

# 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	<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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## **COMMUNITY 2022 T1 (Standard) Sunday Roasts**

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	
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 T2 (Premium) Sunday Roasts**

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	
COM LN Extra Cauliflower Cheese											Y	Y																Y	
COM LN Extra Pigs in Blankets x 10												Y												Y					
COM LN Extra Yorkshire Pudding	Y	Y						Y			Y																	Y	
COM LN T2 Extra Roast Potatoes																								Y				Y	Y
COM LN T2 Extra Sunday Veg																												Y	Y
COM LN T2 NGCI Sunday Roast Chicken											Y													Y					
COM LN T2 NGCI Sunday Roast Chicken Child											Y													Y					
COM LN T2 NGCI Sunday Roast Topside of Beef								Y			Y	Y										Y		Y					
COM LN T2 NGCI Sunday Roast Topside of Beef Child								Y			Y	Y										Y		Y					
COM LN T2 Sunday Roast Chicken	Y	Y						Y			Y	Y												Y					
COM LN T2 Sunday Roast Chicken Child	Y	Y						Y			Y	Y												Y					
COM LN T2 Sunday Roast Chicken Large	Y	Y						Y			Y	Y												Y					
COM LN T2 Sunday Roast Topside of Beef	Y	Y						Y			Y	Y										Y		Y					
COM LN T2 Sunday Roast Topside of Beef Child	Y	Y						Y			Y	Y										Y		Y					
COM LN T2 Sunday Roast Topside of Beef Large	Y	Y						Y			Y	Y										Y		Y					
COM LN T2 Sunday Roast Vegetarian	Y	Y						Y			Y	Y										Y		Y				Y	
COM LN T2 Sunday Roast Vegetarian Child	Y	Y						Y			Y	Y										Y		Y				Y	
NUT COM LN T2 Sunday Roast Vegetarian - Sausages	Y	Y				Y	Y	Y			Y	Y												Y				Y	



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## COMMUNITY 2022 T3 (Premium Plus) 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

### T2 Premium Plus

COM LN Extra Cauliflower Cheese												Y	Y															Y	
COM LN Extra Pigs in Blankets x 3												Y												Y					
COM LN Extra Pigs in Blankets x 6												Y											Y						
COM LN Extra Roast Topside Beef 84g																													
COM LN Extra Roast Turkey 85g																													
COM LN Extra Yorkshire Pudding	Y	Y						Y				Y																Y	
COM LN T3 Extra Roast Potatoes 180g																								Y				Y	Y
COM LN T3 Extra Sunday Veg																												Y	Y
COM LN T3 NGCI Sunday Half Roast Chicken													Y											Y					
COM LN T3 NGCI Sunday Roast Topside of Beef								Y				Y	Y									Y	Y						
COM LN T3 NGCI Sunday Roast Topside of Beef Child								Y				Y	Y									Y	Y						
COM LN T3 NGCI Sunday Roast Turkey												Y												Y					
COM LN T3 NGCI Sunday Roast Turkey Child												Y												Y					
COM LN T3 Sunday Half Roast Chicken	Y	Y						Y				Y	Y											Y					
COM LN T3 Sunday Roast Topside of Beef	Y	Y						Y				Y	Y									Y	Y						
COM LN T3 Sunday Roast Topside of Beef Child	Y	Y						Y				Y	Y									Y	Y						
COM LN T3 Sunday Roast Turkey	Y	Y						Y				Y	Y											Y					
COM LN T3 Sunday Roast Turkey Child	Y	Y						Y				Y	Y											Y					

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Dish Name	<b>Cereals containing Gluten :</b>							Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	<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	Almonds							Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut												
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	<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					
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		M																			Y		M			
COM LN Crispy Jumbo Prawns Sharer	Y	Y				Y	Y		M																			Y		M			
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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COM LN Burger BBQ Chicken	Y	Y			Y			Y			Y										Y	Y						
COM LN Burger Classic Beef	Y	Y			Y			Y														Y		Y				
COM LN Burger Classic Chicken	Y	Y			Y			Y													Y	Y						
COM LN Burger Cowboy	Y	Y			Y			Y			Y											Y		Y				
COM LN Burger Skinny BBQ Chicken	Y	Y			Y			Y			Y										Y	Y						
COM LN Burger Skinny Classic Beef	Y				Y			Y														Y		Y				
COM LN Burger Skinny Classic Chicken	Y	Y			Y			Y													Y	Y						
COM LN Burger Skinny Cowboy	Y				Y			Y			Y											Y		Y				
COM LN Burger Skinny Ultimate Beef	Y				Y			Y			Y											Y		Y				
COM LN Burger Skinny Ultimate SF Chicken	Y	Y			Y			Y			Y										Y	Y						
COM LN Burger Skinny Veggie	Y	Y									Y	M										Y	M	Y			Y	
COM LN Burger Ultimate Beef	Y	Y			Y			Y			Y											Y		Y				
COM LN Burger Ultimate SF Chicken	Y	Y			Y			Y			Y										Y	Y						
COM LN Burger Veggie	Y	Y			Y						Y	M										Y	M	Y			Y	
COM LN NGCI Burger Classic Beef																								Y				
COM LN NGCI Burger Cowboy											Y													Y				
COM LN NGCI Burger Skinny Classic Beef																								Y				
COM LN NGCI Burger Skinny Cowboy											Y													Y				

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Dish Name	<b>Cereals containing Gluten :</b>							Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	<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	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		Y				
COM LN NGCI Burger Ultimate Beef													Y									Y		Y				



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<b>Pub Classics</b>																													
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 Pasta Alfredo Salad	Y	Y									Y										Y							Y	
COM LN Sausage and Mash	Y	Y									Y	Y												Y					
COM LN Steak and Ale Pie	Y	Y			Y			Y		Y																			
COM LN VGN Curry Cauliflower and Red Pepper																					Y	Y					Y	Y	
COM LN VGN Vegetable and Lentil Chilli										Y											Y	Y		Y			Y	Y	
COM LN Wholetails of Breaded Scampi	Y	Y					Y	Y	M																	M			
NUT COM LN Beer Battered Cod and Chips with Garden Peas	Y	Y			Y			Y	Y		Y																		
NUT COM LN Beer Battered Cod and Chips with Mushy Peas	Y	Y			Y			Y	Y		Y																		
NUT COM LN Wholetails of Breaded Scampi with Garden Peas	Y	Y					Y	Y	M																	M			
NUT COM LN Wholetails of Breaded Scampi with Mushy Peas	Y	Y					Y	Y	M																	M			

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### Sides

COM LN Beer Battered Onion Rings x8	Y	Y																										Y	Y
COM LN Extra Cheesy Chips 284g											Y																	Y	
COM LN Extra Cheesy Garlic Bread	Y	Y									Y																	Y	
COM LN Extra Chips 284g																												Y	Y
COM LN Extra Fries 125g																												Y	Y
COM LN Extra Fries 234g																												Y	Y
COM LN Extra Garlic Bread	Y	Y																										Y	Y
COM LN Extra Side Salad Bowl																												Y	Y
COM LN Extra Sweet Potato Fries 284g																												Y	Y

### Light Bites

COM LN LC Gammon 4oz								Y																						
COM LN LC Hand Battered Cod and Chips	Y	Y			Y			Y	Y																					
COM LN LC Hunters Chicken											Y																			
COM LN LC Scampi and Chips	Y	Y					Y	Y	M																		M			
COM LN LC VGN Vegetable and Lentil Chilli											Y										Y	Y		Y			Y	Y		
COM LN NGCI LC Gammon 4oz								Y																						
COM LN NGCI LC Hunters Chicken											Y																			
COM LN NGCI LC VGN Vegetable and Lentil Chilli											Y										Y	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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	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats							Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut														
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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COM LN Extra Cauliflower Cheese											Y	Y																Y	
COM LN Extra Pigs in Blankets x 10												Y													Y				
COM LN Extra Yorkshire Pudding	Y	Y						Y			Y																	Y	
COM LN T2 Extra Roast Potatoes																								Y				Y	Y
COM LN T2 Extra Sunday Veg																												Y	Y
COM LN T2 NGCI Sunday Roast Chicken											Y													Y					
COM LN T2 NGCI Sunday Roast Chicken Child											Y													Y					
COM LN T2 NGCI Sunday Roast Topside of Beef								Y			Y	Y											Y	Y					
COM LN T2 NGCI Sunday Roast Topside of Beef Child								Y			Y	Y											Y	Y					
COM LN T2 Sunday Roast Chicken	Y	Y						Y			Y	Y												Y					
COM LN T2 Sunday Roast Chicken Child	Y	Y						Y			Y	Y												Y					
COM LN T2 Sunday Roast Chicken Large	Y	Y						Y			Y	Y												Y					
COM LN T2 Sunday Roast Topside of Beef	Y	Y						Y			Y	Y											Y	Y					
COM LN T2 Sunday Roast Topside of Beef Child	Y	Y						Y			Y	Y											Y	Y					
COM LN T2 Sunday Roast Topside of Beef Large	Y	Y						Y			Y	Y											Y	Y					
COM LN T2 Sunday Roast Vegetarian	Y	Y						Y			Y	Y											Y	Y				Y	
COM LN T2 Sunday Roast Vegetarian Child	Y	Y						Y			Y	Y											Y	Y				Y	
NUT COM LN T2 Sunday Roast Vegetarian - Sausages	Y	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.

## **COMMUNITY WET & FOOD 2022**

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	
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		

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## COMMUNITY WET & FOOD 2022

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	
COM LN Extra Cauliflower Cheese											Y	Y																Y	
COM LN Extra Pigs in Blankets x 3													Y											Y					
COM LN Extra Pigs in Blankets x 6													Y											Y					
COM LN Extra Roast Topside Beef 84g																													
COM LN Extra Roast Turkey 85g																													
COM LN Extra Yorkshire Pudding	Y	Y						Y				Y																Y	
COM LN T3 Extra Roast Potatoes 180g																								Y				Y	Y
COM LN T3 Extra Sunday Veg																												Y	Y
COM LN T3 NGCI Sunday Half Roast Chicken													Y											Y					
COM LN T3 NGCI Sunday Roast Topside of Beef								Y				Y	Y										Y	Y					
COM LN T3 NGCI Sunday Roast Topside of Beef Child								Y				Y	Y										Y	Y					
COM LN T3 NGCI Sunday Roast Turkey													Y											Y					
COM LN T3 NGCI Sunday Roast Turkey Child													Y											Y					
COM LN T3 Sunday Half Roast Chicken	Y	Y						Y				Y	Y											Y					
COM LN T3 Sunday Roast Topside of Beef	Y	Y						Y				Y	Y										Y	Y					
COM LN T3 Sunday Roast Topside of Beef Child	Y	Y						Y				Y	Y										Y	Y					
COM LN T3 Sunday Roast Turkey	Y	Y						Y				Y	Y											Y					
COM LN T3 Sunday Roast Turkey Child	Y	Y						Y				Y	Y											Y					

















