

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 Carvery July 2021 Nutritional Menu

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

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COR Beef Silverside FWE Small																													
COR Gammon FWE Small																													
COR Kale Fresh																										Y	Y		
COR Mash Carvery (2.5kg)																		Y								Y			
COR Parsnips Fresh Roasted (2kg)																										Y	Y		
COR Peas Frozen (2.5kg)																										Y	Y		
COR Pigs in Blankets																	Y									Y			
COR Pork Belly FWE																													
COR Sunday Cabbage (1kg)																											Y	Y	
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 Braised Cabbage Fresh (Batch)																										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				

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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		
CRV 21 Potatoes New Minted (Batch)																								Y	Y		
CRV 21 Potatoes Roast Fresh (Batch)																								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	
YULE Glazed Sprouts (Batch)																									Y	Y	
YULE Parsnips Red Onion Roasted (Batch)																									Y	Y	

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FAM Kids menu July 2021 - Nutrition purpose only

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

Mains

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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							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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	Peanuts	Mustard
	Soybeans	Sesame
	Milk	Sulphur dioxide/sulphites
		Lupin
		Molluscs
		Suitable for Vegetarians
		Suitable for Vegans

Sharers

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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	Fish	Celery
	Peanuts	Mustard
	Soybeans	Sesame
	Milk	Sulphur dioxide/sulphites
		Lupin
		Molluscs
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Grill Sides and Extras

Mega Meals

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

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Dish Name	Cereals containing Gluten :								Nuts :										Macadamia nut or Queensland nut	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs	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	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs	Suitable for Vegetarians	Suitable for Vegans			
FAM LN NGCI Burger The Cowboy Triple		Y	Y									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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Random Extras - Till Only

KIDS- Starters

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	Crustaceans	Pistachio nut
	Eggs	Macadamia nut or Queensland nut
	Fish	Celery
	Peanuts	Mustard
	Soybeans	Sesame
	Milk	Sulphur dioxide/sulphites
		Lupin
		Molluscs
		Suitable for Vegetarians
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KIDS - Mains

KIDS - Desserts

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	Barley	Pecan nut
	Oats	Brazil nut
	Crustaceans	Pistachio nut
	Eggs	Macadamia nut or Queensland nut
	Fish	Celery
	Peanuts	Mustard
	Soybeans	Sesame
	Milk	Sulphur dioxide/sulphites
		Lupin
		Molluscs
		Suitable for Vegetarians
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KIDS - Extras

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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				
CRV 21 Carvery Ciabatta Gammon and Mustard	Y	Y								Y	Y														Y	Y			
CRV 21 Carvery Ciabatta Turkey Stuffing and Cranberry	Y	Y								Y	Y															Y			

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

Trade Ups and Upsells

Carvery Ciabatta

CRV 21 Carvery Ciabatta Beef and Horseradish	Y	Y						Y		Y	Y								Y	Y				
CRV 21 Carvery Ciabatta Gammon and Mustard	Y	Y								Y	Y									Y	Y			
CRV 21 Carvery Ciabatta Turkey Stuffing and Cranberry	Y	Y								Y	Y									Y				

Carvery Cake

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CRV 21 Carvery Meatless Large	Y	Y								Y	Y											Y		Y			
CRV 21 Carvery Meatless Regular	Y	Y								Y	Y											Y		Y			
CRV 21 Carvery Meatless Small	Y	Y								Y	Y											Y		Y			
CRV 21 Carvery Sliced Kids	Y	Y						Y		Y	Y												Y				
CRV 21 Carvery Sliced Large	Y	Y						Y		Y	Y												Y				
CRV 21 Carvery Sliced Regular	Y	Y						Y		Y	Y												Y				
CRV 21 Carvery Sliced Small	Y	Y						Y		Y	Y												Y				
CRV 21 Carvery Veg Kids	Y	Y						Y		Y	Y												Y		Y		
CRV 21 Carvery Veg Large	Y	Y						Y		Y	Y												Y		Y		
CRV 21 Carvery Veg Regular	Y	Y						Y		Y	Y												Y		Y		
CRV 21 Carvery Veg Small	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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CRV 21 Carvery Sunday Kids	Y	Y						Y		Y	Y											Y					
CRV 21 Carvery Sunday Large	Y	Y						Y		Y	Y											Y					
CRV 21 Carvery Sunday Meatless Large	Y	Y						Y		Y	Y											Y			Y		
CRV 21 Carvery Sunday Meatless Regular	Y	Y						Y		Y	Y											Y			Y		
CRV 21 Carvery Sunday Meatless Small	Y	Y						Y		Y	Y											Y			Y		
CRV 21 Carvery Sunday Regular	Y	Y						Y		Y	Y											Y					
CRV 21 Carvery Sunday Small	Y	Y						Y		Y	Y											Y					
CRV 21 Carvery Sunday Veg Kids	Y	Y						Y		Y	Y											Y			Y		
CRV 21 Carvery Sunday Veg Large	Y	Y						Y		Y	Y											Y			Y		
CRV 21 Carvery Sunday Veg Regular	Y	Y						Y		Y	Y											Y			Y		
CRV 21 Carvery Sunday Veg Small	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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FAM LN July 2021

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	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
FAM LN LB Beer Battered Cod and Chips	Y	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	
FAM LN LB VGN Fishless Fish and Chips	Y	Y			Y																				Y	Y	
FAM LN Melt BBQ Chicken	Y	Y										Y															
FAM LN Melt Rump Steak	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	
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			

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 LN July 2021

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

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

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FAM LN July 2021

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FAM LN July 2021

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

Additional Costs

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FAM LN July 2021

Dish Name	Cereals containing Gluten :							Nuts :						
FAM LN Extra Grilled Tomato														
FAM LN Extra Linseed Bun		Y	Y											
FAM LN Extra Sauce Garlic Mayo 56g							Y							
FAM LN Extra Sauce Sweet Chilli 56g								Y						
FAM LN SB Ham and Eggs									Y					
FAM LN SB Pork and Creamy Peppercorn Sauce										Y				
											Y	Y		
											Y	Y		
												Y		
												Y	Y	
													Celery	
													Mustard	
													Sesame	
													Sulphur dioxide/sulphites	
													Lupin	
													Molluscs	
													Suitable for Vegetarians	
													Suitable for Vegans	

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FAM LN Pizza Menu July 2021

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FAM LN Pizza Menu July 2021

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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 LN Pizza Menu July 2021

Dish Name	<u>Cereals containing Gluten :</u>						<u>Nuts :</u>																					
Specials	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
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	