAM LN VGN Onion Rings to Share	Y	Y																										Y	Y

Salads

FAM LN NGCI Salad Grilled Chicken and Bacon																														Y			
FAM LN Salad Grilled Chicken and Bacon																														Y			
FAM LN VGN Salad Buffalo Cauliflower Wings	Y	Y				Y																							Y		Y	Y	

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Grills

FAM LN Mixed Grill	Y	Y						Y																					
FAM LN NGCI Mixed Grill								Y																Y					
FAM LN NGCI Steak Gammon 10oz								Y																					
FAM LN NGCI Steak Rump 10oz 28 Day Aged																													
FAM LN NGCI Steak Sirloin 8oz 28 Day Aged																													
FAM LN Steak Gammon 10oz								Y																					
FAM LN Steak Rump 10oz 28 Day Aged	Y	Y																											
FAM LN Steak Sirloin 8oz 28 Day Aged	Y	Y																											

Grill Toppers

FAM LN Steak Topper Black and Blue											Y																		Y
FAM LN Steak Topper Chilli Cheese										Y	Y										Y		Y						
FAM LN Steak Topper Stilton											Y																		Y

Grill Sauces

FAM LN Extra Sauce Diane	Y	Y									Y										Y	Y		Y					Y
FAM LN Extra Sauce Garlic Mushroom											Y																		Y
FAM LN Extra Sauce Peppercorn											Y										Y								
FAM LN Extra Sauce Port and Stilton	Y	Y									Y										Y			Y					

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Grill Sides and Extras

FAM LN Extra Chicken Wings and Goujons Combo	Y	Y										Y									Y							
FAM LN Extra Chicken Wings x 3																												
FAM LN Extra Onion Rings and Breaded Mushrooms Combo	Y	Y						Y																			Y	

Mega Meals

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

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FAM LN VGN Fishless Fish and Chips	Y	Y			Y																				Y	Y		
FAM LN VGN Roasted Sweet Potato and Chickpea Tagine																		Y	Y		Y				Y	Y		

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Loaded Chips																												
FAM LN Chip Topper Chicken Katsu	Y	Y										Y	Y								Y	Y						
FAM LN Chip Topper Sloppy Joe												Y	Y									Y		Y				

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Sunday Roasts																													
FAM LN KID Sunday Roast Topside of Beef	Y	Y						Y			Y	Y										Y	Y						
FAM LN KID Sunday Roast Turkey	Y	Y						Y			Y	Y										Y	Y						
FAM LN KID Sunday Roast Vegetarian	Y	Y						Y			Y	Y										Y	Y				Y		
FAM LN NGCI KID Sunday Roast Topside of Beef								Y			Y	Y										Y	Y						
FAM LN NGCI KID Sunday Roast Turkey								Y			Y	Y										Y	Y						
FAM LN NGCI Sunday Half Roast Chicken								Y			Y	Y										Y	Y						
FAM LN NGCI Sunday Roast Topside of Beef								Y			Y	Y										Y	Y						
FAM LN NGCI Sunday Roast Turkey								Y			Y	Y										Y	Y						
FAM LN Sunday Half Roast Chicken	Y	Y						Y			Y	Y										Y	Y						
FAM LN Sunday Roast Topside of Beef	Y	Y						Y			Y	Y										Y	Y						
FAM LN Sunday Roast Turkey	Y	Y						Y			Y	Y										Y	Y						
FAM LN Sunday Roast Vegetarian	Y	Y						Y			Y	Y										Y	Y				Y		

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Carvery

CRV 21 Carvery Meatless Large	Y	Y						Y			Y	Y										Y	Y				Y	
CRV 21 Carvery Meatless Regular	Y	Y						Y			Y	Y										Y	Y				Y	
CRV 21 Carvery Meatless Small	Y	Y						Y			Y	Y										Y	Y				Y	
CRV 21 Carvery Sliced Kids	Y	Y						Y			Y	Y										Y	Y					
CRV 21 Carvery Sliced Large	Y	Y						Y			Y	Y										Y	Y					
CRV 21 Carvery Sliced Regular	Y	Y						Y			Y	Y										Y	Y					
CRV 21 Carvery Sliced Small	Y	Y						Y			Y	Y										Y	Y					
CRV 21 Carvery Veg Kids	Y	Y						Y			Y	Y										Y	Y				Y	
CRV 21 Carvery Veg Large	Y	Y						Y			Y	Y										Y	Y				Y	
CRV 21 Carvery Veg Regular	Y	Y						Y			Y	Y										Y	Y				Y	
CRV 21 Carvery Veg Small	Y	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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Sunday Carvery																												
CRV 21 Carvery Sunday Kids	Y	Y						Y			Y	Y										Y	Y					
CRV 21 Carvery Sunday Large	Y	Y						Y			Y	Y										Y	Y					
CRV 21 Carvery Sunday Meatless Large	Y	Y						Y			Y	Y										Y	Y				Y	
CRV 21 Carvery Sunday Meatless Regular	Y	Y						Y			Y	Y										Y	Y				Y	
CRV 21 Carvery Sunday Meatless Small	Y	Y						Y			Y	Y										Y	Y				Y	
CRV 21 Carvery Sunday Regular	Y	Y						Y			Y	Y										Y	Y					
CRV 21 Carvery Sunday Small	Y	Y						Y			Y	Y										Y	Y					
CRV 21 Carvery Sunday Veg Kids	Y	Y						Y			Y	Y										Y	Y				Y	
CRV 21 Carvery Sunday Veg Large	Y	Y						Y			Y	Y										Y	Y				Y	
CRV 21 Carvery Sunday Veg Regular	Y	Y						Y			Y	Y										Y	Y				Y	
CRV 21 Carvery Sunday Veg Small	Y	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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FAM LN LB Beer Battered Cod and Chips	Y	Y			Y			Y	Y													Y						
FAM LN LB Breaded Scampi	Y	Y					Y	Y														Y						
FAM LN LB Hunters Chicken	Y	Y									Y																	
FAM LN LB NGCI Hunters Chicken											Y																	
FAM LN LB NGCI Sausage and Mash										Y	Y												Y					
FAM LN LB Sausage and Mash	Y	Y								Y	Y												Y					
FAM LN LB Sausage and Mash Vegetarian	Y	Y			Y	Y				Y	Y																Y	
FAM LN LB VGN Fishless Fish and Chips	Y	Y			Y																						Y	Y
FAM LN Melt BBQ Chicken	Y	Y		Y							Y																	
FAM LN Melt Rump Steak	Y	Y		Y							Y													Y				
FAM LN NGCI Melt BBQ Chicken								Y			Y																	
FAM LN NGCI Melt Rump Steak								Y			Y													Y				
FAM LN NGCI Sandwich Cheese and Red Onion Chutney								Y			Y													Y			Y	
FAM LN NGCI Sandwich Chicken and Bacon Club								Y			M											Y						
FAM LN Sandwich Cheese and Red Onion Chutney	Y	Y		Y							Y												Y				Y	
FAM LN Sandwich Chicken and Bacon Club	Y	Y			Y			Y			M											Y						
FAM LN Sandwich Chicken and Bacon Club NAME CHANGE	Y	Y			Y			Y			M											Y						

