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 August 2021 Specials

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																														
FAM LN SB Garlic Mushrooms	Y	Y			Y	Y							Y																Y	
FAM LN SB Jumbo Shrimp	Y	Y						Y	Y															Y		Y				
Mains																														
FAM LN SB Apricot Pork Belly												Y	Y																	
FAM LN SB Burger Mushroom Bacon and Rarebit	Y	Y				Y			Y				Y											Y						
FAM LN SB Cod Mornay										Y		Y	Y													Y				
FAM LN SB Minted Lamb Shank	Y	Y										Y	Y																	
FAM LN SB Mushroom Bourguignon Pie	Y	Y										Y	Y													Y			Y	
FAM LN SB Red Wine and Minted Lamb Shank												Y	Y													Y				
FAM LN SB VGN Mushroom Bourguignon Pie	Y	Y										Y														Y			Y	Y
Desserts																														
FAM LN SB Chocolate and Salted Caramel Tart												Y	Y																Y	
FAM LN SB Red Velvet Cheesecake	Y	Y							Y			Y	Y	Y	Y	Y	Y		Y		Y								Y	
FAM LN SB VGN Chocolate and Salted Caramel Tart												Y																	Y	Y

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FAM August 2021 Specials

Wastage Specials

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
FAM LN Ciabatta Topside Beef and Horseradish	Y	Y			Y				Y			Y	Y											Y		Y				
FAM LN Ciabatta Turkey and Cranberry	Y	Y			Y							Y														Y				
FAM LN Extra Sunday Veg																													Y	Y
FAM LN SB Half Roast Chicken	Y	Y																												
FAM LN SB Ham and Eggs									Y																					
FAM LN SB Pork and Creamy Peppercorn Sauce													Y										Y							

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FAM Carvery July 2021 Nutritional Menu

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
Carvery																														
COR Beef Silverside FWE Small																														
COR Gammon FWE Small																														
COR Kale Fresh																													Y	Y
COR Mash Carvery (2.5kg)													Y																Y	
COR Peas Frozen (2.5kg)																													Y	Y
COR Pigs in Blankets												Y														Y				
COR Pork Belly FWE																														
COR Sunday Gravy (2.5ltr)												Y																	Y	Y
COR Turkey Breast Non-FWE Small																														
COR Yorkshire Pud Home-made (14ea)	Y	Y							Y				Y																Y	
CRV 21 Broccoli and Cheddar Wellington (Batch)	Y	Y							Y				Y											Y					Y	
CRV 21 Broccoli Cheese Frozen (Batch)												Y	Y													Y			Y	
CRV 21 Butternut Squash and Red Onion Roasted (Batch)																													Y	Y
CRV 21 Cauliflower Cheese (Batch)												Y	Y													Y			Y	
CRV 21 Cauliflower Cheese Tart (Batch)	Y	Y							Y				Y																Y	
CRV 21 Dauphinoise Potatoes (Batch)	Y	Y							Y				Y																Y	
CRV 21 Glazed Chunky Carrots (Batch)																													Y	Y
CRV 21 Peas Frozen Minted (Batch)																													Y	Y

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CRV 21 Potatoes New Minted (Batch)																													Y	Y
CRV 21 Potatoes Roast Fresh (Batch)																										Y			Y	Y
CRV 21 Seasoned Swede Mash (Batch)																													Y	Y
CRV 21 Shredded Savoy Cabbage (Batch)																													Y	Y
CRV 21 Shredded Spring Greens (Batch)																													Y	Y
CRV 21 Sliced Leeks (Batch)																													Y	Y
CRV 21 Stuffing Sage and Onion Dry Mix (Batch)	Y	Y																											Y	Y
CRV 21 Sunday Roast Chunky Carrots (Batch)																													Y	Y

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FAM Kids menu July 2021 - Nurtrition purpose only

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
Starter																														
FAM LN KID Garlic Bread Starter	Y	Y			Y	Y																							Y	Y
FAM LN KID Salad Sticks Starter																													Y	Y
Mains																														
COR Baked Beans 100g																													Y	Y
COR Carrots Frozen (2.5kg)																													Y	Y
COR Chips Coated 150g																													Y	Y
COR Mash with Flora Dairy-Free 150g													Y																Y	
COR Peas Frozen (2.5kg)																													Y	Y
COR Potato Waffles Mini																													Y	Y
FAM LN KID Beef Burger	Y	Y																												
FAM LN KID Choice Step 2 Carb (Mandatory)																													Y	Y
FAM LN KID Choice Step 3 Veg (Mandatory)																													Y	Y
FAM LN KID Four Crispy Chicken Dippers	Y	Y											Y																	
FAM LN KID Salad Sticks (Batch)																													Y	Y
FAM LN KID Three Fish Fillet Fingers	Y	Y								Y																				
FAM LN KID Two Pork Sausages																										Y				
FAM LN KID Two Veggie Sausages	Y	Y				Y	Y																						Y	Y

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Dessert																														
FAM LN KID Chocolate Brownie	Y	Y							Y			Y	Y																Y	
FAM LN KID Ice Cream Sundae	Y	Y							Y			Y	Y																Y	
FAM LN KID Jelly and Ice Cream													Y																	
FAM LN KID VGN Ice Cream Sundae												Y																	Y	Y

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Starters																														
FAM LN Brie Dippers	Y	Y											Y													Y			Y	
FAM LN Buffalo Chicken Wings													Y																	
FAM LN Cheesy Nachos												Y	Y													Y			Y	
FAM LN Crispy Buttermilk Chicken	Y	Y											Y										Y							
FAM LN Golden Breaded Mushrooms	Y	Y							Y																				Y	
FAM LN NGCI Buffalo Chicken Wings													Y																	
FAM LN NGCI Cheesy Nachos												Y	Y													Y			Y	
FAM LN NGCI Prawn Cocktail								Y	Y	Y			M											Y						
FAM LN NGCI Soup of the Day									Y				Y										Y			Y			Y	
FAM LN NGCI VGN Nachos																													Y	Y
FAM LN NGCI VGN Soup of the Day																							Y			Y			Y	Y
FAM LN Prawn Cocktail	Y	Y				Y		Y	Y	Y			M											Y						
FAM LN Soup of the Day	Y	Y				Y							Y										Y			Y			Y	
FAM LN VGN Buffalo Cauliflower Wings	Y	Y				Y																							Y	Y
FAM LN VGN Nachos																													Y	Y
FAM LN VGN Soup of the Day	Y	Y				Y							M										Y						Y	Y

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Sharers																														
FAM LN Beer Battered Onion Rings to Share	Y	Y																											Y	Y
FAM LN Brie Dippers to Share	Y	Y											Y													Y			Y	
FAM LN Cheesy Nachos to Share												Y	Y													Y			Y	
FAM LN NGCI Cheesy Nachos to Share												Y	Y													Y			Y	
FAM LN NGCI VGN Nachos to Share																													Y	Y
FAM LN VGN Nachos to Share																													Y	Y
FAM LN VGN Onion Rings to Share	Y	Y																											Y	Y
Salads																														
FAM LN NGCI Salad Grilled Chicken and Bacon																										Y				
FAM LN Salad Grilled Chicken and Bacon																										Y				
FAM LN VGN Salad Buffalo Cauliflower Wings	Y	Y				Y																				Y			Y	Y

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Grills																														
FAM LN Mixed Grill	Y	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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Pub Classics																														
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			M																	
FAM LN Breaded Scampi	Y	Y				Y		Y	Y				M																	
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 Steak and Ale Pie (Peters)	Y	Y				Y			Y			Y	Y																	

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FAM LN VGN Fishless Fish and Chips	Y	Y				Y																							Y	Y
FAM LN VGN Roasted Sweet Potato and Chickpea Tagine																							Y	Y		Y			Y	Y

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Burgers																														
FAM LN Burger BBQ Chicken	Y	Y				Y			Y				Y										Y	Y						
FAM LN Burger BBQ Chicken Double	Y	Y				Y			Y				Y										Y	Y						
FAM LN Burger The Classic Beef Double	Y	Y				Y			Y															Y						
FAM LN Burger The Classic Beef Mega	Y	Y				Y			Y															Y						
FAM LN Burger The Classic Beef Triple	Y	Y				Y			Y															Y						
FAM LN Burger The Classic Chicken	Y	Y				Y			Y				Y										Y	Y						
FAM LN Burger The Classic Chicken Double	Y	Y				Y			Y				Y										Y	Y						
FAM LN Burger The Cowboy Double	Y	Y				Y			Y				Y											Y						
FAM LN Burger The Cowboy Mega	Y	Y				Y			Y				Y											Y						
FAM LN Burger The Cowboy Triple	Y	Y				Y			Y				Y											Y						
FAM LN Burger The Knock Out Double	Y	Y				Y			Y			Y	Y										Y	Y		Y				
FAM LN Burger The Knock Out Mega	Y	Y				Y			Y			Y	Y										Y	Y		Y				
FAM LN Burger The Knock Out Triple	Y	Y				Y			Y			Y	Y										Y	Y		Y				
FAM LN NGCI Burger The Classic Double																														
FAM LN NGCI Burger The Classic Mega																														
FAM LN NGCI Burger The Classic Triple																														
FAM LN NGCI Burger The Cowboy Double													Y																	
FAM LN NGCI Burger The Cowboy Mega													Y																	

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FAM LN NGCI Burger The Cowboy Triple													Y																	
FAM LN VGN Burger BBQ Jackfruit	Y	Y				Y	Y																	Y		Y			Y	Y
FAM LN VGN Burger BBQ Jackfruit Double	Y	Y				Y	Y																	Y		Y			Y	Y
Burger Toppers																														
FAM LN Extra Bacon Rasher																														
FAM LN Extra Cheese American Style Slice													Y																Y	
FAM LN Extra Cheese Cheddar 56g													Y																Y	
FAM LN Extra Cheese Stilton 28g													Y																Y	
FAM LN Extra Egg Fried									Y																				Y	
FAM LN Extra Jalapenos 20g																													Y	Y
FAM LN Extra Mushroom Grilled																													Y	Y

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Side Orders																														
FAM LN Extra BBQ Jackfruit																								Y		Y			Y	Y
FAM LN Extra Beef Chilli												Y												Y		Y				
FAM LN Extra Bread and Spread Brown x 2 Slice	Y	Y				Y							M																Y	Y
FAM LN Extra Bread and Spread White x 2 Slice	Y	Y				Y							M																Y	Y
FAM LN Extra Chicken Breast																														
FAM LN Extra Chicken Goujons x 3	Y	Y											Y										Y							
FAM LN Extra Chips 284g																													Y	Y
FAM LN Extra Garlic Ciabatta	Y	Y			Y	Y																							Y	Y
FAM LN Extra Garlic Ciabatta Cheesy	Y	Y			Y	Y							Y																Y	
FAM LN Extra House Salad																										Y			Y	Y
FAM LN Extra Onion Rings x 8	Y	Y																											Y	Y
FAM LN Extra Onion Rings x3	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 Sauce Chip Shop Curry 100g	Y	Y										Y											Y	Y		Y			Y	
FAM LN Extra Sweet Potato Fries 284g																													Y	Y

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Loaded Chips																														
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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Desserts																														
FAM LN Bramley Apple Pie	Y	Y											Y													Y			Y	
FAM LN Chocolate Crownie	Y	Y							Y			Y	Y																Y	
FAM LN Chocolate Fudge Cake									Y			Y	Y																Y	
FAM LN Chocolate Indulgence Sundae												Y	Y																Y	
FAM LN Chocolate Indulgence Sundae to Share												Y	Y																Y	
FAM LN Jam Roly Poly	Y	Y							Y				Y																Y	
FAM LN NGCI Chocolate Fudge Cake									Y			Y	Y																Y	
FAM LN NGCI Chocolate Indulgence Sundae												Y	Y																Y	
FAM LN NGCI Chocolate Indulgence Sundae Sharer												Y	Y																Y	
FAM LN NGCI Praline Chocolate Tart												Y	Y	Y	Y	Y	Y	Y											Y	
FAM LN NGCI Simply Delicious Ice Cream												Y	Y																Y	
FAM LN NGCI Sticky Toffee Pudding									Y				Y																Y	
FAM LN NGCI VGN Praline Chocolate Tart												Y		Y	Y	Y	Y	Y											Y	Y
FAM LN NGCI VGN Simply Delicious Ice Cream																													Y	Y
FAM LN Praline Chocolate Tart												Y	Y	Y	Y	Y	Y	Y											Y	
FAM LN SB Red Velvet Cheesecake	Y	Y							Y			Y	Y	Y	Y	Y	Y		Y		Y								Y	
FAM LN Sicilian Lemon Muffin Cheesecake	Y	Y							Y			Y	Y																	
FAM LN Simply Delicious Ice Cream												Y	Y																Y	

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FAM LN Sticky Toffee Pudding									Y				Y																Y	
FAM LN VGN Bramley Apple Pie	Y	Y																								Y			Y	Y
FAM LN VGN Praline Chocolate Tart												Y		Y	Y	Y	Y	Y											Y	Y
FAM LN VGN Simply Delicious Ice Cream																													Y	Y
Random Extras - Till Only																														
FAM LN Extra Chocolate Flake													Y																Y	
FAM LN Extra Custard 100g													Y																Y	
FAM LN Extra Jacket Potato																													Y	Y
FAM LN Extra Mash Potato 284g													Y																Y	
FAM LN Extra Naan Bread	Y	Y																											Y	Y
FAM LN Extra Poppadom																													Y	
FAM LN Extra Prawns 80g								Y																						
FAM LN Extra Sauce Classic Burger 56g	Y					Y			Y															Y					Y	
FAM LN VGN Extra Ice Cream Scoop Vanilla																													Y	Y
KIDS- Starters																														
FAM LN KID Garlic Bread Starter	Y	Y			Y	Y																							Y	Y
FAM LN KID Salad Sticks Starter																													Y	Y

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KIDS - Mains																														
FAM LN KID Beef Burger	Y	Y																												
FAM LN KID Choice Step 2 Carb (Mandatory)																													Y	Y
FAM LN KID Choice Step 3 Veg (Mandatory)																													Y	Y
FAM LN KID Four Crispy Chicken Dippers	Y	Y											Y																	
FAM LN KID Three Fish Fillet Fingers	Y	Y								Y																				
FAM LN KID Two Pork Sausages																										Y				
FAM LN KID Two Veggie Sausages	Y	Y				Y	Y																						Y	Y
KIDS - Desserts																														
FAM LN KID Chocolate Brownie	Y	Y							Y			Y	Y																Y	
FAM LN KID Ice Cream Sundae	Y	Y							Y			Y	Y																Y	
FAM LN KID Jelly and Ice Cream													Y																	
FAM LN KID VGN Ice Cream Sundae												Y																	Y	Y

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KIDS - Extras																														
FAM LN KID Extra Bacon																														
FAM LN KID Extra Cheese													Y																Y	
FAM LN KID Extra Chicken Breast																														
FAM LN KID Extra Chicken Dippers	Y	Y											Y																	
FAM LN KID Extra Fish Fingers	Y	Y								Y																				
FAM LN KID Extra Mashed Potato													Y																Y	
FAM LN KID Extra Mini Potato Waffles																													Y	Y
FAM LN KID Extra Pork Sausage																										Y				
FAM LN KID Extra Veggie Sausage	Y	Y				Y	Y																						Y	Y
FAM LN KID Extra Yorkshire Pudding	Y	Y							Y				Y																Y	

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Sunday Roasts																														
FAM LN KID Sunday Roast Topside of Beef	Y	Y							Y			Y	Y													Y				
FAM LN KID Sunday Roast Turkey	Y	Y							Y			Y	Y													Y				
FAM LN KID Sunday Roast Vegetarian	Y	Y							Y			Y	Y													Y			Y	
FAM LN NGCI KID Sunday Roast Topside of Beef												Y														Y				
FAM LN NGCI KID Sunday Roast Turkey												Y														Y				
FAM LN NGCI Sunday Half Roast Chicken												Y														Y				
FAM LN NGCI Sunday Roast Topside of Beef												Y														Y				
FAM LN NGCI Sunday Roast Turkey												Y														Y				
FAM LN Sunday Half Roast Chicken	Y	Y							Y			Y	Y													Y				
FAM LN Sunday Roast Topside of Beef	Y	Y							Y			Y	Y													Y				
FAM LN Sunday Roast Turkey	Y	Y							Y			Y	Y													Y				
FAM LN Sunday Roast Vegetarian	Y	Y							Y			Y	Y													Y			Y	

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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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Trade Ups and Upsells																														
FAM LN Upgrade Cheesy Garlic Bread													Y																Y	
FAM LN Upgrade Double Your Chips																													Y	Y
FAM LN Upgrade Potato Wedges																													Y	Y
FAM LN Upgrade Potato Wedges (from Nachos)																													Y	Y
FAM LN Upgrade Sweet Potato Fries 150g																													Y	Y
FAM LN 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				
Carvery Cake																														
FAM LN Best Ever Carrot Cake									Y				Y													Y			Y	
FAM LN Chocolate Eclair Cake	Y	Y							Y			Y	Y	Y	Y	Y	Y		Y		Y								Y	
FAM LN NGCI Best Ever Carrot Cake									Y				Y													Y			Y	
FAM LN SB Red Velvet Cheesecake	Y	Y							Y			Y	Y	Y	Y	Y	Y		Y		Y								Y	
FAM LN Somewhere Over the Rainbow Cake	Y	Y							Y				Y																Y	

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Carvery

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
CRV 21 Carvery Meatless Large	Y	Y							Y			Y	Y											Y		Y			Y	
CRV 21 Carvery Meatless Regular	Y	Y							Y			Y	Y											Y		Y			Y	
CRV 21 Carvery Meatless Small	Y	Y							Y			Y	Y											Y		Y			Y	
CRV 21 Carvery Sliced Kids	Y	Y							Y			Y	Y											Y		Y				
CRV 21 Carvery Sliced Large	Y	Y							Y			Y	Y											Y		Y				
CRV 21 Carvery Sliced Regular	Y	Y							Y			Y	Y											Y		Y				
CRV 21 Carvery Sliced Small	Y	Y							Y			Y	Y											Y		Y				
CRV 21 Carvery Veg Kids	Y	Y							Y			Y	Y											Y		Y			Y	
CRV 21 Carvery Veg Large	Y	Y							Y			Y	Y											Y		Y			Y	
CRV 21 Carvery Veg Regular	Y	Y							Y			Y	Y											Y		Y			Y	
CRV 21 Carvery Veg Small	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

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
CRV 21 Carvery Sunday Kids	Y	Y							Y			Y	Y											Y		Y				
CRV 21 Carvery Sunday Large	Y	Y							Y			Y	Y											Y		Y				
CRV 21 Carvery Sunday Meatless Large	Y	Y							Y			Y	Y											Y		Y			Y	
CRV 21 Carvery Sunday Meatless Regular	Y	Y							Y			Y	Y											Y		Y			Y	
CRV 21 Carvery Sunday Meatless Small	Y	Y							Y			Y	Y											Y		Y			Y	
CRV 21 Carvery Sunday Regular	Y	Y							Y			Y	Y											Y		Y				
CRV 21 Carvery Sunday Small	Y	Y							Y			Y	Y											Y		Y				
CRV 21 Carvery Sunday Veg Kids	Y	Y							Y			Y	Y											Y		Y			Y	
CRV 21 Carvery Sunday Veg Large	Y	Y							Y			Y	Y											Y		Y			Y	
CRV 21 Carvery Sunday Veg Regular	Y	Y							Y			Y	Y											Y		Y			Y	
CRV 21 Carvery Sunday Veg Small	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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Carvery Extras																														
FAM LN Extra Giant Yorkshire Pudding	Y	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 Yorkshire Pudding	Y	Y							Y				Y																Y	

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Sandwiches & Light Bites																														
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								Y													Y				
FAM LN Melt Rump Steak	Y	Y			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				M											Y						
FAM LN Sandwich Cheese and Red Onion Chutney	Y	Y			Y								Y													Y			Y	
FAM LN Sandwich Chicken and Bacon Club	Y	Y				Y			Y				M											Y						
FAM LN Sandwich Chicken and Bacon Club NAME CHANGE	Y	Y				Y			Y				M											Y						

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May 21 Specials Starters																														
FAM LN SB NGCI Starter Blue Cheese Souffle									Y				Y											Y		Y			Y	
FAM LN SB Starter Blue Cheese Souffle									Y				Y											Y		Y			Y	
FAM LN SB Starter Southern Fried Chicken Bites	Y	Y										Y											Y							
May 21 Specials Mains																														
FAM LN SB Beef Madras	Y	Y											Y											Y						
FAM LN SB Breaded Plaice	Y	Y							Y	Y																				
FAM LN SB Burger Mac Stack	Y	Y											Y																	
FAM LN SB Chicken and Garlic Mushrooms													Y																	
FAM LN SB Hawaiian Chicken													Y																	
FAM LN SB NGCI Beef Madras													Y											Y						
FAM LN SB NGCI Chicken and Garlic Mushrooms													Y																	
FAM LN SB NGCI Hawaiian Chicken													Y																	
FAM LN SB NGCI Trio of Lamb Chops												Y																		
FAM LN SB Trio of Lamb Chops												Y																		

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May 21 Specials Desserts																														
FAM LN SB Dessert Berry Crumble	Y	Y					Y						Y																Y	
FAM LN SB Dessert Strawberry Shortbread Sundae	Y	Y										Y	Y																Y	
FAM LN SB VGN Dessert Berry Crumble	Y	Y					Y																						Y	Y

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Additional Costs																														
FAM LN Extra Aerosol Cream 28g													Y																Y	
FAM LN Extra Baked Beans 100g																													Y	Y
FAM LN Extra Beef Burger 3.5oz																														
FAM LN Extra Carrots 85g																													Y	Y
FAM LN Extra Cheese Cheddar 56g													Y																Y	
FAM LN Extra Chips 150g																													Y	Y
FAM LN Extra Ciabatta and Spread	Y	Y			Y								M													Y			Y	Y
FAM LN Extra Crispy Battered Chicken Fillet	Y	Y											Y										Y							
FAM LN Extra Double Cream 56ml													Y																Y	
FAM LN Extra Fried Onions 75g																													Y	Y
FAM LN Extra Garlic and Herb Baby Potatoes 250g																													Y	Y
FAM LN Extra Ice Cream Scoop Chocolate												Y	Y																Y	
FAM LN Extra Ice Cream Scoop Strawberry													Y																Y	
FAM LN Extra Onion Rings x3	Y	Y																											Y	Y
FAM LN Extra Peas 85g																													Y	Y
FAM LN Extra Pineapple Ring																													Y	Y
FAM LN Extra Potato Wedges																													Y	Y
FAM LN Extra Rice Pilau																													Y	Y

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FAM LN Extra Sauce BBQ 56g																													Y	Y
FAM LN Extra Sauce Chocolate 28g												Y																	Y	Y
FAM LN Extra Sauce Gravy 100ml												Y																	Y	Y
FAM LN Extra Sauce Guacamole 56g																													Y	Y
FAM LN Extra Sauce Mango Chutney 56g																													Y	Y
FAM LN Extra Sauce Marie Rose 56g									Y	Y														Y						
FAM LN Extra Sauce Salsa 56g																													Y	Y
FAM LN Extra Sauce Sour Cream 56g													Y																Y	
FAM LN Extra Sausage																										Y				
FAM LN Extra Sauteed Mushrooms													M																Y	Y
FAM LN Extra Scampi Pieces x 5	Y	Y						Y																						
FAM LN Extra Veggie Burger	Y	Y				Y	Y																			Y			Y	Y
FAM LN Upgrade Chips 150g (from Nachos)																													Y	Y
FAM LN VGN Extra Ice Cream Scoop Vanilla																													Y	Y

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FAM LN July 2021

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Site Till Requests																														
FAM LN Extra Grilled Tomato																													Y	Y
FAM LN Extra Linseed Bun	Y	Y																											Y	Y
FAM LN Extra Sauce Garlic Mayo 56g									Y																				Y	
FAM LN Extra Sauce Sweet Chilli 56g																													Y	Y
FAM LN SB Ham and Eggs									Y																					
FAM LN SB Pork and Creamy Peppercorn Sauce													Y										Y							

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Starters																														
FAM LN PK Blue Cheese Dough Balls	Y	Y							Y				Y																Y	
FAM LN PK Garlic Dough Balls	Y	Y							Y																				Y	
FAM LN PK Garlic Pizza Bread	Y	Y																											Y	Y
FAM LN PK Garlic Pizza Bread Cheesy	Y	Y											Y																Y	
FAM LN PK Mozzarella Dough Balls	Y	Y							Y				Y																Y	
FAM LN PK VGN Garlic Dough Balls	Y	Y																											Y	Y
FAM LN PK VGN Garlic Pizza Bread Cheesy	Y	Y																											Y	Y

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Pizzas																														
FAM LN PK Chicken Supreme Calzone	Y	Y											Y																	
FAM LN PK Chicken Supreme Pizza	Y	Y											Y																	
FAM LN PK Chicken Supreme Pizza Salad	Y	Y											Y																	
FAM LN PK Ham and Mushroom Calzone	Y	Y											Y																	
FAM LN PK Ham and Mushroom Pizza	Y	Y											Y																	
FAM LN PK Ham and Mushroom Pizza Salad	Y	Y											Y																	
FAM LN PK Margherita Calzone	Y	Y											Y																Y	
FAM LN PK Margherita Pizza	Y	Y											Y																Y	
FAM LN PK Margherita Pizza Salad	Y	Y											Y																Y	
FAM LN PK Meat Lovers Calzone	Y	Y				Y			Y				Y																	
FAM LN PK Meat Lovers Pizza	Y	Y				Y			Y				Y																	
FAM LN PK Meat Lovers Pizza NAME CHANGE	Y	Y				Y			Y				Y																	
FAM LN PK Meat Lovers Pizza Salad	Y	Y				Y			Y				Y																	
FAM LN PK Pepperoni Calzone	Y	Y											Y																	
FAM LN PK Pepperoni Pizza	Y	Y											Y																	
FAM LN PK Pepperoni Pizza Salad	Y	Y											Y																	
FAM LN PK Smoky BBQ Calzone	Y	Y				Y							Y																	
FAM LN PK Smoky BBQ Pizza	Y	Y				Y							Y																	

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FAM LN PK Smoky BBQ Pizza Salad	Y	Y				Y							Y																	
FAM LN PK Veggie Delight Calzone	Y	Y											Y																Y	
FAM LN PK Veggie Delight Pizza	Y	Y											Y																Y	
FAM LN PK Veggie Delight Pizza Salad	Y	Y											Y																Y	
FAM LN PK VGN Margherita Pizza	Y	Y																											Y	Y
FAM LN PK VGN Margherita Pizza Salad	Y	Y																											Y	Y
FAM LN PK VGN Veggie Delight Pizza	Y	Y																											Y	Y
FAM LN PK VGN Veggie Delight Pizza Salad	Y	Y																											Y	Y

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Pizza Toppers & Extras																														
FAM LN PK Topping BBQ Sauce																													Y	Y
FAM LN PK Topping Brie													Y																Y	
FAM LN PK Topping Chicken Breast																														
FAM LN PK Topping Chipotle Pulled Chicken	Y					Y																								
FAM LN PK Topping Crispy Chicken	Y	Y											Y										Y							
FAM LN PK Topping Ham																														
FAM LN PK Topping Inferno Sauce													Y													Y			Y	
FAM LN PK Topping Jalapenos																													Y	Y
FAM LN PK Topping Katsu Curry Sauce	Y	Y										Y	Y										Y	Y					Y	
FAM LN PK Topping Mini Meatballs	Y	Y							Y				Y																	
FAM LN PK Topping Mozzarella Cheese													Y																Y	
FAM LN PK Topping Mushrooms																													Y	Y
FAM LN PK Topping Pepperoni																														
FAM LN PK Topping Pineapple																													Y	Y
FAM LN PK Topping Red Onion																													Y	Y
FAM LN PK Topping Rocket																													Y	Y
FAM LN PK Topping Sliced Peppers																													Y	Y
FAM LN PK Topping Sliced Tomatoes																													Y	Y

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FAM LN PK Upgrade Stuff Your Base	Y	Y											Y																Y	
KIDS - Pizza																														
FAM LN PK KID Butchers Boy Pizza	Y	Y				Y			Y				Y																	
FAM LN PK KID Little Rita Pizza	Y	Y							Y				Y																Y	
FAM LN PK KID Pepperoni Party Pizza	Y	Y							Y				Y																	
FAM LN PK KID Pizza Party	Y	Y							Y				Y																	
FAM LN PK KID Texan Chick Pizza	Y	Y							Y				Y										Y							
FAM LN PK KID This Little Piggy Pizza	Y	Y							Y				Y																	
FAM LN PK KID VGN Little Rita Pizza	Y	Y																											Y	Y

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Specials																														
FAM LN PK Chicken Katsu Calzone	Y	Y										Y	Y										Y	Y						
FAM LN PK Chicken Katsu Pizza	Y	Y										Y	Y										Y	Y						
FAM LN PK Chicken Katsu Pizza Salad	Y	Y										Y	Y										Y	Y						
FAM LN PK Chilli Cheese Calzone	Y	Y										Y	Y											Y		Y				
FAM LN PK Chilli Cheese Pizza	Y	Y										Y	Y											Y		Y				
FAM LN PK Chilli Cheese Pizza Salad	Y	Y										Y	Y											Y		Y				
FAM LN PK Four Cheese Calzone	Y	Y											Y																Y	
FAM LN PK Four Cheese Pizza	Y	Y											Y																Y	
FAM LN PK Four Cheese Pizza Salad	Y	Y											Y																Y	
FAM LN PK Inferno Chicken Calzone	Y	Y				Y							Y										Y			Y				
FAM LN PK Inferno Chicken Pizza	Y	Y				Y							Y										Y			Y				
FAM LN PK Inferno Chicken Pizza Salad	Y	Y				Y							Y										Y			Y				
FAM LN PK Meat Ball Dough Bites	Y	Y							Y				Y																	
FAM LN PK Rocky Road Block Calzone	Y	Y							Y			Y	Y																	
FAM LN PK Rocky Road Block Calzone Sharer	Y	Y							Y			Y	Y																	
FAM LN VGN Extra Mozzarisella																													Y	Y