

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 2022 T1 (Standard) Sunday Roasts

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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COMMUNITY 2022 T1 (Standard) Sunday Roasts

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	
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	

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COMMUNITY 2022 T3 (Premium Plus) Sunday Roasts

Dish Name	Cereals containing Gluten :							Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts :											Suitable for Vegetarians	Suitable for Vegans					
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Almonds							Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Celery	Mustard	Sesame	Sulphur dioxide/sulphites			Lupin	Molluscs			
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	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		

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COMMUNITY WET & FOOD 2022

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 LN Brie Dippers Grazer	Y	Y									Y													Y			Y	
COM LN Brie Dippers Sharer	Y	Y									Y													Y			Y	
COM LN Brie Dippers Starter	Y	Y									Y													Y			Y	
COM LN Cheese and Bacon Crispy Potato Skins											Y																	
COM LN Chicken Wings Grazer	Y	Y																						Y				
COM LN Chicken Wings Sharer	Y	Y																						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				
COM LN Crispy Jumbo Prawns Sharer	Y	Y					Y																	Y				
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	Y
COM LN Extra Veg Chilli x1											Y											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	

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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								
COM LN NGCI Burger Skinny Ultimate Beef													Y									Y						
COM LN NGCI Burger Ultimate Beef													Y									Y						

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Pub Classics																												
COM LN Beef Lasagne	Y	Y						Y				Y	Y	Y														
COM LN Beef Lasagne Chips	Y	Y						Y				Y	Y	Y														
COM LN Beef Lasagne Salad	Y	Y						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			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	Y
COM LN Pasta Alfredo	Y	Y										Y									Y						Y	
COM LN Pasta Alfredo Chicken	Y	Y										Y									Y							
COM LN Pasta Alfredo Chicken Salad	Y	Y										Y									Y							

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COM LN NGCI Sandwich Cheese and Chutney								Y			Y													Y			Y	
COM LN NGCI Sandwich Chicken and Bacon Club								Y														Y						
COM LN NGCI Sandwich Rump Steak Melt								Y			Y													Y				
COM LN NGCI Sandwich Tuna Mayo Melt								Y	Y		Y											Y						
COM LN Sandwich Cheese and Chutney	Y	Y			Y						Y													Y			Y	
COM LN Sandwich Chicken and Bacon Club	Y	Y			Y			Y														Y						
COM LN Sandwich Crispy Chicken BBQ Melt Baguette	Y	Y									Y	Y									Y							
COM LN Sandwich Fish Finger	Y	Y			Y			Y	Y		Y																	
COM LN Sandwich Rump Steak Melt Baguette	Y	Y									Y													Y				
COM LN Sandwich Tuna Mayo Melt Baguette	Y	Y						Y	Y		Y											Y						

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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																	
COM LN KID VGN Ice Cream Sundae											Y																Y	Y	

Curry Club

COM LN Beef Madras	Y	Y										Y									Y	Y							
COM LN Chicken Korma Curry	Y	Y										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 Korma Curry												Y	Y	Y							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	

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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 Pilau Rice x1																											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		
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 Stuffing Ball	Y	Y																										Y	Y
COM LN Extra Sweet Chilli Sauce 28g																												Y	Y
COM LN Extra Tartare Sauce								Y																				Y	
COM LN Extra Toast and Butter	Y	Y			Y								Y															Y	
COM LN Extra Veg Chilli Sharer x2												Y															Y	Y	Y

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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		

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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	

