

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.

Rotisserie LN21 Beanstore Menu

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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Light Bites

ROT M1 Beer Battered Cod and Chips Light Bite	Y	Y			Y			Y	Y													Y							
ROT M1 Breaded Scampi Light Bite	Y	Y					Y	Y														Y							
ROT M1 Steak NGCI Sweetcure Gammon 5oz Light Bite								Y																					
ROT M1 Steak Sweetcure Gammon 5oz Light Bite								Y																					

Sandwiches

ROT M1 Sandwich BBQ Chicken and Cheddar Cheese Melt	Y	Y			Y						Y																		
ROT M1 Sandwich Cheese and Caramelised Onion Chutney	Y	Y			Y						Y												Y					Y	
ROT M1 Sandwich NGCI BBQ Chicken and Cheese Melt								Y			Y																		
ROT M1 Sandwich NGCI Cheese and Caramelised Onion Chutney								Y			Y												Y					Y	
ROT M1 Sandwich NGCI Red Pepper and Spicy Guacamole								Y																				Y	
ROT M1 Sandwich NGCI The Classic Club								Y														Y							
ROT M1 Sandwich Posh Fish Finger & Tartare Sauce	Y	Y			Y			Y	Y													Y							
ROT M1 Sandwich Red Pepper and Spicy Guacamole	Y	Y			Y																						Y	Y	
ROT M1 Sandwich The Classic Club	Y	Y			Y			Y														Y							

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ROT M1 Burger Bacon and Cheese	Y	Y						Y				Y										Y	M	Y				
ROT M1 Burger Bacon and Cheese XL	Y	Y						Y				Y										Y	M	Y				
ROT M1 Burger Buttermilk Chicken	Y	Y						Y				Y									Y	Y	M					
ROT M1 Burger Buttermilk Chicken XL	Y	Y						Y				Y									Y	Y	M					
ROT M1 Burger Classic Beef	Y	Y						Y				M										Y	M	Y				
ROT M1 Burger Classic Beef XL	Y	Y						Y				M										Y	M	Y				
ROT M1 Burger Classic Chicken	Y	Y						Y				Y									Y	Y	M	Y				
ROT M1 Burger Classic Chicken XL	Y	Y						Y				Y									Y	Y	M	Y				
ROT M1 Burger Classic Plant Based	Y	Y			Y	Y		Y				M										Y	M	Y			Y	
ROT M1 Burger Classic Plant Based XL	Y	Y			Y	Y		Y				M										Y	M	Y			Y	
ROT M1 Burger Classic Rotisserie Chicken	Y	Y						Y				M										Y	M	Y				
ROT M1 Burger Classic Rotisserie Chicken XL	Y	Y						Y				M										Y	M	Y				
ROT M1 Burger Two Way Chicken	Y	Y						Y				Y									Y	Y	M	Y				
ROT M1 Burger Two Way Chicken XL	Y	Y						Y				Y									Y	Y	M	Y				
ROT M1 VGN Burger Classic Plant Based	Y	Y			Y	Y		M				M											M	Y			Y	Y
ROT M1 VGN Burger Classic Plant Based XL	Y	Y			Y	Y		M				M											M	Y			Y	Y
ROT M1 VGN Burger Mint Garden	Y	Y						M				M										Y	M	Y			Y	Y
ROT M1 VGN Burger Mint Garden XL	Y	Y						M				M											M	Y			Y	Y

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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			
ROT M1 Extra Cream 56ml												Y																Y	
ROT M1 Extra Custard 100g												Y																Y	
ROT M1 Extra Egg Fried								Y																				Y	
ROT M1 Extra Ice Cream Chocolate											Y	Y																Y	
ROT M1 Extra Ice Cream Strawberry												Y																Y	
ROT M1 Extra Ice Cream Vanilla												Y																Y	
ROT M1 Extra Jacket Potato												Y																Y	
ROT M1 Extra Mashed Potatoes 284g												Y																Y	
ROT M1 Extra Mushroom Grilled																												Y	Y
ROT M1 Extra Naan Bread	Y	Y										Y																Y	
ROT M1 Extra New Potatoes 284g												Y																Y	
ROT M1 Extra Peas 85g																												Y	Y
ROT M1 Extra Pigs in Blankets x3												Y															Y		
ROT M1 Extra Pigs In Blankets x8												Y															Y		
ROT M1 Extra Pineapple Ring																												Y	Y
ROT M1 Extra Poppadum																												Y	
ROT M1 Extra Poppadums & Dips																												Y	
ROT M1 Extra Roast Beef 85g																													
ROT M1 Extra Roast Leg of Pork 85g																													
ROT M1 Extra Roast Potatoes x4																											Y	Y	Y

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Brunch																													
BRK T2 Avocado on Toast	Y	Y			Y			Y																				Y	
BRK T2 Beans on Toast	Y	Y			Y																							Y	Y
BRK T2 Eggs Benedict Mushroom	Y	Y						Y			Y																	Y	
BRK T2 Extra Hash Browns x 3																												Y	Y
BRK T2 Extra Toast and Butter	Y	Y			Y						Y																	Y	
BRK T2 Extra Toast and Jam	Y	Y			Y																			Y			Y	Y	
BRK T2 Pancakes Bacon and Maple Syrup	Y	Y						Y			Y																		
BRK T2 VGN Avocado On Toast	Y	Y			Y																			Y			Y	Y	
BRK T2 VGN Breakfast	Y	Y			Y	Y					M																Y	Y	
BRK T2 VGN Breakfast Kids	Y	Y			Y	Y																					Y	Y	
ROT M1 BM Cooked Breakfast	Y	Y			Y			Y			Y												Y						
ROT M1 BM Eggs and Bacon Benedict	Y	Y						Y			Y																		
ROT M1 BM Kids Breakfast								Y															Y						
ROT M1 BM Kids Veggie Breakfast	Y	Y			Y	Y		Y																			Y		
ROT M1 BM Large Breakfast	Y	Y			Y			Y			Y												Y						
ROT M1 BM Muffin Bacon	Y	Y																											
ROT M1 BM Muffin Bacon and Egg	Y	Y						Y																					
ROT M1 BM Muffin Sausage	Y	Y																					Y						

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Children's Menu Extras

ROT LN KID Extra Veggie Sausage	Y	Y				Y	Y																					Y	Y	
ROT M1 KID Extra Bacon Rasher																														
ROT M1 KID Extra Baked Beans 100g																												Y	Y	
ROT M1 KID Extra Cheddar Cheese 28g											Y																	Y		
ROT M1 KID Extra Chips 150g																												Y	Y	
ROT M1 KID Extra Crispy Chicken Dippers x3	Y	Y									Y																			
ROT M1 KID Extra Fish Fingers x2	Y	Y							Y																					
ROT M1 KID Extra Garlic Ciabatta Half	Y	Y			Y	Y																					Y	Y		
ROT M1 KID Extra Mashed Potatoes 150g											Y																Y			
ROT M1 KID Extra Pork Sausage																							Y							
ROT M1 KID Extra Salad Sticks																											Y	Y		

Cakes

ROT M1 Cake Caramel Shortcake	Y	Y									Y	Y																Y	
ROT M1 Cake Lemon Drizzle Cake	Y	Y						Y			Y																	Y	
ROT M1 Cake St Clements	Y	Y						Y			Y											Y					Y		

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Rotisserie LN21 Specials Beanstore Menu

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Starters/Sharers

ROT M1 SB Bantry Bay Mussels Starter	Y	Y			Y	Y					Y														Y		Y		
ROT M1 SB Crayfish and Lobster Risotto Starter	Y	Y					Y	Y	Y		Y	Y									Y	Y		Y					
ROT M1 SB Crayfish Crostini	Y	Y			Y		Y														Y	Y							
ROT M1 SB Garlic and Herb Prawns							Y														Y	Y		Y					
ROT M1 SB NGCI Bantry Bay Mussels Starter								Y			Y													Y		Y			
ROT M1 SB NGCI Garlic and Herb Prawns							Y														Y	Y		Y					
ROT M1 SB Rip and Dip Cheddar Stilton and Garlic Bread	Y	Y			Y			Y			Y											Y							
ROT M1 SB Rip and Dip Cheddar Tomato and Garlic Bread	Y	Y									Y													Y				Y	
ROT M1 SB Scotch Egg	Y	Y			Y	Y	Y	Y			Y													Y					

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ROT M1 SB Salad Honey and Mustard Chorizo	Y	Y			Y	Y		Y			Y	Y										Y		Y				
ROT M1 SB Salmon Hollandaise								Y	Y			Y																
ROT M1 SB Sausage and Mash												Y												Y				
ROT M1 SB Slow Cooked Duck												Y										Y						
ROT M1 SB Steak Americano	Y	Y										Y																
ROT M1 SB Steak and Wings	Y	Y																				Y	Y					
ROT M1 SB Steak T Bone 12oz	Y	Y																				Y	Y					
ROT M1 SB Sticky BBQ Baby Back Ribs Half Rack	Y	Y				Y		Y			Y	Y										Y	Y					
ROT M1 SB Sticky BBQ Baby Back Ribs Whole Rack	Y	Y				Y		Y			Y	Y										Y	Y					
ROT M1 SB Sunday NGCI Roast Lamb																						Y			Y			
ROT M1 SB Sunday Roast Lamb	Y	Y						Y				Y										Y			Y			
ROT M1 SB Tacos Buffalo Cauliflower	Y	Y				Y																					Y	Y
ROT M1 SB Tacos Rotisserie Chicken	Y	Y										Y																
ROT M1 SB Tomato and Red Pepper Glazed Cod Loin									Y			Y										Y						
ROT M1 SB Trio of Lamb Chops												Y																
ROT M1 SB Veg Chilli	Y	Y			Y	Y					Y											Y			Y		Y	Y
ROT M1 SB VGN Burrito	Y	Y				Y					Y											Y			Y		Y	Y

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Desserts

ROT M1 SB Apple & Pear Crumble											Y																	Y	
ROT M1 SB Banoffee Profiterole	Y	Y						Y			Y													Y				Y	
ROT M1 SB Cheeseboard	Y	Y		Y	Y			Y		Y	Y										Y		Y	Y				Y	
ROT M1 SB Chocolate Mousse	Y	Y								Y	Y																	Y	
ROT M1 SB NGCI Apple and Pear Crumble											Y																	Y	
ROT M1 SB NGCI Chocolate Mousse										Y	Y																	Y	
zzz ROT M1 SB NGCI Banoffee Profiterole	Y	Y						Y			Y													Y				Y	