

# 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.

## SAB XMAS21 (Comfy/Destination) Festive/Day

Dish Name	<b>Cereals containing Gluten :</b>											<b>Nuts :</b>																	
	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	
<b>Starter (Festive)</b>																													
XMAS20 App- Classic Prawn Cocktail	Y	Y			Y		Y	Y				Y										Y	Y						
XMAS20 App- Day- Butternut Squash Soup (V)	Y	Y	?	?	?	Y	?	?	?	?	?	Y	?	?	?	?	?	?	?	?	Y	Y	?	?	?	?	?	?	
XMAS20 App- Day- Butternut Squash Soup (Vg)	Y	Y	?	?	?	Y	?	?	?	?	?	?	?	?	?	?	?	?	?	?	Y	Y	?	?	?	?	?	?	?
XMAS20 App- Day- French Onion Soup (V)	Y	Y	?	?	?	Y	?	?	?	?	?	Y	?	?	?	?	?	?	?	?	Y	Y	?	Y	?	?	?	?	
XMAS20 App- Day- French Onion Soup (Vg)	Y	Y	?	?	?	Y	?	?	?	?	?	?	?	?	?	?	?	?	?	?	Y	Y	?	Y	?	?	?	?	?
XMAS20 App- Penderyn, Chicken Liver Pate	Y	?	?	?	?	Y	?	?	?	?	?	Y	?	?	?	?	?	?	?	?	Y	Y	?	Y	?	?			
XMAS20 App- Red Onion, Cranberry & Brie Tart (V)	Y	Y						Y				Y									Y	Y		Y			Y		
<b>Mains (Festive)</b>																													
XMAS20 Festive - Salmon & Champagne Hollandaise	Y	Y						Y	Y		Y	Y										Y	Y						
XMAS20 Festive- Daube of Beef	Y	Y				Y			Y		Y										Y	Y		Y					
XMAS20 Festive- Parsnip & Swede Rosti (V)												Y									Y	Y		Y			Y		
XMAS20 Festive- Parsnip & Swede Rosti (Vg)																					Y	Y		Y			Y	Y	
XMAS20 Festive- Roast Turkey	Y	Y				Y			Y		Y										Y	Y		Y					

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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										
<b>Dessert (Festive)</b>																														
XMAS20 Dess - Rasp & White Choc Roulade (V)												Y																	Y	
XMAS20 Dess- Christmas Crumble	Y	Y					Y						Y																Y	
XMAS20 Dess- Christmas Crumble (Vg)	Y	Y					Y																					Y	Y	
XMAS20 Dess- Orange Brownie (V)	Y	Y							Y			Y	Y	Y				Y										Y		
XMAS20 Dess- Sicilian Lemon Tart (V)	Y	Y							Y			Y																	Y	
<b>Starter (Day)</b>																														
XMAS20 App- Day- Butternut Squash Soup (V)	Y	Y	?	?	?	Y	?	?	?	?	?	?	Y	?	?	?	?	?	?	?	?	Y	Y	?	?	?	?	?	?	
XMAS20 App- Day- Butternut Squash Soup (Vg)	Y	Y	?	?	?	Y	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	Y	Y	?	?	?	?	?	?	
XMAS20 App- Game Pate	Y	?	?	?	?	Y	?	?	?	?	?	?	Y	?	?	?	?	?	?	?	?	Y	Y	?	Y	?	?			
XMAS20 App- Smoked Salmon & Prawns	Y	Y				Y		Y	Y	Y		Y										Y	Y							
XMAS20 App- Tomato Tart Tatin (Vg)	Y	Y																				Y	Y		Y				Y	Y
<b>Mains (Day)</b>																														
XMAS20 Day- Candied Nut Roast (Vg)												Y			Y	Y				Y	Y		Y	Y		Y		Y	Y	
XMAS20 Day- Roast Sirloin of Beef	Y	Y				Y				Y		Y										Y	Y		Y					
XMAS20 Day- Roast Turkey	Y	Y				Y				Y		Y										Y	Y		Y					
XMAS20 Day- Seabass Petit Pois al la Francais										Y		Y										Y	Y							

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**Dessert (Day)**

XMAS20 Dess - Lemon Panna Cotta (V)	Y	Y									Y	Y																	Y				Y			
XMAS20 Dess - Tart Bramley Apple & Caramel	Y	Y				Y					Y	Y																		Y				Y		
XMAS20 Dess - Tart Bramley Apple & Caramel (Vg)	Y	Y				Y					Y																			Y				Y	Y	
XMAS20 Dess- Irish Cream Roulade (V)	Y	Y						Y			Y	Y																					Y			
XMAS20 Dess- Xmas Pudding	Y	Y										Y																					Y		Y	
XMAS20 Dess- Xmas Pudding (Vg)	Y	Y																															Y		Y	Y





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**Kids Dessert (Day)**

XMAS20 Dess - Kids Dess - Xmas Pudding	Y	Y									Y												Y			Y	
XMAS20 Dess - Kids Dessert - Lemon Panna Cotta (V)	Y	Y								Y	Y												Y			Y	
XMAS20 Dess - Kids Dessert- Tart Bramley Apple & Caramel	Y	Y				Y				Y	Y												Y			Y	