

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 Carvery F.W.E Bolt On Menu August 2021

Dish Name	Cereals containing Gluten :											Nuts :																					
	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					
CRV 21 Carvery Meatless Large	Y	Y									Y	Y																Y			Y		
CRV 21 Carvery Meatless Regular	Y	Y										Y	Y																Y			Y	
CRV 21 Carvery Meatless Small	Y	Y										Y	Y																Y			Y	
CRV 21 Carvery Sliced Kids	Y	Y						Y				Y	Y																Y				
CRV 21 Carvery Sliced Large	Y	Y						Y				Y	Y																Y				
CRV 21 Carvery Sliced Regular	Y	Y						Y				Y	Y																Y				
CRV 21 Carvery Sliced Small	Y	Y						Y				Y	Y																Y				
CRV 21 Carvery Veg Kids	Y	Y						Y				Y	Y																Y			Y	
CRV 21 Carvery Veg Large	Y	Y						Y				Y	Y																Y			Y	
CRV 21 Carvery Veg Regular	Y	Y						Y				Y	Y																Y			Y	
CRV 21 Carvery Veg Small	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																												
CRV 21 Carvery Sunday Kids	Y	Y						Y			Y	Y													Y			
CRV 21 Carvery Sunday Large	Y	Y						Y			Y	Y													Y			
CRV 21 Carvery Sunday Meatless Large	Y	Y						Y			Y	Y												Y			Y	
CRV 21 Carvery Sunday Meatless Regular	Y	Y						Y			Y	Y												Y			Y	
CRV 21 Carvery Sunday Meatless Small	Y	Y						Y			Y	Y												Y			Y	
CRV 21 Carvery Sunday Regular	Y	Y						Y			Y	Y												Y				
CRV 21 Carvery Sunday Small	Y	Y						Y			Y	Y												Y				
CRV 21 Carvery Sunday Veg Kids	Y	Y						Y			Y	Y												Y			Y	
CRV 21 Carvery Sunday Veg Large	Y	Y						Y			Y	Y												Y			Y	
CRV 21 Carvery Sunday Veg Regular	Y	Y						Y			Y	Y												Y			Y	
CRV 21 Carvery Sunday Veg Small	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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Dish Name	Cereals containing Gluten :											Nuts :																
	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
Weekday																												
CRV 21 Carvery Meatless Large	Y	Y									Y	Y												Y			Y	
CRV 21 Carvery Meatless Regular	Y	Y									Y	Y												Y			Y	
CRV 21 Carvery Meatless Small	Y	Y									Y	Y												Y			Y	
CRV 21 Carvery Non FWE Kids	Y	Y						Y			Y	Y												Y				
CRV 21 Carvery Non FWE Large	Y	Y						Y			Y	Y												Y				
CRV 21 Carvery Non FWE Regular	Y	Y						Y			Y	Y												Y				
CRV 21 Carvery Non FWE Small	Y	Y						Y			Y	Y												Y				
CRV 21 Carvery Veg Kids	Y	Y						Y			Y	Y												Y			Y	
CRV 21 Carvery Veg Large	Y	Y						Y			Y	Y												Y			Y	
CRV 21 Carvery Veg Regular	Y	Y						Y			Y	Y												Y			Y	
CRV 21 Carvery Veg Small	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 Non FWE Regular											Y	Y												Y				
CRV 21 NGCI Carvery Non FWE Small											Y	Y												Y				

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CRV 21 Carvery Sunday Meatless Large	Y	Y						Y			Y	Y													Y			Y
CRV 21 Carvery Sunday Meatless Regular	Y	Y						Y			Y	Y													Y			Y
CRV 21 Carvery Sunday Meatless Small	Y	Y						Y			Y	Y													Y			Y
CRV 21 Carvery Sunday Non FWE Kids	Y	Y						Y			Y	Y													Y			
CRV 21 Carvery Sunday Non FWE Large	Y	Y						Y			Y	Y													Y			
CRV 21 Carvery Sunday Non FWE Regular	Y	Y						Y			Y	Y													Y			
CRV 21 Carvery Sunday Non FWE Small	Y	Y						Y			Y	Y													Y			
CRV 21 Carvery Sunday Veg Kids	Y	Y						Y			Y	Y													Y			Y
CRV 21 Carvery Sunday Veg Large	Y	Y						Y			Y	Y													Y			Y
CRV 21 Carvery Sunday Veg Regular	Y	Y						Y			Y	Y													Y			Y
CRV 21 Carvery Sunday Veg Small	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 Non FWE Regular											Y	Y													Y			
CRV 21 NGCI Carvery Sunday Non FWE Small											Y	Y													Y			

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Community DN21 (inc. Village, Willow & Toast)

Dish Name	Cereals containing Gluten :											Nuts :																	
	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	
COM DN Battered Chicken Strips	Y	Y										Y																	
COM DN Battered Chicken Strips Sharer	Y	Y										Y																	
COM DN Cauliflower Wings	Y	Y			Y																						Y	Y	
COM DN Cauliflower Wings Sharer	Y	Y			Y																						Y	Y	
COM DN Cheese and Bacon Crispy Potato Skins												Y											Y						
COM DN Chicken Wings																													
COM DN Chicken Wings Sharer																													
COM DN Crispy Jumbo Prawns	Y	Y					Y																Y						
COM DN Crispy Jumbo Prawns Sharer	Y	Y					Y																Y						
COM DN Golden Breaded Mushrooms	Y	Y						Y																				Y	
COM DN Mexican Nachos												Y											Y				Y		
COM DN Mexican Nachos Sharer												Y											Y				Y		
COM DN NGCI Cheese and Bacon Crispy Potato Skins												Y											Y						
COM DN NGCI Chicken Wings																													
COM DN NGCI Chicken Wings Sharer																													
COM DN NGCI Mexican Nachos												Y											Y				Y		
COM DN NGCI Mexican Nachos Sharer												Y											Y				Y		
COM DN NGCI Soup of the Day								Y				Y															Y		

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Burgers

COM DN Burger Chilli Cheese	Y	Y			Y						Y										Y	Y	Y					
COM DN Burger Chilli Cheese L	Y	Y			Y						Y										Y	Y	Y					
COM DN Burger Chilli Cheese XL	Y	Y			Y						Y										Y	Y	Y					
COM DN Burger Classic Beef	Y	Y																				Y	Y	Y				
COM DN Burger Classic Beef L	Y	Y																				Y	Y	Y				
COM DN Burger Classic Beef XL	Y	Y																				Y	Y	Y				
COM DN Burger Classic Chicken	Y	Y									Y										Y	Y	Y					
COM DN Burger Classic Chicken L	Y	Y									Y										Y	Y	Y					
COM DN Burger Classic Chicken XL	Y	Y									Y										Y	Y	Y					
COM DN Burger Cowboy	Y	Y									Y											Y	Y	Y				
COM DN Burger Cowboy L	Y	Y									Y											Y	Y	Y				
COM DN Burger Cowboy XL	Y	Y									Y											Y	Y	Y				
COM DN Burger Inferno Chicken	Y	Y									Y										Y	Y	Y					
COM DN Burger Inferno Chicken L	Y	Y									Y										Y	Y	Y					
COM DN Burger Inferno Chicken XL	Y	Y									Y										Y	Y	Y					
COM DN Burger Skinny Chilli Cheese	Y	Y			Y						Y										Y	Y	Y					
COM DN Burger Skinny Classic Beef	Y	Y																				Y	Y	Y				
COM DN Burger Skinny Classic Chicken	Y	Y									Y										Y	Y	Y					

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Pub Classics																												
COM DN Beef Lasagne	Y	Y			Y			Y			Y										Y							
COM DN Beef Lasagne Under 450	Y	Y			Y			Y			Y										Y							
COM DN Beer Battered Cod and Chips	Y	Y			Y			Y	Y		M																	
COM DN Chicken Tikka Masala	Y	Y									Y										Y	Y		Y				
COM DN Hunters Chicken											Y																	
COM DN NGCI Chicken Tikka Masala											Y										Y	Y		Y				
COM DN NGCI Hunters Chicken											Y																	
COM DN NGCI Sausage and Mash											Y	Y												Y				
COM DN NGCI VGN Vegetable and Lentil Chilli											Y										Y			Y			Y	Y
COM DN Sausage and Mash											Y	Y												Y				
COM DN Steak and Ale Pie	Y	Y			Y			Y			Y	Y																
COM DN Steak and Ale Pie (Peters)	Y	Y			Y			Y			Y	Y																
COM DN Veggie Sausage and Mash	Y	Y			Y	Y					Y	Y																Y
COM DN VGN Lentil and Butternut Lasagne	Y	Y			Y						Y											Y		Y			Y	Y
COM DN VGN Lentil and Butternut Lasagne Under 450	Y	Y			Y						Y											Y		Y			Y	Y
COM DN VGN Mushroom Bourguignon Pie	Y	Y									Y													Y			Y	Y
COM DN VGN Peppered Mushroom and Root Veg Pie	Y	Y									Y																Y	Y
COM DN VGN Vegetable and Lentil Chilli	Y	Y									Y										Y			Y			Y	Y

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Core Light Bites

COM DN LC Gammon 4oz								Y																						
COM DN LC Hunters Chicken											Y																			
COM DN LC Sausage and Mash										Y	Y													Y						
COM DN LC Scampi and Chips	Y	Y					Y	Y																						
COM DN LC Veggie Sausage and Mash	Y	Y			Y	Y				Y	Y																	Y		
COM DN LC VGN Vegetable and Lentil Chilli										Y											Y			Y				Y	Y	
COM DN NGCI LC Gammon 4oz								Y																						
COM DN NGCI LC Hunters Chicken											Y																			
COM DN NGCI LC Sausage and Mash										Y	Y													Y						
COM DN NGCI LC VGN Vegetable and Lentil Chilli										Y											Y			Y				Y	Y	

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Core Sandwiches

COM DN NGCI Sandwich Cheese and Onion								Y			Y																	Y	
COM DN NGCI Sandwich Chicken and Bacon Club								Y														Y							
COM DN NGCI Sandwich Tuna Mayo Melt								Y	Y		Y											Y							
COM DN Onion Rings x3	Y	Y																									Y	Y	
COM DN Sandwich Cheese and Onion	Y	Y			Y						Y																Y		
COM DN Sandwich Chicken and Bacon Club	Y	Y			Y			Y														Y							
COM DN Sandwich Crispy Chicken BBQ Melt Baguette	Y	Y									Y										Y								
COM DN Sandwich Tuna Mayo Melt Baguette	Y	Y						Y	Y		Y											Y							

Chip Toppers - Till Only

COM DN Topper Beans																												Y	Y
COM DN Topper Beans n Cheese											Y																	Y	
COM DN Topper Cheese											Y																	Y	
COM DN Topper Chilli Cheese	Y				Y						Y										Y	Y							
COM DN Topper Hunters											Y																		
COM DN Topper Veg Chilli Cheese											Y	Y									Y			Y			Y		
COM DN Topper VGN Veg Chilli											Y										Y			Y			Y	Y	

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Curry Night																													
COM DN Beef Madras	Y	Y										Y										Y							
COM DN Chicken Korma Curry	Y	Y										Y	Y	Y								Y		Y					
COM DN Chicken Tikka Masala	Y	Y										Y									Y	Y		Y					
COM DN NGCI Beef Madras												Y										Y							
COM DN NGCI Chicken Korma Curry												Y	Y	Y								Y		Y					
COM DN NGCI Chicken Tikka Masala												Y									Y	Y		Y					
COM DN NGCI Vegetable Jalfrezi																						Y							Y
COM DN Poppadum																													Y
COM DN Poppadums and Dips																													Y
COM DN Vegetable Jalfrezi	Y	Y										Y										Y						Y	
COM DN VGN Vegetable Jalfrezi																						Y						Y	Y

