

# 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.

## 2019 Generous George Christmas Menus

Dish Name	<b><u>Cereals containing Gluten :</u></b>										<b><u>Nuts :</u></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

### **Festive Starters**

GGE XMF Chicken Garlic and Smoked Bacon Pate	Y	Y			Y					Y	Y													Y				
GGE XMF King Prawn Cocktail	Y	Y					Y	Y			Y	Y										Y		Y				
GGE XMF NGCI Chicken Garlic and Smoked Bacon Pate	Y				Y			Y			Y													Y				
GGE XMF NGCI King Prawn Cocktail							Y	Y			Y											Y		Y				
GGE XMF NGCI Tomato Soup								Y			Y											Y					Y	
GGE XMF Tomato Soup	Y	Y									Y	Y										Y					Y	
GGE XMF VGN Tomato Soup	Y	Y									Y											Y					Y	Y

### **Festive Mains**

GGE XMF Beef and Rioja Pie	Y	Y			Y			Y																Y				
GGE XMF Candied Nut Roast									Y			Y	Y			Y	Y						Y				Y	Y
GGE XMF NGCI Roast Turkey																							Y					
GGE XMF Parsley Cod									Y		Y											Y						
GGE XMF Roast Turkey	Y	Y									Y													Y				
GGE XMF VGN Candied Nut Roast									Y			Y	Y			Y	Y						Y				Y	Y

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### Festive Desserts

GGE XMF Cheese and Biscuits	Y	Y			Y	Y			Y			Y	Y									Y		Y	Y			Y		
GGE XMF Chocolate and Cherry Cheesecake												Y	Y																Y	
GGE XMF Christmas Pudding	Y	Y										Y												Y				Y		
GGE XMF Damson Gin Orchard Pie	Y	Y										Y												Y				Y		
GGE XMF VGN Chocolate and Cherry Cheesecake												Y																Y	Y	
GGE XMF VGN Damson Gin Orchard Pie	Y	Y																						Y				Y	Y	





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<b>Day Mains</b>																																							
GGE XMD NGCI Roast Turkey																																							
GGE XMD Parsnip and Swede Rosti												Y																						Y					
GGE XMD Roast Turkey	Y	Y										Y																											
GGE XMD Sirloin Steak 8oz																																							
GGE XMD St Clements Kiln Roasted Salmon Tart										Y		Y										Y																	
GGE XMD VGN Parsnip and Swede Rosti																																				Y	Y		
<b>Day Desserts</b>																																							
GGE XMD Beverage Accompaniment	Y	Y										Y	Y	Y		Y																					Y		
GGE XMD Cheese and Biscuits	Y	Y			Y	Y			Y			Y	Y									Y			Y												Y		
GGE XMD Chocolate and Hazelnut Roulade	Y	Y						Y				Y	Y	Y		Y																					Y		
GGE XMD Christmas Pudding	Y	Y											Y																								Y		Y
GGE XMD Kir Royal Inspired Cheesecake													Y	Y																							Y		Y
GGE XMD Spiced Apple and Cranberry Nutty Crumble	Y	Y				Y							Y	Y	Y		Y																			Y		Y	
GGE XMD VGN Kir Royale Inspired Cheesecake												Y																									Y	Y	
GGE XMD VGN Spiced Apple and Cranberry Nutty Crumble	Y	Y				Y								Y	Y		Y																			Y	Y		

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GGE XMD KID Buttermilk Chicken Goujons	Y	Y									Y										Y	Y							
GGE XMD KID Chocolate and Hazelnut Roulade	Y	Y						Y			Y	Y	Y		Y													Y	
GGE XMD KID Christmas Pudding	Y	Y										Y												Y				Y	
GGE XMD KID Fresh Fruit Cocktail																												Y	Y
GGE XMD KID Garlic Bread	Y	Y			Y	Y																						Y	Y
GGE XMD KID Ice Cream												Y																Y	
GGE XMD KID NGCI Roast Turkey																									Y				
GGE XMD KID NGCI Tomato Soup								Y														Y						Y	
GGE XMD KID Roast Turkey	Y	Y										Y												Y					
GGE XMD KID Sirloin Steak 4oz																													
GGE XMD KID Tomato Soup	Y	Y										Y										Y						Y	Y
GGE XMD KID Veggie Sausages	Y	Y										Y												Y				Y	Y
GGE XMD KID VGN Ice Cream																												Y	Y
GGE XMD KID VGN Tomato Soup	Y	Y										Y										Y						Y	Y
GGE XMD KID VGN Veggie Sausages	Y	Y										Y												Y				Y	Y

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### U5 Day

GGE XMD U5 Ice Cream												Y																Y		
GGE XMD U5 Roast Turkey																														
GGE XMD U5 Veggie Sausages	Y	Y										Y												Y				Y	Y	
GGE XMD U5 VGN Ice Cream																												Y	Y	
GGE XMD U5 VGN Veggie Sausages	Y	Y										Y											Y				Y	Y		

### Celebration Menu Starters

GGE XMC Cheesy Garlic Mushrooms	Y	Y										Y	Y									Y						Y	
GGE XMC Ham Hock Terrine	Y	Y										Y										Y		Y					
GGE XMC King Prawn Cocktail	Y	Y					Y	Y			Y											Y		Y					
GGE XMC NGCI Ham Hock Terrine								Y														Y		Y					
GGE XMC NGCI King Prawn Cocktail							Y	Y														Y		Y					
GGE XMC NGCI Tomato Soup								Y														Y						Y	
GGE XMC Tomato Soup	Y	Y										Y										Y						Y	Y
GGE XMC VGN Tomato Soup	Y	Y										Y										Y						Y	Y

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### Celebration Menu Mains

GGE XMC Candied Nut Roast										Y			Y	Y			Y	Y									Y	Y	
GGE XMC Hunters Chicken												Y									Y	Y							
GGE XMC NGCI Roast Turkey																								Y					
GGE XMC NGCI Sirloin Steak 8oz	Y	Y										Y																	
GGE XMC Posh Fish and Chips	Y	Y			Y			Y	Y																				
GGE XMC Roast Turkey	Y	Y										Y												Y					
GGE XMC Sirloin Steak 8oz	Y	Y										Y																	
GGE XMC VGN Candied Nut Roast										Y			Y	Y			Y	Y						Y				Y	Y

### Celebration Menu Desserts

GGE XMC Cheese and Biscuits	Y	Y			Y	Y			Y		Y	Y									Y		Y	Y				Y		
GGE XMC Chocolate & Hazelnut Roulade	Y	Y						Y			Y	Y	Y		Y														Y	
GGE XMC Damson Gin Orchard Pie	Y	Y										Y												Y				Y		
GGE XMC Kir Royale Inspired Cheesecake											Y	Y												Y				Y		
GGE XMC VGN Damson Gin Orchard Pie	Y	Y																						Y				Y	Y	
GGE XMC VGN Kir Royale Inspired Cheesecake											Y													Y				Y	Y	



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### Kids Celebration Menu

GGE XMC KID Beef Burger	Y	Y																						Y					
GGE XMC KID Buttermilk Chicken Goujons	Y	Y									Y										Y	Y							
GGE XMC KID Chocolate and Hazelnut Roulade	Y	Y						Y		Y	Y	Y		Y														Y	
GGE XMC KID Fresh Fruit Cocktail																											Y	Y	
GGE XMC KID Garlic Bread	Y	Y			Y	Y																					Y	Y	
GGE XMC KID Ice Cream											Y																Y		
GGE XMC KID NGCI Tomato Soup								Y													Y						Y		
GGE XMC KID Roast Turkey	Y	Y									Y																		
GGE XMC KID Tomato Soup	Y	Y									Y										Y						Y	Y	
GGE XMC KID Veggie Burger	Y	Y				Y					Y																Y	Y	
GGE XMC KID Veggie Sausages	Y	Y									Y													Y			Y	Y	
GGE XMC KID VGN Ice Cream																											Y	Y	
GGE XMC KID VGN Tomato Soup	Y	Y									Y										Y						Y	Y	
GGE XMC KID VGN Veggie Sausages	Y	Y									Y													Y			Y	Y	

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### U5 Celebration Menu

GGE XMC U5 Buttermilk Chicken Goujons	Y	Y										Y									Y								
GGE XMC U5 Ice Cream												Y																Y	
GGE XMC U5 Veggie Sausages	Y	Y									Y													Y				Y	Y
GGE XMC U5 VGN Ice Cream																												Y	Y
GGE XMC U5 VGN Veggie Sausages	Y	Y									Y													Y				Y	Y

### NYE Starters

GGE NYE Cheesy Garlic Mushrooms	Y	Y									Y	Y										Y						Y	
GGE NYE Ham Hock Terrine	Y	Y									Y											Y		Y					
GGE NYE NGCI Ham Hock Terrine								Y														Y		Y					
GGE NYE NGCI Salmon						Y	Y	Y			Y													Y					
GGE NYE NGCI Soup							Y														Y							Y	
GGE NYE Salmon	Y	Y				Y	Y	Y			Y	Y												Y					
GGE NYE Soup	Y	Y									Y											Y						Y	Y



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### Sides

GGE XMD Cheesy Roast Potatoes												Y																Y		
GGE XMD Pigs in Blankets - Side	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?
GGE XMF Cheesy Roast Potatoes												Y																Y		
GGE XMF Pigs in Blankets x 8																								Y						

### Sparkle

GGE XMS Christmas Dinner Calzone	Y	Y										Y																		Y					
GGE XMS Four Cheese Steak	Y	Y										Y																							
GGE XMS Snowman Burger	Y	Y							Y			Y	Y															Y	Y	Y					
GGE XMS Sweet Shop Sundae	Y	Y				Y					Y	Y	Y	Y	Y														Y	Y	Y				
GGE XMS Veggie Snowman Burger	Y	Y				Y			Y			Y	Y															Y	Y	Y			Y		

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<b>Breakfast with Santa</b>																												
GGE XMS Breakfast	Y	Y			Y			Y			Y													Y				
GGE XMS Breakfast Vegan	Y	Y			Y					Y														Y			Y	Y
GGE XMS Breakfast Veggie	Y	Y			Y			Y		Y	Y													Y			Y	
GGE XMS Kids Breakfast	Y	Y			Y			Y		Y	Y	Y	Y										Y	Y				
GGE XMS Kids Breakfast Vegan	Y	Y			Y					Y	Y	Y	Y	Y									Y	Y			Y	
GGE XMS Kids Breakfast Veggie	Y	Y			Y			Y		Y	Y	Y	Y	Y									Y	Y			Y	
GGE XMS NGCI Breakfast								Y			Y													Y				

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## **GGE Christmas Residual Menu 2019**

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### **Starters**

GGE XMDR Cheesy Garlic Mushrooms	Y	Y									Y	Y										Y						Y	
GGE XMDR NGCI Butternut and Spinach Soup								Y				Y									Y							Y	
GGE XMDR NGCI Ham Hock Terrine								Y				Y										Y		Y					
GGE XMDR NGCI Smoked Salmon								Y	Y			Y																	
GGE XMDR Smoked Salmon	Y	Y							Y		Y	Y																	
GGE XMDR Soup	Y	Y										Y	Y								Y							Y	
GGE XMDR Terrine	Y	Y										Y	Y									Y		Y					
GGE XMFR NGCI Pate								Y				Y												Y					
GGE XMFR Pate	Y	Y										Y	Y											Y					

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GGE XMDR NGCI Parsnip and Brie Rosti											Y	Y																Y		
GGE XMDR NGCI St Clements Salmon Tart									Y			Y										Y								
GGE XMDR Parsnip and Brie Rosti											Y	Y																Y		
GGE XMDR St Clements Salmon Tart									Y			Y										Y								
GGE XMFR Beef and Rioja Pie	Y	Y			Y			Y			Y													Y						
GGE XMFR Fish									Y			Y										Y								
GGE XMFR NGCI Parsley Cod									Y			Y										Y								
GGE XMFR Nut Roast										Y	Y		Y	Y			Y	Y						Y				Y		
GGE XMFR VGN Nut Roast										Y			Y	Y			Y	Y						Y				Y	Y	

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### **Desserts**

GGE XMDR Chocolate and Hazelnut Rocher Roulade	Y	Y						Y			Y	Y	Y		Y													Y	
GGE XMDR Kir Royale Inspired Cheesecake												Y	Y											Y				Y	
GGE XMDR NGCI Kir Royale Inspired Cheesecake												Y	Y											Y				Y	
GGE XMDR VGN Kir Royale Inspired Cheesecake												Y												Y				Y	Y
GGE XMF VGN Chocolate and Cherry Cheesecake												Y																Y	Y
GGE XMFR Chocolate Tart	Y	Y										Y	Y															Y	
GGE XMFR Christmas Pudding	Y	Y			Y			Y				Y	Y	Y														Y	
GGE XMFR Fruit Pie	Y	Y										Y												Y				Y	
GGE XMFR VGN Fruit Pie	Y	Y																						Y				Y	Y