

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	<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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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									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																					
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									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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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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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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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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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					
CRV 21 Carvery Ciabatta Turkey Stuffing and Cranberry	Y	Y		Y							Y	Y												Y					

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Carvery																												
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 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																		
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				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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FAM LN Pizza Menu July 2021

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	Suitable for Vegans		
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									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																		
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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	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					
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													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		

