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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
Starters, Grazers & Sharers																														
COM LN Brie Dippers Grazer	Y	Y											Y																Y	
COM LN Brie Dippers Sharer	Y	Y											Y																Y	
COM LN Brie Dippers Starter	Y	Y											Y																Y	
COM LN Cheese and Bacon Crispy Potato Skins													Y																	
COM LN Chicken Wings Grazer	Y	Y							M			M	M										M	M		Y				
COM LN Chicken Wings Sharer	Y	Y							M			M	M										M	M		Y				
COM LN Crispy Buttermilk Chicken Grazer	Y	Y										Y	Y										Y							
COM LN Crispy Buttermilk Chicken Sharer	Y	Y										Y	Y										Y							
COM LN Crispy Buttermilk Chicken Starter	Y	Y										Y	Y										Y							
COM LN Crispy Jumbo Prawns Grazer	Y	Y				Y		Y		M	M			M											M	Y		M		
COM LN Crispy Jumbo Prawns Sharer	Y	Y				Y		Y		M	M			M											M	Y		M		
COM LN Dirty Fries Grazer													Y											Y						
COM LN Dirty Fries Sharer													Y											Y						
COM LN Extra Veg Chilli Sharer x2												Y											Y						Y	Y
COM LN Extra Veg Chilli x1												Y											Y						Y	Y
COM LN Golden Breaded Mushrooms	Y	Y							Y																				Y	
COM LN Golden Breaded Mushrooms Grazer	Y	Y							Y																				Y	
COM LN Mexican Nachos													Y											Y					Y	

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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 LN Mexican Nachos Sharer													Y											Y					Y	
COM LN NGCI Cheese and Bacon Crispy Potato Skins													Y																	
COM LN NGCI Mexican Nachos													Y											Y					Y	
COM LN NGCI Mexican Nachos Sharer													Y											Y					Y	
COM LN NGCI Prawn Cocktail								Y	Y	Y			Y											Y						
COM LN NGCI Soup of the Day									Y				Y																Y	
COM LN NGCI VGN Mexican Nachos																													Y	Y
COM LN NGCI VGN Mexican Nachos Sharer																													Y	Y
COM LN Prawn Cocktail	Y	Y				Y		Y	Y	Y		M	Y											Y						
COM LN Soup of the Day	Y	Y				Y			M			M	Y																Y	
COM LN VGN Cauliflower Wings Grazer	Y	Y				Y																							Y	Y
COM LN VGN Cauliflower Wings Sharer	Y	Y				Y																							Y	Y
COM LN VGN Cauliflower Wings Starter	Y	Y				Y																							Y	Y
COM LN VGN Soup of the Day	Y	Y				Y			M			M	M																Y	Y
NUT COM LN NGCI Soup of the Day - Mushroom									Y				Y																Y	
NUT COM LN NGCI Soup of the Day - Tomato									Y				Y																Y	
NUT COM LN Soup of the Day - Mushroom	Y	Y				Y			M			M	Y																Y	
NUT COM LN Soup of the Day - Tomato	Y	Y				Y			M			M	Y																Y	
NUT COM LN VGN Soup of the Day - Mushroom	Y	Y				Y			M			M	M																Y	Y
NUT COM LN VGN Soup of the Day - Tomato	Y	Y				Y			M			M	M																Y	Y

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
Salads																														
COM LN NGCI Salad Chicken and Bacon																														
COM LN Salad Chicken and Bacon																														
COM LN VGN Salad BBQ Cauliflower Wings	Y	Y				Y																							Y	Y

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
Burgers																														
COM LN Burger BBQ Chicken	Y	Y				Y			Y				Y										Y	Y						
COM LN Burger Classic Beef	Y	Y				Y			Y															Y		Y				
COM LN Burger Classic Chicken	Y	Y				Y			Y														Y	Y						
COM LN Burger Cowboy	Y	Y				Y			Y				Y											Y		Y				
COM LN Burger Skinny BBQ Chicken	Y	Y				Y			Y				Y										Y	Y						
COM LN Burger Skinny Classic Beef	Y					Y			Y															Y		Y				
COM LN Burger Skinny Classic Chicken	Y	Y				Y			Y														Y	Y						
COM LN Burger Skinny Cowboy	Y					Y			Y				Y											Y		Y				
COM LN Burger Skinny Ultimate Beef	Y					Y			Y				Y											Y		Y				
COM LN Burger Skinny Ultimate SF Chicken	Y	Y				Y			Y				Y										Y	Y						
COM LN Burger Skinny Veggie	Y	Y											Y	M										Y	M				Y	
COM LN Burger Ultimate Beef	Y	Y				Y			Y				Y											Y		Y				
COM LN Burger Ultimate SF Chicken	Y	Y				Y			Y				Y										Y	Y						
COM LN Burger Veggie	Y	Y				Y							Y	M										Y	M				Y	
COM LN NGCI Burger Classic Beef																										Y				
COM LN NGCI Burger Cowboy													Y													Y				
COM LN NGCI Burger Skinny Classic Beef																										Y				
COM LN NGCI Burger Skinny Cowboy													Y													Y				

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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 LN NGCI Burger Skinny Ultimate Beef													Y											Y		Y				
COM LN NGCI Burger Ultimate Beef													Y											Y		Y				

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
Grills																														
COM LN Beef Dripping & Merlot Sauce																										Y				
COM LN Extra 8oz Rump Steak																														
COM LN Extra 8oz Sirloin Steak																														
COM LN Extra Bourbon BBQ Sauce 75g	Y					Y																							Y	
COM LN Extra Peppercorn Sauce												Y	Y																	
COM LN Gammon Steak 8oz									Y																					
COM LN MEGA Mixed Grill	Y	Y							Y																	Y				
COM LN Mixed Grill	Y	Y							Y																	Y				
COM LN NGCI Gammon Steak 8oz									Y																					
COM LN NGCI Steak Rump 8oz																														
COM LN NGCI Steak Rump Skinny																														
COM LN NGCI Steak Sirloin 8oz																														
COM LN NGCI Steak Sirloin Skinny																														
COM LN Steak Rump 8oz	Y	Y																												
COM LN Steak Rump Skinny																														
COM LN Steak Sirloin 8oz	Y	Y																												
COM LN Steak Sirloin Skinny																														
COM LN Surf and Turf	Y	Y						Y	Y	M																		M		

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
Pub Classics																														
COM LN Beef Lasagne	Y	Y							Y			M	Y																	
COM LN Beef Lasagne Chips	Y	Y							Y				Y																	
COM LN Beef Lasagne Salad	Y	Y							Y				Y																	
COM LN Cheddar, Leek and Potato Pie	Y	Y							Y			Y	Y																Y	
COM LN Chicken Tikka Masala	Y	Y											Y										Y	Y		Y				
COM LN Curry Cauliflower and Red Pepper	Y	Y											Y										Y	Y					Y	
COM LN Hand Battered Cod and Chips	Y	Y				Y			Y	Y		M	Y																	
COM LN Hunters Chicken Chips	Y	Y											Y																	
COM LN Hunters Chicken Salad													Y																	
COM LN NGCI Chicken Tikka Masala													Y										Y	Y		Y				
COM LN NGCI Curry Cauliflower and Red Pepper																							Y	Y					Y	
COM LN NGCI Hunters Chicken Chips													Y																	
COM LN NGCI Hunters Chicken Salad													Y																	
COM LN NGCI VGN Curry Cauliflower and Red Pepper																							Y	Y					Y	Y
COM LN NGCI VGN Vegetable and Lentil Chilli												Y											Y	Y					Y	Y
COM LN Pasta Alfredo	Y	Y										M	Y										Y						Y	
COM LN Pasta Alfredo Chicken	Y	Y										M	Y										Y							
COM LN Pasta Alfredo Chicken Salad	Y	Y											Y										Y							

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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 LN Pasta Alfredo Salad	Y	Y											Y										Y						Y	
COM LN Sausage and Mash	Y	Y										Y	Y													Y				
COM LN Steak and Ale Pie	Y	Y				Y			Y			Y																		
COM LN Steak and Ale Pie NEW	Y	Y				Y			Y			Y																		
COM LN VGN Curry Cauliflower and Red Pepper																							Y	Y					Y	Y
COM LN VGN Vegetable and Lentil Chilli												Y											Y	Y					Y	Y
COM LN Wholetails of Breaded Scampi	Y	Y						Y	Y	M																		M		
NUT COM LN Beer Battered Cod and Chips with Garden Peas	Y	Y				Y			Y	Y		M	Y																	
NUT COM LN Beer Battered Cod and Chips with Mushy Peas	Y	Y				Y			Y	Y		M	Y																	
NUT COM LN Wholetails of Breaded Scampi with Garden Peas	Y	Y						Y	Y	M																		M		
NUT COM LN Wholetails of Breaded Scampi with Mushy Peas	Y	Y						Y	Y	M																		M		

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
Sides																														
COM LN Beer Battered Onion Rings x8	Y	Y																											Y	Y
COM LN Extra Cheesy Chips 284g													Y																Y	
COM LN Extra Cheesy Garlic Bread	Y	Y										M	Y																Y	
COM LN Extra Chips 284g																													Y	Y
COM LN Extra Fries 234g																													Y	Y
COM LN Extra Garlic Bread	Y	Y										M	M																Y	
COM LN Extra Side Salad Bowl																													Y	Y
COM LN Extra Sweet Potato Fries 284g																													Y	Y
Light Bites																														
COM LN LC Gammon 4oz									Y																					
COM LN LC Hand Battered Cod and Chips	Y	Y				Y			Y	Y		M																		
COM LN LC Hunters Chicken													Y																	
COM LN LC Scampi and Chips	Y	Y						Y	Y	M																		M		
COM LN LC VGN Vegetable and Lentil Chilli												Y											Y	Y					Y	Y
COM LN NGCI LC Gammon 4oz									Y																					
COM LN NGCI LC Hunters Chicken													Y																	
COM LN NGCI LC VGN Vegetable and Lentil Chilli												Y											Y	Y					Y	Y

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
Sandwiches																														
COM LN NGCI Sandwich Cheese and Chutney									Y				Y																Y	
COM LN NGCI Sandwich Chicken and Bacon Club									Y															Y						
COM LN NGCI Sandwich Rump Steak Melt									Y				Y																	
COM LN NGCI Sandwich Tuna Mayo Melt									Y	Y			Y											Y						
COM LN Sandwich Cheese and Chutney	Y	Y				Y			M			M	Y																Y	
COM LN Sandwich Chicken and Bacon Club	Y	Y				Y			Y			M	M											Y						
COM LN Sandwich Crispy Chicken BBQ Melt Baguette	Y	Y										Y	Y										Y							
COM LN Sandwich Fish Finger	Y	Y				Y			Y	Y		M	Y																	
COM LN Sandwich Rump Steak Melt Baguette	Y	Y										M	Y																	
COM LN Sandwich Tuna Mayo Melt Baguette	Y	Y							Y	Y		M	Y											Y						

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
Desserts																														
COM LN Apple Crumble	Y	Y							M				Y	M															Y	
COM LN Chocolate Crownie	Y	Y							Y			Y	Y																Y	
COM LN Chocolate Fudge Cake									Y			Y	Y	M															Y	
COM LN Chocolate Orange Sponge	Y	Y							Y				Y																Y	
COM LN Extra Ice Cream Scoop Chocolate												Y	Y																Y	
COM LN Extra Ice Cream Scoop Strawberry													Y																Y	
COM LN Extra Ice Cream Scoop Vanilla													Y																Y	
COM LN Jam Sponge Pudding	Y	Y							Y				Y																Y	
COM LN Lemon Muffin Cheesecake	Y	Y							Y			Y	Y													Y				
COM LN NGCI Chocolate Fudge Cake									Y			Y	Y	M															Y	
COM LN NGCI Praline Chocolate Tart												Y	Y	Y	Y	Y	Y	Y											Y	
COM LN NGCI Rocky Road Sundae												Y	Y																	
COM LN NGCI Sticky Toffee Pudding									Y				Y	M															Y	
COM LN NGCI VGN Praline Chocolate Tart												Y	M	Y	Y	Y	Y	Y											Y	Y
COM LN Plain and Simple Ice Cream													Y																Y	
COM LN Praline Chocolate Tart												Y	Y	Y	Y	Y	Y	Y											Y	
COM LN Rocky Road Sundae	Y	Y							Y			Y	Y																	
COM LN Sticky Toffee Pudding									Y				Y	M															Y	

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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 LN Toffee Waffle	Y	Y							Y			Y	Y																Y	
COM LN VGN Apple Crumble	Y	Y							M				M	M															Y	Y
COM LN VGN Extra Ice Cream Scoop Vanilla																													Y	Y
COM LN VGN Ice Cream Sundae																													Y	Y
COM LN VGN Praline Chocolate Tart												Y	M	Y	Y	Y	Y	Y											Y	Y
NUT COM LN Sticky Toffee Pudding Custard									Y				Y	M															Y	
NUT COM LN Sticky Toffee Pudding Ice Cream									Y				Y	M															Y	
KID Starters																														
COM LN KID Garlic Bread Starter	Y	Y										M	M																Y	
COM LN KID Salad Sticks Starter																													Y	Y

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
KID Mains & Extras																														
COM LN KID Burger Beef	Y	Y																							M	Y				
COM LN KID Chicken Dippers	Y	Y							M				M																	
COM LN KID Extra Baked Beans																													Y	Y
COM LN KID Extra Carrots 85g																													Y	Y
COM LN KID Extra Chicken Breast Small																														
COM LN KID Extra Chicken Dippers x2	Y	Y							M				M																	
COM LN KID Extra Chips 150g																													Y	Y
COM LN KID Extra Fish Fingers x2	Y	Y								Y																				
COM LN KID Extra Mashed Potato													Y																Y	
COM LN KID Extra Mini Potato Waffles																													Y	Y
COM LN KID Extra Peas 85g																													Y	Y
COM LN KID Extra Pork Sausage x1	Y	Y																								Y				
COM LN KID Extra Salad Sticks x1 Serving																													Y	Y
COM LN KID Extra Veggie Sausage x1	Y	Y				Y	Y																						Y	Y
COM LN KID Fish Fingers	Y	Y								Y																				
COM LN KID Pork Sausages	Y	Y																								Y				
COM LN KID Veggie Sausages	Y	Y				Y	Y																						Y	Y

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
KID Desserts																														
COM LN KID Chocolate Brownie	Y	Y							Y			Y	Y																Y	
COM LN KID Ice Cream Sundae	Y	Y							Y			Y	Y																Y	
COM LN KID Jelly and Ice Cream													Y																Y	
COM LN KID VGN Ice Cream Sundae												Y	M																Y	Y
Curry Club																														
COM LN Beef Madras	Y	Y											Y										Y	Y						
COM LN Chicken Korma Curry	Y	Y				Y							Y										Y	Y						
COM LN Chicken Tikka Masala	Y	Y											Y										Y	Y		Y				
COM LN Curry Cauliflower and Red Pepper	Y	Y											Y										Y	Y					Y	
COM LN NGCI Beef Madras													Y										Y	Y						
COM LN NGCI Chicken Tikka Masala													Y										Y	Y		Y				
COM LN NGCI Curry Cauliflower and Red Pepper																							Y	Y					Y	
COM LN NGCI VGN Curry Cauliflower and Red Pepper																							Y	Y					Y	Y
COM LN VGN Curry Cauliflower and Red Pepper																							Y	Y					Y	Y

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
Extras																														
COM LN Extra Aerosol Cream 28g													Y																Y	
COM LN Extra Bacon x1																														
COM LN Extra Baguette and Butter	Y	Y										M	Y																Y	
COM LN Extra Baked Beans 150g																													Y	Y
COM LN Extra BBQ Sauce 56g																													Y	Y
COM LN Extra Beef Burger x1																										Y				
COM LN Extra Beer Battered Onion Rings x3	Y	Y																											Y	Y
COM LN Extra Bread and Butter Brown x2	Y	Y				Y			M			M	Y																Y	
COM LN Extra Bread and butter White x2	Y	Y				Y			M			M	Y																Y	
COM LN Extra Carrots 85g																													Y	Y
COM LN Extra Cheddar Cheese 28g													Y																Y	
COM LN Extra Cheesy Burger Slice x1													Y																Y	
COM LN Extra Cheesy Mashed Potato 284g													Y																Y	
COM LN Extra Chicken Burger x1	Y	Y																					Y	Y						
COM LN Extra Chips 150g																													Y	Y
COM LN Extra Chocolate Flake													Y																Y	
COM LN Extra Chocolate Sauce 28g												Y	M																Y	Y
COM LN Extra Cranberry Sauce 56g																													Y	Y

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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 LN Extra Cream 56ml													Y																Y	
COM LN Extra Cumberland Sausage	Y	Y																								Y				
COM LN Extra Custard													Y																Y	
COM LN Extra Fried Egg									Y																				Y	
COM LN Extra Fried Onions 56g																													Y	Y
COM LN Extra Garlic Mayonnaise 56g									Y																				Y	
COM LN Extra Gravy 100ml												Y																	Y	Y
COM LN Extra Grilled Tomato																													Y	Y
COM LN Extra Guacamole 28g																													Y	Y
COM LN Extra Ice Cream Scoop Chocolate												Y	Y																Y	
COM LN Extra Ice Cream Scoop Strawberry													Y																Y	
COM LN Extra Ice Cream Scoop Vanilla													Y																Y	
COM LN Extra Jalapenos 20g																													Y	Y
COM LN Extra Linseed Bun	Y	Y				Y																							Y	Y
COM LN Extra Mango Chutney 28g																													Y	Y
COM LN Extra Mashed Potato 284g													Y																Y	
COM LN Extra Mayonnaise 56g									Y															Y					Y	
COM LN Extra Mint Sauce																													Y	Y
COM LN Extra Mushroom Grilled																													Y	Y
COM LN Extra Mushroom Sauteed													M																Y	Y

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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 LN Extra Mushy Peas																													Y	Y
COM LN Extra Naan Bread	Y	Y											Y																Y	
COM LN Extra Peas 85g																													Y	Y
COM LN Extra Peppercorn Sauce												Y	Y																	
COM LN Extra Philly Cheese Sauce 50g													Y											Y					Y	
COM LN Extra Pilau Rice x1																							Y	Y					Y	Y
COM LN Extra Pineapple																													Y	Y
COM LN Extra Poppadum x1																													Y	
COM LN Extra Poppadums x3 and Mango Chutney 56g																													Y	
COM LN Extra Pulled Pork and Beef Chilli Sharer x2	Y					Y																	Y	Y						
COM LN Extra Pulled Pork and Beef Chilli x1	Y					Y																	Y	Y						
COM LN Extra Salsa																													Y	Y
COM LN Extra Sauce Classic Burger 56g	Y					Y			Y															Y					Y	
COM LN Extra Sauce Marie Rose 56g									Y	Y														Y						
COM LN Extra Sour Cream 28g													Y																Y	
COM LN Extra Sour Cream 56g													Y																Y	
COM LN Extra Southern Chicken Gravy																							Y							
COM LN Extra Stuffing Ball	Y	Y																											Y	Y
COM LN Extra Sweet Chilli Sauce 28g											M			M											M				Y	Y
COM LN Extra Tartare Sauce									Y																				Y	

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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 LN Extra Toast and Butter	Y	Y				Y			M			M	Y																Y	
COM LN Extra Veg Chilli Sharer x2												Y											Y						Y	Y
COM LN Extra Veg Chilli x1												Y											Y						Y	Y
COM LN Extra Veggie Burger x1	Y	Y											Y	M										Y	M				Y	
COM LN Extra Veggie Sausage	Y	Y				Y	Y																						Y	Y
COM LN Extra Yorkshire Pudding	Y	Y							Y			M	Y																Y	
COM LN NGCI Extra Bread and butter x2									Y				Y																Y	
COM LN Topper Beans																													Y	Y
COM LN Topper Beans n Cheese													Y																Y	
COM LN Topper Cheese													Y																Y	
COM LN Topper Chilli Cheese	Y					Y							Y										Y	Y						
COM LN Topper Hunters													Y																	
COM LN Topper Veg Chilli Cheese												Y	Y										Y						Y	
COM LN VGN Extra Ice Cream Scoop Vanilla																													Y	Y

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
Specials																														
COM LN SB Apricot Pork Belly												Y	Y																	
COM LN SB Burger Mushroom Bacon and Rarebit	Y	Y				Y			Y				Y											Y		Y				
COM LN SB Cod Mornay										Y		Y	Y																	
COM LN SB Half Roast Chicken	Y	Y																												
COM LN SB Mushroom Bourguignon Pie	Y	Y										Y	Y													Y			Y	
COM LN SB Red Wine & Mint Lamb Shank												Y	Y													Y				
COM LN SB Trio of Lamb Chops												Y																		
COM LN SB VGN Mushroom Bourguignon Pie	Y	Y										Y														Y			Y	Y
Specials Starters																														
COM LN SB Garlic Mushrooms	Y	Y										M	Y																Y	
COM LN SB Halloumi Fries	Y	Y									M	M	Y	M											M				Y	
COM LN SB Jumbo Shrimp	Y	Y				Y		Y	Y	M														Y		Y		M		
Specials Desserts																														
COM LN SB Chocolate and Salted Caramel Tart												Y	Y																Y	
COM LN SB Red Velvet Cheesecake	Y	Y							Y			Y	Y																Y	
COM LN SB VGN Chocolate and Salted Caramel Tart												Y	M																Y	Y

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 WET & FOOD 2022

Sunday - Standard (T1)

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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 LN Extra Pigs in Blankets x 10												Y														Y				
COM LN Extra Yorkshire Pudding	Y	Y							Y			M	Y																Y	
COM LN T1 Extra Roast Potatoes																													Y	Y
COM LN T1 Extra Sunday Veg																													Y	Y
COM LN T1 NGCI Sunday Roast Beef									Y			Y	Y											Y		Y				
COM LN T1 NGCI Sunday Roast Beef Child									Y			Y	Y											Y		Y				
COM LN T1 NGCI Sunday Roast Turkey												Y														Y				
COM LN T1 NGCI Sunday Roast Turkey Child												Y														Y				
COM LN T1 Sunday Roast Beef	Y	Y							Y			Y	Y											Y		Y				
COM LN T1 Sunday Roast Beef Child	Y	Y							Y			Y	Y											Y		Y				
COM LN T1 Sunday Roast Beef Large	Y	Y							Y			Y	Y											Y		Y				
COM LN T1 Sunday Roast Turkey	Y	Y							Y			Y	Y													Y				
COM LN T1 Sunday Roast Turkey Child	Y	Y							Y			Y	Y													Y				
COM LN T1 Sunday Roast Turkey Large	Y	Y							Y			Y	Y													Y				
COM LN T1 Sunday Roast Vegetarian	Y	Y							Y			Y	Y											Y					Y	
COM LN T1 Sunday Roast Vegetarian Child	Y	Y							Y			Y	Y											Y					Y	
NUT COM LN T1 Sunday Roast Vegetarian - Sausages	Y	Y				Y	Y		Y			Y	Y																Y	
NUT COM LN T1 Sunday Roast Vegetarian - Tart	Y	Y							Y			Y	Y																Y	

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
NUT COM LN T1 Sunday Roast Vegetarian - Wellington	Y	Y							Y			Y	Y											Y					Y	
NUT COM LN T1 Sunday Roast Vegetarian Child - Sausages	Y	Y				Y	Y		Y			Y	Y																Y	
NUT COM LN T1 Sunday Roast Vegetarian Child - Tart	Y	Y							Y			Y	Y																Y	
NUT COM LN T1 Sunday Roast Vegetarian Child - Wellington	Y	Y							Y			Y	Y											Y					Y	

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 WET & FOOD 2022

Sunday - Premium (T2)

Dish Name	Cereals containing Gluten :	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts :	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 LN Extra Cauliflower Cheese												Y	Y																Y	
COM LN Extra Pigs in Blankets x 10												Y														Y				
COM LN Extra Yorkshire Pudding	Y	Y							Y			M	Y																Y	
COM LN T2 Extra Roast Potatoes																										Y			Y	Y
COM LN T2 Extra Sunday Veg																													Y	Y
COM LN T2 NGCI Sunday Roast Chicken												Y														Y				
COM LN T2 NGCI Sunday Roast Chicken Child												Y														Y				
COM LN T2 NGCI Sunday Roast Topside of Beef									Y			Y	Y											Y		Y				
COM LN T2 NGCI Sunday Roast Topside of Beef Child									Y			Y	Y											Y		Y				
COM LN T2 Sunday Roast Chicken	Y	Y							Y			Y	Y													Y				
COM LN T2 Sunday Roast Chicken Child	Y	Y							Y			Y	Y													Y				
COM LN T2 Sunday Roast Chicken Large	Y	Y							Y			Y	Y													Y				
COM LN T2 Sunday Roast Topside of Beef	Y	Y							Y			Y	Y											Y		Y				
COM LN T2 Sunday Roast Topside of Beef Child	Y	Y							Y			Y	Y											Y		Y				
COM LN T2 Sunday Roast Topside of Beef Large	Y	Y							Y			Y	Y											Y		Y				
COM LN T2 Sunday Roast Vegetarian	Y	Y							Y			Y	Y											Y		Y			Y	
COM LN T2 Sunday Roast Vegetarian Child	Y	Y							Y			Y	Y											Y		Y			Y	
NUT COM LN T2 Sunday Roast Vegetarian - Sausages	Y	Y				Y	Y		Y			Y	Y													Y			Y	

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
NUT COM LN T2 Sunday Roast Vegetarian - Tart	Y	Y							Y			Y	Y													Y			Y	
NUT COM LN T2 Sunday Roast Vegetarian - Wellington	Y	Y							Y			Y	Y											Y		Y			Y	
NUT COM LN T2 Sunday Roast Vegetarian Child - Sausages	Y	Y				Y	Y		Y			Y	Y													Y			Y	
NUT COM LN T2 Sunday Roast Vegetarian Child - Tart	Y	Y							Y			Y	Y													Y			Y	
NUT COM LN T2 Sunday Roast Vegetarian Child - Wellington	Y	Y							Y			Y	Y											Y		Y			Y	

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 WET & FOOD 2022

Sunday - Premium Plus (T3)

Dish Name	Cereals containing Gluten :	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts :	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 LN Extra Cauliflower Cheese												Y	Y																Y	
COM LN Extra Pigs in Blankets x 3												Y														Y				
COM LN Extra Pigs in Blankets x 6												Y														Y				
COM LN Extra Roast Topside Beef 84g																														
COM LN Extra Roast Turkey 85g																														
COM LN Extra Yorkshire Pudding	Y	Y							Y			M	Y																Y	
COM LN T3 Extra Roast Potatoes 180g																										Y			Y	Y
COM LN T3 Extra Sunday Veg																													Y	Y
COM LN T3 NGCI Sunday Half Roast Chicken												Y														Y				
COM LN T3 NGCI Sunday Roast Topside of Beef									Y			Y	Y											Y		Y				
COM LN T3 NGCI Sunday Roast Topside of Beef Child									Y			Y	Y											Y		Y				
COM LN T3 NGCI Sunday Roast Turkey												Y														Y				
COM LN T3 NGCI Sunday Roast Turkey Child												Y														Y				
COM LN T3 Sunday Half Roast Chicken	Y	Y							Y			Y	Y													Y				
COM LN T3 Sunday Roast Topside of Beef	Y	Y							Y			Y	Y											Y		Y				
COM LN T3 Sunday Roast Topside of Beef Child	Y	Y							Y			Y	Y											Y		Y				
COM LN T3 Sunday Roast Turkey	Y	Y							Y			Y	Y													Y				
COM LN T3 Sunday Roast Turkey Child	Y	Y							Y			Y	Y													Y				

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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 LN T3 Sunday Roast Vegetarian	Y	Y							Y			Y	Y											Y		Y			Y	
COM LN T3 Sunday Roast Vegetarian Child	Y	Y							Y			Y	Y											Y		Y			Y	
NUT COM LN T3 KID Sunday Roast Vegetarian Cauliflower Cheese Tart	Y	Y							Y			Y	Y										Y	Y		Y			Y	
NUT COM LN T3 KID Sunday Roast Vegetarian Mushroom, Cheddar and E	Y	Y							Y			Y	Y											Y		Y			Y	
NUT COM LN T3 KID Sunday Roast Vegetarian Sausages	Y	Y				Y	Y		Y			Y	Y													Y			Y	
NUT COM LN T3 Sunday Roast Vegetarian Cauliflower Cheese Tart	Y	Y							Y			Y	Y										Y	Y		Y			Y	
NUT COM LN T3 Sunday Roast Vegetarian Mushroom, Broccoli, Cheddar a	Y	Y							Y			Y	Y											Y		Y			Y	
NUT COM LN T3 Sunday Roast Vegetarian Sausages	Y	Y				Y	Y		Y			Y	Y													Y			Y	

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 WET & FOOD 2022

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
Upgrades																														
COM LN Upgrade Cheesy Chips 150g													Y																Y	
COM LN Upgrade Cheesy Chips 284g													Y																Y	
COM LN Upgrade Cheesy Garlic Bread													Y																Y	
COM LN Upgrade Chips 150g (from Nachos)																													Y	Y
COM LN Upgrade Double Your Chips																													Y	Y
COM LN Upgrade Double Your Fries																													Y	Y
COM LN Upgrade Fries 125g																													Y	Y
COM LN Upgrade Fries 234g																													Y	Y
COM LN Upgrade Potato Wedges																													Y	Y
COM LN Upgrade Potato Wedges (from Nachos)																													Y	Y
COM LN Upgrade Sweet Potato Fries 150g																													Y	Y
COM LN Upgrade Sweet Potato Fries 284g																													Y	Y
Cake Cabinet																														
COM LN Best Ever Carrot Cake									Y				Y	M															Y	
COM LN Chocolate Eclair Cake	Y	Y							Y			Y	Y																Y	
COM LN NGCI Best Ever Carrot Cake									Y				Y	M															Y	

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 WET & FOOD 2022 - PIZZA

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
Starters/Sides																														
COM LN PK Cheesy Garlic Pizza Bread	Y	Y										M	Y																Y	
COM LN PK Garlic Dough Balls	Y	Y							Y			M																	Y	
COM LN PK Garlic Pizza Bread	Y	Y										M																	Y	Y
COM LN PK Mozzarella Dough Balls	Y	Y							Y			M	Y																Y	
COM LN PK VGN Cheese Dough Balls	Y	Y										M																	Y	Y
COM LN PK VGN Cheesy Garlic Pizza Bread	Y	Y										M																	Y	Y
COM LN PK VGN Garlic Dough Balls	Y	Y										M																	Y	Y

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 WET & FOOD 2022 - PIZZA

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
Mains																														
COM LN PK Chicken Supreme	Y	Y										M	Y																	
COM LN PK Chicken Supreme Salad	Y	Y										M	Y																	
COM LN PK Ham Mushroom and Mozzarella	Y	Y										M	Y																	
COM LN PK Ham Mushroom and Mozzarella Salad	Y	Y										M	Y																	
COM LN PK Margherita	Y	Y										M	Y																Y	
COM LN PK Margherita Salad	Y	Y										M	Y																Y	
COM LN PK Meat Lovers	Y	Y							Y			M	Y																	
COM LN PK Meat Lovers Salad	Y	Y							Y			M	Y																	
COM LN PK Pepperoni	Y	Y										M	Y																	
COM LN PK Pepperoni Salad	Y	Y										M	Y																	
COM LN PK Pizza Smoky BBQ	Y	Y										M	Y																	
COM LN PK Pizza Smoky BBQ Salad	Y	Y										M	Y																	
COM LN PK Veggie Delight	Y	Y										M	Y																Y	
COM LN PK Veggie Delight Salad	Y	Y										M	Y																Y	
COM LN PK VGN Margherita	Y	Y										M																	Y	Y
COM LN PK VGN Margherita Salad	Y	Y										M																	Y	Y
COM LN PK VGN Veggie Delight	Y	Y										M																	Y	Y
COM LN PK VGN Veggie Delight Salad	Y	Y										M																	Y	Y

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 WET & FOOD 2022 - PIZZA

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
Kids																														
COM LN Extra BBQ Sauce 56g																													Y	Y
COM LN Extra Garlic Mayonnaise 56g									Y																				Y	
COM LN PK Butchers Boy	Y	Y							Y			M	Y																	
COM LN PK Little Rita	Y	Y										M	Y																Y	
COM LN PK Pepperoni Party	Y	Y										M	Y																	
COM LN PK Texan Chick	Y	Y										M	Y																	
COM LN PK This Little Piggy	Y	Y										M	Y																	
COM LN PK VGN Little Rita	Y	Y										M																	Y	Y

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 WET & FOOD 2022 - PIZZA

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
Extra Toppings																														
COM LN PK Chicken Breast Pizza Topping																														
COM LN PK Extra Bacon Topping																														
COM LN PK Extra Chipotle Pulled Chicken Topping																														
COM LN PK Extra Honey Roast Ham Topping																														
COM LN PK Extra Jalapenos Topping 20g																													Y	Y
COM LN PK Extra Meatballs Topping	Y	Y							Y				Y																	
COM LN PK Extra Mozzarella Cheese Topping													Y																Y	
COM LN PK Extra Mushrooms Topping																													Y	Y
COM LN PK Extra Pepperoni Topping																														
COM LN PK Extra Pineapple Topping																													Y	Y
COM LN PK Extra Red Onion Topping																													Y	Y
COM LN PK Extra Sliced Mixed Peppers Topping																													Y	Y
COM LN PK Extra Sliced Tomatoes Topping																													Y	Y
COM LN PK VGN Extra Mozzarisella Topping																													Y	Y