

# 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	<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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	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
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
ROT M1 VGN Burger Classic Plant Based XL	Y	Y			Y	Y		M				M											M	Y			Y
ROT M1 VGN Burger Mint Garden	Y	Y						M				M										Y	M	Y			Y
ROT M1 VGN Burger Mint Garden XL	Y	Y						M				M											M	Y			Y

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ROT LN Kids Sunday Roast Beef	Y	Y						Y			Y																		
ROT LN Kids Sunday Roast Chicken	Y	Y						Y			Y																		
ROT LN Kids Sunday Roast Leg of Pork	Y	Y						Y			Y																		
ROT LN Kids Sunday Veggie Sausages	Y	Y			Y	Y		Y			Y														Y			Y	
ROT LN NGCI Kids Sunday Roast Beef																									Y				
ROT LN NGCI Kids Sunday Roast Chicken																									Y				
ROT LN NGCI Kids Sunday Roast Leg of Pork																									Y				
ROT LN NGCI Sunday Roast 1/2 Chicken																						Y		Y					
ROT LN NGCI Sunday Roast Beef																						Y		Y					
ROT LN NGCI Sunday Roast Leg of Pork																						Y		Y					
ROT LN Sunday Roast 1/2 Chicken	Y	Y						Y			Y											Y		Y					
ROT LN Sunday Roast Beef	Y	Y						Y			Y											Y		Y					
ROT LN Sunday Roast Leg of Pork	Y	Y			Y			Y			Y											Y		Y					
ROT LN Sunday Roast Mushroom Peppered Pie	Y	Y						Y		Y	Y											Y		Y				Y	
ROT LN VGN Kids Sunday Veggie Sausages	Y	Y			Y	Y																			Y			Y	Y
ROT LN VGN Sunday Roast Mushroom Peppered Pie	Y	Y									Y											Y		Y				Y	Y















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ROT M1 Bramley Apple and Raspberry Tart	Y	Y				Y					Y																	Y			Y	
ROT M1 Cookies and Cream Slice	Y	Y						Y			Y	Y																				
ROT M1 Jam Roly Poly	Y	Y						Y			Y																				Y	
ROT M1 LM NGCI Sticky Toffee Pudding								Y			Y																		Y		Y	
ROT M1 LM NGCI Trio of Ice Cream											Y	Y																			Y	
ROT M1 LM Sticky Toffee Pudding								Y			Y																	Y		Y		
ROT M1 LM Strawberry Clotted Cream Cheesecake	Y	Y						Y			Y	Y																				
ROT M1 LM Trio of Ice Cream	Y	Y						Y			Y	Y																			Y	
ROT M1 Melt in the Middle Chocolate Pudding	Y	Y						Y			Y	Y																			Y	
ROT M1 NGCI VGN Sundae Zesty																															Y	Y
ROT M1 Sundae Chocolate Brownie	Y	Y						Y			Y	Y																			Y	
ROT M1 Sundae Raspberry Shortbread	Y	Y									Y	Y																			Y	
ROT M1 Very Berry Crumble	Y	Y				Y					Y																				Y	
ROT M1 VGN Bramley Apple and Raspberry Tart	Y	Y				Y																						Y		Y	Y	
ROT M1 VGN Sundae Zesty																															Y	Y
ROT M1 VGN Very Berry Crumble	Y	Y				Y																								Y	Y	











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### Cakes

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



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### Fixed Price Menu

ROT LN Lunch Bruschetta	Y	Y			Y	Y																Y	Y				Y	Y	
ROT LN NGCI VGN Mediteranean Salad <300																								Y				Y	Y
ROT LN VGN Mediteranean Salad <300																								Y				Y	Y
ROT M1 LM Beer Battered Cod Goujons and Chips	Y	Y			Y			Y	Y													Y							
ROT M1 LM Beer Battered Onion Rings x15	Y	Y																									Y	Y	
ROT M1 LM Cajun Chicken	Y										Y																		
ROT M1 LM Creamy Garlic Mushrooms	Y	Y			Y						Y											Y	Y				Y		
ROT M1 LM Mediterranean Salad with BBQ Cauliflower WIngs	Y	Y				Y																		Y			Y	Y	
ROT M1 LM Mediterranean Salad with Feta Cheese											Y													Y			Y		
ROT M1 LM Mediterranean Salad with Grilled Halloumi											Y													Y			Y		
ROT M1 LM Mediterranean Salad with Pulled Chicken																								Y					
ROT M1 LM Mediterranean Salad with Sliced Rump Steak																								Y					
ROT M1 LM NGCI Cajun Chicken	Y										Y																		
ROT M1 LM NGCI Creamy Garlic Mushrooms								Y			Y											Y	Y				Y		
ROT M1 LM NGCI Mediterranean Salad with Feta Cheese											Y													Y			Y		
ROT M1 LM NGCI Mediterranean Salad with Halloumi											Y													Y			Y		
ROT M1 LM NGCI Mediterranean Salad with Pulled Chicken																								Y					
ROT M1 LM NGCI Mediterranean Salad with Rump Steak																								Y					







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## Rotisserie LN21 Specials Beanstore Menu

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

### 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 LN Burger Lamb and Mint	Y	Y						Y				M															Y	M	Y							
ROT LN Burger Lamb and Mint XL	Y	Y						Y				M																Y	M	Y						
ROT LN NGCI SB Sandwich Roast Dinner								Y				Y																		Y						
ROT LN SB NGCI Kids Sunday Roast Lamb																														Y						
ROT LN SB Goats Cheese Lasagne	Y	Y		Y	Y			Y				Y											Y											Y		
ROT LN SB Kids Sunday Roast Lamb	Y	Y						Y				Y																		Y						
ROT LN SB NGCI Salad Honey & Mustard Chorizos								Y		Y	Y	Y															Y		Y							
ROT LN SB NGCI Sandwich Roast Meat								Y				Y																								
ROT LN SB NGCI Sunday Roast Lamb																								Y				Y								
ROT LN SB Sandwich Roast Dinner	Y	Y			Y							Y																		Y						
ROT LN SB Sandwich Roast Meat	Y	Y			Y							Y																								
ROT LN SB Sunday Roast Lamb	Y	Y						Y				Y											Y				Y									
ROT LN SB VGN Tacos BBQ Cauliflower	Y	Y			Y																												Y	Y		
ROT M1 SB Bantry Bay Mussels Main	Y	Y		Y	Y							Y																	Y		Y					
ROT M1 SB Beer Battered Halloumi and Chips	Y	Y			Y			Y				Y															Y									
ROT M1 SB Burger Halloumi and Mushroom	Y	Y						Y				Y															Y	M					Y			
ROT M1 SB Burger Mac Stack	Y	Y						Y				Y															Y	M	Y							
ROT M1 SB Burger Pheasant and Pork	Y	Y						Y				Y																Y	M							



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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												
ROT M1 SB Korean Style Cauliflower Noodles	Y	Y			Y			Y			Y																Y	Y			Y	
ROT M1 SB Korean Style Pork Noodles	Y	Y						Y			Y																Y	Y				
ROT M1 SB Korean Style Rotisserie Chicken Noodles	Y	Y						Y			Y																Y	Y				
ROT M1 SB Lambs Liver and Bacon												Y																				
ROT M1 SB LB Beer Battered Halloumi and Chips	Y	Y			Y			Y				Y														Y						
ROT M1 SB Minted Lamb Shank	Y	Y										Y																				
ROT M1 SB NGCI Bantry Bay Mussels Main								Y				Y																Y	Y			
ROT M1 SB NGCI Chilli con Carne																																
ROT M1 SB NGCI Cowboy Steak								Y				Y																				
ROT M1 SB NGCI Duo of Chicken and Beef												Y														Y	Y		Y			
ROT M1 SB NGCI Grilled Lemon Sole										Y		Y																				
ROT M1 SB NGCI Kebab Halloumi and Veg												Y	Y			Y										Y	Y			Y		
ROT M1 SB NGCI Kebab Lamb												Y														Y	Y					
ROT M1 SB NGCI Kebab Prawn							Y					Y														Y	Y		Y			
ROT M1 SB NGCI Lambs Liver and Bacon												Y																				
ROT M1 SB NGCI Salmon Hollandaise								Y	Y			Y																				
ROT M1 SB NGCI Sausage and Mash												Y																Y				
ROT M1 SB NGCI Slow Cooked Duck												Y														Y						
ROT M1 SB NGCI Steak Americano												Y																				
ROT M1 SB NGCI Steak and Wings																										Y	Y					





