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.

INN Breakfast 2017

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
Continental Breakfast																														
INN Continental Breakfast	Y	Y				Y			Y		Y	Y	Y	Y	Y	Y							Y			Y			Y	
Self Serve Breakdown																														
INN Breakfast Allowance												Y	Y																Y	
INN Cereals	Y					Y					Y															Y			Y	
INN Fruit																													Y	Y
INN Fruit Juices																													Y	Y
INN Pastries	Y	Y				Y			Y			Y	Y	Y	Y	Y													Y	
INN Spreads	Y					Y						Y	Y	Y		Y							Y						Y	
INN Yoghurts													Y																Y	

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Cooked Breakfast																														
INN Classic Breakfast	Y	Y				Y			Y		Y	Y	Y	Y	Y	Y							Y			Y				
INN Classic Breakfast Vegetarian	Y	Y				Y			Y		Y	Y	Y	Y	Y	Y							Y			Y			Y	
INN Eggs Benedict	Y	Y				Y			Y		Y	Y	Y	Y	Y	Y							Y			Y				
INN Eggs Benedict Mushroom	Y	Y				Y			Y		Y	Y	Y	Y	Y	Y							Y			Y			Y	
INN Eggs on Toast	Y	Y				Y			Y		Y	Y	Y	Y	Y	Y							Y			Y			Y	
INN Pancakes Bacon & Maple Syrup	Y	Y				Y			Y		Y	Y	Y	Y	Y	Y							Y			Y				
INN Pancakes Banana & Maple Syrup	Y	Y				Y			Y		Y	Y	Y	Y	Y	Y							Y			Y			Y	
The Works																														
INN The Works	Y	Y				Y	Y		Y		Y	Y	Y	Y	Y	Y							Y			Y				
INN The Works Vegetarian	Y	Y				Y			Y		Y	Y	Y	Y	Y	Y							Y			Y			Y	
Lighter Options																														
INN Granola with Yogurt	Y						Y						Y	Y	Y														Y	
INN Porridge with Honey	Y						Y						Y																Y	
Kids Breakfast																														
INN Kids Breakfast									Y																	Y				
INN Kids Veggie Breakfast	Y	Y							Y				Y																Y	

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Sides																														
INN Bacon Rasher																														
INN Baked Beans																													Y	Y
INN Black Pudding	Y	Y				Y	Y																							
INN Bread or Toast	Y	Y				Y																							Y	Y
INN Egg Fried									Y																				Y	
INN Egg Poached									Y																				Y	
INN Egg Scrambled									Y				Y																Y	
INN Grilled Mushroom													Y																Y	
INN Grilled Tomato																													Y	Y
INN Hash Browns																													Y	Y
INN Sausage																										Y				
INN Veggie Sausage	Y	Y							Y				Y																Y	