

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 Two for One Christmas Menus

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	Suitable for Vegans

Festive Starters

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

Festive Mains

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

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Festive Desserts

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

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Kids Festive

TFO XMF KID Beef Burger	Y	Y																													
TFO XMF KID Chocolate Brownie	Y	Y						Y			Y	Y																	Y		
TFO XMF KID Ice Cream												Y																		Y	
TFO XMF KID NGCI Roast Turkey																														Y	
TFO XMF KID NGCI Tomato Soup								Y														Y								Y	
TFO XMF KID Roast Turkey	Y	Y										Y																			
TFO XMF KID Tomato Soup	Y	Y									Y											Y								Y	Y
TFO XMF KID Vegan Veggie Burger	Y	Y				Y					Y																			Y	Y
TFO XMF KID Veggie Sausages	Y	Y									Y													Y						Y	Y
TFO XMF KID VGN Garlic Bread	Y	Y																												Y	Y
TFO XMF KID VGN Ice Cream																														Y	Y
TFO XMF KID VGN Tomato Soup	Y	Y									Y											Y								Y	Y
TFO XMF U5 VGN Veggie Sausages	Y	Y									Y													Y						Y	Y

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U5 Festive

TFO XMF U5 Ice Cream												Y																Y	
TFO XMF U5 Roast Turkey	Y	Y						Y				Y																	
TFO XMF U5 Veggie Sausages	Y	Y									Y													Y				Y	Y
TFO XMF U5 VGN Ice Cream																												Y	Y
TFO XMF U5 VGN Veggie Sausages	Y	Y									Y												Y				Y	Y	

Day Starters

TFO XMD Cheesy Garlic Mushrooms	Y	Y									Y	Y										Y						Y	
TFO XMD Ham Hock Terrine	Y	Y									Y											Y		Y					
TFO XMD NGCI Ham Hock Terrine								Y														Y		Y					
TFO XMD NGCI Smoked Salmon Prosecco and Crayfish Parfait							Y	Y	Y		Y													Y					
TFO XMD NGCI Spiced Butternut Squash and Spinach Soup								Y														Y						Y	
TFO XMD Smoked Salmon Prosecco and Crayfish Parfait	Y	Y					Y	Y	Y		Y	Y												Y					
TFO XMD Spiced Butternut Squash and Spinach Soup	Y	Y										Y										Y						Y	Y
TFO XMD VGN Spiced Butternut Squash and Spinach Soup	Y	Y									Y											Y						Y	Y

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Day Desserts

TFO XMD Beverage Accompaniment	Y	Y									Y	Y	Y		Y													Y		
TFO XMD Cheese and Biscuits	Y	Y			Y	Y			Y			Y	Y									Y		Y	Y				Y	
TFO XMD Chocolate and Hazelnut Roulade	Y	Y						Y			Y	Y	Y		Y														Y	
TFO XMD Christmas Pudding	Y	Y										Y												Y					Y	
TFO XMD Kir Royale Inspired Cheesecake											Y	Y												Y					Y	
TFO XMD NGCI Kir Royale Inspired Cheesecake											Y	Y												Y					Y	
TFO XMD Spiced Apple and Cranberry Nutty Crumble	Y	Y				Y						Y	Y	Y		Y								Y					Y	
TFO XMD VGN Kir Royale Inspired Cheesecake											Y													Y					Y	Y
TFO XMD VGN Spiced Apple and Cranberry Nutty Crumble	Y	Y				Y							Y	Y		Y								Y					Y	Y

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

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TFO XMD KID VGN Veggie Sausages	Y	Y									Y																Y			Y	Y

U5 Day

TFO XMD U5 Carvery	Y	Y			Y			Y			Y																			
TFO XMD U5 Carvery Veggie Sausages	Y	Y			Y					Y	Y												Y						Y	
TFO XMD U5 Ice Cream											Y																		Y	
TFO XMD U5 Roast Turkey																														
TFO XMD U5 Veggie Sausages	Y	Y								Y													Y					Y	Y	
TFO XMD U5 VGN Carvery Veggie Sausages	Y	Y								Y	Y												Y					Y		
TFO XMD U5 VGN Ice Cream																												Y	Y	
TFO XMD U5 VGN Veggie Sausages	Y	Y								Y													Y					Y	Y	

Celebration Menu Starters

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

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Celebration Menu Mains

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

Celebration Menu Desserts

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

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NYE Mains																													
TFO NYE Duck											Y														Y				
TFO NYE NGCI Steak								Y														Y	Y		Y				
TFO NYE Nut Roast										Y	Y		Y	Y			Y	Y						Y				Y	
TFO NYE Salmon Tart									Y			Y										Y							
TFO NYE Steak	Y	Y						Y														Y	Y		Y				
TFO NYE VGN Nut Roast										Y			Y	Y			Y	Y						Y				Y	Y
NYE Desserts																													
TFO NYE Apple Tart	Y	Y										Y																Y	
TFO NYE Cheese and Biscuits	Y	Y	?	?	Y	Y	?	?	Y	?	?	Y	Y	?	?	?	?	?	?	?	?	Y	?	Y	Y	?	?	?	?
TFO NYE Cheesecake												Y	Y											Y				Y	
TFO NYE Chocolate Dessert												Y	Y											Y				Y	
TFO NYE Ice Cream Sundae	Y	Y										Y	Y	Y		Y												Y	
TFO NYE VGN Cheesecake												Y												Y				Y	Y
TFO NYE VGN Chocolate Dessert												Y												Y				Y	Y

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Sides

TFO XMD Cauliflower Cheese	Y				Y						Y																	Y
TFO XMD Cheesy Roast Potatoes (Fresh)											Y																	Y
TFO XMD Pigs in Blankets x 8																							Y					
TFO XMF Cauliflower Cheese (Frozen)	Y				Y						Y																	Y
TFO XMF Cheesy Roast Potatoes (Fresh)											Y																	Y
TFO XMF Pigs in Blankets x 8																							Y					

Sparkle

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