

# 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	<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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### **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																					
FAM LN NGCI Mega Hunters Chicken												Y																	
FAM LN NGCI Mega Mixed Grill								Y																Y					

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<b>Pub Classics</b>																													
FAM LN Beef Lasagne	Y	Y		Y	Y			Y				Y																	
FAM LN Beef Lasagne Salad	Y	Y			Y			Y				Y																	
FAM LN Beer Battered Cod and Chips	Y	Y			Y			Y	Y			Y																	
FAM LN Breaded Scampi	Y	Y			Y		Y	Y				Y																	
FAM LN Curry Chicken Tikka Masala	Y	Y										Y									Y	Y		Y					
FAM LN Hunters Chicken	Y	Y										Y																	
FAM LN NGCI Chicken Tikka Masala												Y									Y	Y		Y					
FAM LN NGCI Hunters Chicken												Y																	
FAM LN NGCI Roasted Sweet Potato and Chickpea Tagine												Y									Y	Y		Y			Y		
FAM LN NGCI Sausage and Mash											Y	Y												Y					
FAM LN NGCI VGN Roasted Sweet Potato and Chickpea Tagine																					Y	Y		Y			Y	Y	
FAM LN Pasta Alfredo	Y	Y		Y	Y							Y									Y						Y		
FAM LN Pasta Alfredo Chicken	Y	Y		Y	Y							Y									Y								
FAM LN Roasted Sweet Potato and Chickpea Tagine												Y									Y	Y		Y			Y		
FAM LN Sausage and Mash	Y	Y									Y	Y												Y					
FAM LN Sausage and Mash Vegetarian	Y	Y			Y	Y						Y	Y														Y		
FAM LN Steak and Ale Pie	Y	Y			Y			Y				Y	Y																
FAM LN VGN Fishless Fish and Chips	Y	Y			Y																						Y	Y	

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FAM LN VGN Roasted Sweet Potato and Chickpea Tagine																			Y	Y		Y			Y	Y	







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<b>Loaded Chips</b>																												
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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	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Almonds							Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut											

**Sunday Sides**

FAM LN Extra Cauliflower Cheese												Y	Y													Y				Y	
FAM LN Extra Pigs in Blankets x 3												Y															Y				
FAM LN Extra Pigs in Blankets x 6												Y														Y					
FAM LN Extra Roast Potatoes 180g																										Y			Y	Y	
FAM LN Extra Roast Topside Beef 84g																															
FAM LN Extra Roast Turkey 85g																															
FAM LN Extra Stuffing Ball	Y	Y																											Y	Y	
FAM LN Extra Yorkshire Pudding	Y	Y							Y				Y																Y		
FAM LN KID Extra Yorkshire Pudding	Y	Y							Y				Y																Y		

**Monday Special Roast Meat Sandwiches - Till Only**

CRV 21 Carvery Ciabatta Beef and Horseradish	Y	Y				Y			Y			Y	Y												Y	Y				
CRV 21 Carvery Ciabatta Gammon and Mustard	Y	Y				Y			Y			Y	Y												Y	Y				
CRV 21 Carvery Ciabatta Turkey Stuffing and Cranberry	Y	Y				Y			Y			Y	Y												Y	Y				



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<b>Carvery</b>																													
CRV 21 Carvery Meatless Large	Y	Y			Y		Y			Y	Y											Y	Y					Y	
CRV 21 Carvery Meatless Regular	Y	Y			Y		Y			Y	Y											Y	Y					Y	
CRV 21 Carvery Meatless Small	Y	Y			Y		Y			Y	Y											Y	Y					Y	
CRV 21 Carvery Sliced Kids	Y	Y			Y		Y			Y	Y											Y	Y						
CRV 21 Carvery Sliced Large	Y	Y			Y		Y			Y	Y											Y	Y						
CRV 21 Carvery Sliced Regular	Y	Y			Y		Y			Y	Y											Y	Y						
CRV 21 Carvery Sliced Small	Y	Y			Y		Y			Y	Y											Y	Y						
CRV 21 Carvery Veg Kids	Y	Y			Y		Y			Y	Y											Y	Y					Y	
CRV 21 Carvery Veg Large	Y	Y			Y		Y			Y	Y											Y	Y					Y	
CRV 21 Carvery Veg Regular	Y	Y			Y		Y			Y	Y											Y	Y					Y	
CRV 21 Carvery Veg Small	Y	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	Y					
CRV 21 Carvery Sunday Large	Y	Y			Y			Y			Y	Y										Y	Y					
CRV 21 Carvery Sunday Meatless Large	Y	Y			Y			Y			Y	Y										Y	Y				Y	
CRV 21 Carvery Sunday Meatless Regular	Y	Y			Y			Y			Y	Y										Y	Y				Y	
CRV 21 Carvery Sunday Meatless Small	Y	Y			Y			Y			Y	Y										Y	Y				Y	
CRV 21 Carvery Sunday Regular	Y	Y			Y			Y			Y	Y										Y	Y					
CRV 21 Carvery Sunday Small	Y	Y			Y			Y			Y	Y										Y	Y					
CRV 21 Carvery Sunday Veg Kids	Y	Y			Y			Y			Y	Y										Y	Y				Y	
CRV 21 Carvery Sunday Veg Large	Y	Y			Y			Y			Y	Y										Y	Y				Y	
CRV 21 Carvery Sunday Veg Regular	Y	Y			Y			Y			Y	Y										Y	Y				Y	
CRV 21 Carvery Sunday Veg Small	Y	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																				
FAM LN LB Breaded Scampi	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																		
FAM LN Melt Rump Steak	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			Y											Y							
FAM LN Sandwich Cheese and Red Onion Chutney	Y	Y									Y												Y				Y		
FAM LN Sandwich Chicken and Bacon Club NAME CHANGE	Y	Y			Y			Y			Y											Y							























