

# 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.

## CCM Kids Nutrition Menu January 2019

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	Molluscs
<b>kids starter</b>																												
CCM M1 KID Corn on the Cob												Y															Y	
CCM M1 KID Garlic Bread	Y	Y																									Y	Y
CCM M1 KID Nachos												Y															Y	
CCM M1 KID Salad Sticks Starter																											Y	Y
<b>Kids dessert</b>																												
CCM M1 KID Chocolate Brownie	Y	Y					Y			Y	Y																Y	
CCM M1 KID Dipping Donuts	Y	Y			Y		Y			Y	Y																Y	
CCM M1 KID Ice Cream Sundae	Y	Y					Y			Y	Y																Y	
CCM M1 KID Jelly																												
CCM M1 KID Jelly and Ice Cream											Y																	
CCM M1 KID Orange Boats																										Y	Y	
CCM M1 KID Spongebob Tub Chocolate										Y	Y												Y			Y		
CCM M1 KID Spongebob Tub Strawberry											Y												Y			Y		
CCM M1 KID Spongebob Tub Vanilla											Y												Y			Y		

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<b>big kid</b>																												
CCM M1 KID Fish and Chips	Y	Y						Y	Y													Y						
CCM M1 KID Gammon 4oz								Y														Y						
CCM M1 KID Ham Egg and Chips								Y														Y						
CCM M1 KID Hunters Chicken								Y			Y											Y						
CCM M1 KID Quorn Sausage and Mash	Y	Y			Y			Y		Y	Y											Y					Y	
CCM M1 KID Sausage and Mash								Y		Y	Y											Y		Y				