

# 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	<b><u>Cereals containing Gluten :</u></b>										Milk	<b><u>Nuts :</u></b>														
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts		Soybeans	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs

### Starters

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 Cheesy Nachos										Y	Y											Y				Y	
FAM DN NGCI Prawn Cocktail							Y	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	Y					
FAM DN Soup of the Day	Y	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	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.

## **FAM DN 2020**

Dish Name	<b>Cereals containing Gluten :</b>											<b>Nuts :</b>											Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs	Suitable for Vegetarians	Suitable for Vegans			
	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													
<b>Grill Sauces</b>																																	
FAM DN Extra Sauce Diane	Y	Y										Y													Y	Y		Y					
FAM DN Extra Sauce Garlic Mushroom												Y																			Y		
FAM DN Extra Sauce Peppercorn												Y													Y								
FAM DN Extra Sauce Port and Stilton	Y	Y										Y												Y			Y						
<b>Grill Sides and Extras</b>																																	
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		
<b>Mega Meals</b>																																	
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					

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

**FAM DN 2020**

Dish Name	<b>Cereals containing Gluten :</b>											<b>Nuts :</b>																
	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
<b>Loaded Chips</b>																												
FAM DN Chip Topper Chicken Katsu	Y	Y									Y	Y									Y	Y						
FAM DN Chip Topper Sloppy Joe	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.

## **FAM DN 2020**

Dish Name	<b>Cereals containing Gluten :</b>										<b>Nuts :</b>																						
	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					
<b>Sunday Roasts</b>																																	
FAM DN KID Sunday Roast Topside of Beef (PJ)	Y	Y						Y			Y	Y																	Y				
FAM DN KID Sunday Roast Turkey (PJ)	Y	Y						Y			Y	Y																	Y				
FAM DN KID Sunday Roast Vegetarian (PJ)	Y	Y						Y			Y	Y																	Y			Y	
FAM DN NGCI KID Sunday Roast Topside of Beef (PJ)											Y																		Y				
FAM DN NGCI KID Sunday Roast Turkey (PJ)											Y																		Y				
FAM DN NGCI Sunday Half Roast Chicken (PJ)											Y																		Y				
FAM DN NGCI Sunday Roast Topside of Beef (PJ)											Y																		Y				
FAM DN NGCI Sunday Roast Turkey (PJ)											Y																		Y				
FAM DN Sunday Half Roast Chicken (PJ)	Y	Y						Y			Y	Y																	Y				
FAM DN Sunday Roast Topside of Beef (PJ)	Y	Y						Y			Y	Y																	Y				
FAM DN Sunday Roast Turkey (PJ)	Y	Y						Y			Y	Y																	Y				
FAM DN Sunday Roast Vegetarian (PJ)	Y	Y						Y			Y	Y																	Y				Y
<b>Sunday Sides</b>																																	
FAM DN Extra Cauliflower Cheese PJ											Y	Y																	Y			Y	
FAM DN Extra Pigs in Blankets x 3											Y																		Y				
FAM DN Extra Pigs in Blankets x 6											Y																		Y				
FAM DN Extra Roast Potatoes 180g PJ																													Y			Y	Y
FAM DN Extra Yorkshire Pudding PJ	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.

## **FAM DN 2020**

Dish Name	<b>Cereals containing Gluten :</b>											<b>Nuts :</b>															
	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

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

FAM DN Carvery Ciabatta Beef and Horseradish	Y	Y						Y			Y	Y										Y							
FAM DN Carvery Ciabatta Honey-Glazed Gammon and Mustard	Y	Y										Y	Y									Y		Y					
FAM DN Carvery Ciabatta Turkey Stuffing and Cranberry	Y	Y										Y	Y																

### **Trade Ups and Upsells**

FAM DN PK Upgrade Stuff Your Base	Y	Y										Y																Y	
FAM DN Upgrade Cheesy Garlic Bread												Y																Y	
FAM DN Upgrade Double Your Chips																												Y	Y
FAM DN Upgrade Potato Wedges																												Y	Y
FAM DN Upgrade Potato Wedges (from Nachos)																												Y	Y
FAM DN Upgrade Sweet Potato Fries 150g																												Y	Y
FAM DN Upgrade Sweet Potato Fries 284g																												Y	Y

### **Carvery Ciabatta**

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							





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	<b>Cereals containing Gluten :</b>											<b>Nuts :</b>															
	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

**Carvery**

CRV 21 Carvery Meatless Large	Y	Y			Y			Y			Y	Y										Y	Y				Y	
CRV 21 Carvery Meatless Medium	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 Medium	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 Medium	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 Medium											Y	Y											Y				Y	
CRV 21 NGCI Carvery Meatless Small											Y	Y											Y				Y	
CRV 21 NGCI Carvery Medium											Y	Y											Y					
CRV 21 NGCI Carvery Small											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.

**FAM DN 2020**

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

**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 Medium	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 Medium	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 Medium	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 Medium											Y	Y											Y				Y	
CRV 21 NGCI Carvery Sunday Meatless Small											Y	Y											Y				Y	
CRV 21 NGCI Carvery Sunday Medium											Y	Y											Y					
CRV 21 NGCI Carvery Sunday Small											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.

## FAM DN 2020

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

### Sandwiches & Light Bites

FAM DN LB Beer Battered Cod and Chips	Y	Y			Y			Y	Y																				
FAM DN LB Breaded Scampi	Y	Y					Y	Y																					
FAM DN LB Hunters Chicken	Y	Y			Y						Y																		
FAM DN LB Sausage and Mash	Y	Y								Y	Y													Y					
FAM DN LB Sausage and Mash Vegetarian	Y	Y			Y	Y					Y	Y																Y	
FAM DN LB VGN Fishless Fish and Chips	Y	Y			Y																							Y	Y
FAM DN Melt BBQ Chicken	Y	Y			Y						Y																		
FAM DN Melt Rump Steak	Y	Y									Y													Y					
FAM DN NGCI Melt BBQ Chicken								Y			Y																		
FAM DN NGCI Melt Rump Steak								Y			Y													Y					
FAM DN NGCI Sandwich Cheese and Red Onion Chutney								Y			Y													Y				Y	
FAM DN NGCI Sandwich Chicken and Bacon Club								Y			Y												Y						
FAM DN Sandwich Cheese and Red Onion Chutney	Y	Y									Y													Y				Y	
FAM DN Sandwich Chicken and Bacon Club	Y	Y			Y			Y			Y												Y						

### May 21 Specials Starters

FAM DN SB Blue Cheese Souffle								Y			Y												Y	Y				Y	
FAM DN SB NGCI Blue Cheese Souffle								Y			Y												Y	Y				Y	
FAM DN SB Southern Fried Chicken Bites	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.

**FAM DN20 - Pizza**

Dish Name	<b><u>Cereals containing Gluten :</u></b>											<b><u>Nuts :</u></b>															
	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

**KIDS - Pizza**

FAM DN PK KID Butchers Boy Pizza	Y	Y			Y			Y			Y											Y							
FAM DN PK KID Little Rita Pizza	Y	Y						Y			Y											Y						Y	
FAM DN PK KID Pepperoni Party Pizza	Y	Y						Y			Y											Y							
FAM DN PK KID Pizza Party	Y	Y			Y			Y			Y																		
FAM DN PK KID Texan Chick Pizza	Y	Y			Y			Y			Y										Y	Y							
FAM DN PK KID This Little Piggy Pizza	Y	Y						Y			Y											Y							

