

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.

2020 T1 Christmas Day Menu

| Dish Name | <u>Cereals containing Gluten :</u> | | | | | | <u>Nuts :</u> | | | | | | | | | | | 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 | Celery | Mustard | Sesame | Sulphur dioxide/sulphites | Lupin | Molluscs | Suitable for Vegetarians | Suitable for Vegans | |
| Day Starters | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| YULE Chicken and Chorizo Terrine | Y | Y | | Y | | | | | | | | Y | | | | | | | | | | | | | | | | | |
| YULE NDCI Prawn and Crayfish Cocktail | Y | Y | | | Y | | Y | Y | | | | | | | | | | | | | | Y | | | Y | | | | |
| YULE NDCI Terrine Chicken and Chorizo | Y | Y | | Y | | | | | | | | | | | | | | | | | | | | | Y | | | | |
| YULE NGCI Chicken and Chorizo Terrine | | | | | | | | Y | | | | Y | | | | | | | | | | | | | Y | | | | |
| YULE NGCI Prawn and Crayfish Cocktail | | | | | | | Y | Y | | | | Y | | | | | | | | | | | Y | | Y | | | | |
| YULE NGCI Soup French Onion | | | | | | | | Y | | | | Y | | | | | | | | | | Y | Y | | Y | | | Y | |
| YULE Prawn and Crayfish Cocktail | Y | Y | | | Y | | Y | Y | | | | Y | | | | | | | | | | | Y | | Y | | | | |
| YULE Red Onion Brie and Cranberry Tart | Y | Y | | | | | | Y | | | | Y | | | | | | | | | | | | | Y | | | Y | |
| YULE Soup French Onion | Y | Y | | Y | | | | | | | | Y | | | | | | | | | | Y | Y | | Y | | | Y | |
| YULE VGN Soup French Onion | Y | Y | | Y | | | | | | | | | | | | | | | | | | Y | 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 | | | | | | | | | | | | |
| YULE T1 XMD Candied Nut Roast | | | | | | | | | | Y | | | Y | Y | | | | Y | Y | | | | | | | | | Y | | | Y | Y |
| YULE T1 XMD Champagne Salmon | | | | | | | | Y | Y | | Y | Y | | | | | | | | | | | | | | | | | | | | |
| YULE T1 XMD Garlic Mushroom Sirloin | | | | | | | | | | | | Y | | | | | | | | | | | | | | | | | | | | |
| YULE T1 XMD NDCI Roast Turkey | Y | Y | | | | | | | | | Y | | | | | | | | | | | | | | | | | Y | | | | |
| YULE T1 XMD NGCI Candied Nut Roast | | | | | | | | | | Y | | | Y | Y | | | | Y | Y | | | | | | | | | Y | | | Y | Y |
| YULE T1 XMD NGCI Champagne Salmon | | | | | | | | Y | Y | | Y | Y | | | | | | | | | | | | | | | | | | | | |
| YULE T1 XMD NGCI Garlic Mushroom Sirloin | | | | | | | | | | | | | Y | | | | | | | | | | | | | | | | | | | |
| YULE T1 XMD NGCI Roast Turkey | | | | | | | | | | | Y | | | | | | | | | | | | | | | | Y | | | | | |
| YULE T1 XMD NGCI VGN Candied Nut Roast | | | | | | | | | | | Y | | Y | Y | | | | Y | Y | | | | | | | | Y | | | Y | Y | |
| YULE T1 XMD Roast Turkey | Y | Y | | | | | | Y | | | Y | Y | | | | | | | | | | | | | | | Y | | | | | |
| YULE T1 XMD VGN Candied Nut Roast | | | | | | | | | | | Y | | Y | Y | | | | Y | Y | | | | | | | | Y | | | Y | Y | |

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|---|------------------------------------|---------------|---------------|-----|--------|------|-------------|------|------|---------|---------------|------|---------|----------|--------|------------|-----------|------------|---------------|---------------------------------|--------|---------|--------|---------------------------|-------|----------|--------------------------|---------------------|---|
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| Desserts | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| YULE Caramel Apple Tart | Y | Y | | | | Y | | | | | Y | Y | | | | | | | | | | | | | | | | Y | |
| YULE Cheese and Biscuits | Y | Y | | Y | Y | | | Y | | | Y | Y | | | | | | | | | Y | | Y | Y | | | | Y | |
| YULE Christmas Pudding | Y | Y | | | | | | | | | | Y | | | | | | | | | | | | Y | | | | Y | |
| YULE T1 Lemon and Stem Ginger Cheesecake | | | | | | | | Y | | | Y | | | | | | | | | | | | | Y | | | | Y | |
| YULE T1 Mint Chocolate Gateau | Y | Y | | | | | | Y | | | Y | Y | | | | | | | | | | | | | | | | | |
| YULE T1 NGCI Lemon and Stem Ginger Cheesecake | | | | | | | | Y | | | Y | | | | | | | | | | | | | Y | | | | Y | |
| YULE VGN Caramel Apple Tart | Y | Y | | | | Y | | | | | Y | | | | | | | | | | | | | Y | | | | Y | Y |

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| Carvery | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| YULE T1 XMD Carvery | Y | Y | | | Y | | | Y | | | Y | Y | | | | | | | | | | | | | | | | Y | | |
| YULE T1 XMD Carvery Candied Nut Roast | Y | Y | | | Y | | | Y | | Y | | Y | Y | Y | | | Y | Y | | | | | | | | | Y | | Y | |
| YULE T1 XMD Carvery Champagne Salmon | Y | | | | Y | | | Y | Y | | Y | Y | | | | | | | | | | | | | | | | | | |
| YULE T1 XMD Carvery Garlic Mushroom Sirloin | Y | | | | Y | | | | | | | Y | | | | | | | | | | | | | | | | | | |
| YULE T1 XMD NDCI Carvery | Y | Y | | | | | | | | | | Y | | | | | | | | | | | | | | | Y | | | |
| YULE T1 XMD NGCI Carvery | | | | | | | | | | | | Y | Y | | | | | | | | | | | | | | Y | | | |
| YULE T1 XMD NGCI Carvery Candied Nut Roast | | | | | | | | | | | | Y | Y | Y | | | Y | Y | | | | | | | | Y | | | Y | |
| YULE T1 XMD NGCI Carvery Champagne Salmon | | | | | | | | Y | Y | | Y | Y | | | | | | | | | | | | | | | | | | |
| YULE T1 XMD NGCI Carvery Garlic Mushroom Sirloin | | | | | | | | | | | | Y | | | | | | | | | | | | | | | | | | |
| YULE T1 XMD NGCI VGN Carvery Candied Nut Roast | | | | | | | | | | | | Y | Y | | | | Y | Y | | | | | | | | | Y | | Y | Y |
| YULE T1 XMD VGN Carvery Candied Nut Roast | Y | Y | | | | | | | | | | Y | Y | | | | Y | Y | | | | | | | | 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 | | |
| Children | | | | | | | | Y | | | | Y | | | | | | | | | | | | | | | Y | | | |
| YULE KID NGCI Soup Tomato | | | | | | | | | | | | | | | | | | | | | | | | | | | | | Y | |
| YULE KID NGCI VGN Ice Cream | | | | | | | | | | | | Y | | | | | | | | | | | | | | | | | Y | Y |
| YULE KID Soup Tomato | Y | Y | | | Y | | | | | | | Y | | | | | | | | | | | | | | | Y | | | |
| YULE KID VGN Garlic Bread | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | Y | Y |
| YULE KID VGN Ice Cream | | | | | | | | | | | | Y | | | | | | | | | | | | | | | | | Y | Y |
| YULE KID VGN Soup Tomato | Y | Y | | | Y | | | | | | | | | | | | | | | | | | | | | Y | | | Y | Y |
| YULE T1 KID Chocolate Brownie | Y | Y | | | | | | Y | | | | Y | Y | | | | | | | | | | | | | | | | Y | |
| YULE T1 KID Christmas Pudding | Y | Y | | | | | | | | | | | Y | | | | | | | | | | | | | | Y | | Y | |
| YULE T1 KID Ice Cream | | | | | | | | | | | | Y | Y | | | | | | | | | | | | | | | | Y | |
| YULE T1 KID NGCI Ice Cream | | | | | | | | | | | | Y | Y | | | | | | | | | | | | | | | | Y | |
| YULE T1 KID NGCI Sirloin Steak 4oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| YULE T1 KID Sirloin Steak 4oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| YULE T1 U5 Ice Cream | | | | | | | | | | | | Y | Y | | | | | | | | | | | | | | | | Y | |
| YULE T1 U5 VGN Ice Cream | | | | | | | | | | | | Y | | | | | | | | | | | | | | | | | Y | Y |
| YULE T1 XMD KID Carvery | Y | Y | | | Y | | | Y | | | | Y | Y | | | | | | | | | | | | | | Y | | | |
| YULE T1 XMD KID Carvery Veggie Sausages (DUPLICATE?) | Y | Y | | | Y | | | Y | | | | Y | Y | | | | | | | | | | | | | | Y | | Y | |
| YULE T1 XMD KID NGCI Carvery | | | | | | | | | | | | Y | Y | | | | | | | | | | | | | | Y | | | |
| YULE T1 XMD KID NGCI Roast Turkey | | | | | | | | | | | | Y | | | | | | | | | | | | | | | Y | | | |

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| YULE T1 XMD KID Roast Turkey | Y | Y | | | | | | | | | Y | | | | | | | | | | | | | | | | | | |
| YULE T1 XMD KID VGN Carvery Veggie Soya Sausages | Y | Y | | | | | | | | | Y | | | | | | | | | | | | | Y | | | | Y | Y |
| YULE T1 XMD KID VGN Veggie Soya Sausages | Y | Y | | | | | | | | | Y | | | | | | | | | | | | | Y | | | | Y | Y |
| YULE T1 XMD NDCI KID Carvery | Y | Y | | | | | | | | | Y | | | | | | | | | | | | | Y | | | | | |
| YULE T1 XMD U5 Carvery | Y | Y | | | Y | | | Y | | | Y | Y | | | | | | | | | | | | Y | | | | | |
| YULE T1 XMD U5 Carvery Veggie Sausages (DUPLICATE?) | Y | Y | | | Y | | | Y | | | Y | Y | | | | | | | | | | | | Y | | | | Y | |
| YULE T1 XMD U5 Roast Turkey | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| YULE T1 XMD U5 VGN Carvery Veggie Soya Sausages | Y | Y | | | | | | | | | Y | | | | | | | | | | | | | Y | | | | Y | Y |
| YULE T1 XMD U5 VGN Veggie Soya Sausages | Y | Y | | | | | | | | | Y | | | | | | | | | | | | | Y | | | | Y | Y |

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2020 T1 Christmas Festive Menu

| Dish Name | Cereals containing Gluten : | | | | | | | | | | Nuts : | | | | | | | | | | 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 | | | Celery | Mustard | Sesame | Sulphur dioxide/sulphites | Lupin | Molluscs |
| YULE Chicken Garlic and Smoked Bacon Pate | Y | Y | | Y | | | ? | ? | ? | | ? | Y | | | | | | | | | ? | ? | ? | ? | ? | ? | ? | ? |
| YULE Mini Breaded Camembert | Y | Y | | | | | | | | | Y | Y | | | | | | | | | | | Y | | | | Y | |
| YULE NDCI Prawn Cocktail | Y | Y | | | Y | | Y | Y | | | | | | | | | | | | | | Y | | Y | | | | |
| YULE NGCI Chicken Garlic and Bacon Pate | ? | | | | | | ? | Y | ? | | ? | Y | | | | | | | | | ? | ? | ? | ? | ? | ? | ? | ? |
| YULE NGCI Prawn Cocktail | | | | | | | Y | Y | | | | Y | | | | | | | | | | Y | | Y | | | | |
| YULE NGCI Soup Red Pepper and Tomato | | | | | | | | Y | | | | Y | | | | | | | | | Y | Y | | | | | Y | |
| YULE Prawn Cocktail | Y | Y | | | Y | | Y | Y | | | | Y | | | | | | | | | | Y | | Y | | | | |
| YULE Soup Red Pepper and Tomato | Y | Y | | Y | | | | | | | | Y | | | | | | | | | Y | Y | | | | | Y | |
| YULE VGN Soup Red Pepper and Tomato | Y | Y | | Y | | | | | | | | | | | | | | | | | Y | Y | | | | | Y | Y |

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Festive Mains

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|--|--|--|--|--|---|---|---|---|---|--|--|--|--|--|--|--|--|--|--|---|---|--|--|---|---|--|
| YULE T1 Burger Brie and Bacon | Y | Y | | | | | | | | | Y | Y | | | | | | | | | | | | | | | | | |
| YULE T1 FF Beef with Braised Onions | | | | | | | | | | | | | | | | | | | | | | | | Y | | | | | |
| YULE T1 FF Mediterranean Style Cod | | | | | | | | Y | | | | | | | | | | | | | | | Y | | | | | | |
| YULE T1 FF NGCI Beef with Braised Onions | | | | | | | | | Y | | | | | | | | | | | | | | Y | | | | | | |
| YULE T1 FF NGCI Mediterranean Style Cod | | | | | | | | Y | | | | | | | | | | | | | | | Y | | | | | | |
| YULE T1 FF NGCI Parsnip and Swede Rosti | | | | | | | | | | | Y | | | | | | | | | | | | | | | | Y | | |
| YULE T1 FF NGCI Roast Turkey | | | | | | | | | | Y | | | | | | | | | | | | | Y | | | | | | |
| YULE T1 FF NGCI VGN Parsnip and Swede Rosti | | | | | | | | | | | | | | | | | | | | | | | | | | | Y | Y | |
| YULE T1 FF Parsnip and Swede Rosti | | | | | | | | | | | Y | | | | | | | | | | | | | | | | Y | | |
| YULE T1 FF Roast Turkey | Y | Y | | | | | | | | Y | | | | | | | | | | | | | Y | | | | | | |
| YULE T1 FF VGN Parsnip and Swede Rosti | | | | | | | | | | | | | | | | | | | | | | | | | | | Y | Y | |

