

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 TOAST 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

Festive Starters

TST XMF Buttermilk Chicken Goujons	Y	Y									Y										Y	Y							
TST XMF Golden Breaded Mushrooms	Y	Y						Y													Y	Y						Y	
TST XMF NGCI Tomato Soup								Y			Y										Y							Y	
TST XMF Tomato Soup	Y	Y								Y	Y										Y							Y	
TST XMF VGN Tomato Soup	Y	Y								Y											Y							Y	Y

Festive Mains

TST XMF NGCI Roast Turkey																													Y			
TST XMF Roast Turkey	Y	Y									Y																		Y			
TST XMF Snowman Burger	Y	Y						Y		Y	Y											Y	Y	Y								
TST XMF Steak and Ale Pie	Y	Y				Y		Y																Y								
TST XMF Veggie Snowman Burger	Y	Y				Y		Y		Y	Y											Y	Y	Y				Y				
TST XMF VGN Button Mushroom Bourguignon Pie	Y	Y								Y														Y				Y	Y			

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U5 Festive																													
TST XMF U5 Ice Cream												Y																Y	
TST XMF U5 Roast Turkey																													
TST XMF U5 Veggie Sausages	Y	Y									Y													Y			Y	Y	
TST XMF U5 VGN Ice Cream																												Y	Y
TST XMF U5 VGN Veggie Sausages	Y	Y									Y													Y			Y	Y	
Day Starters																													
TST XMD Cheesy Garlic Mushrooms	Y	Y									Y	Y										Y					Y		
TST XMD Ham Hock Terrine	Y	Y									Y											Y		Y					
TST XMD NGCI Ham Hock Terrine								Y														Y		Y					
TST XMD NGCI Smoked Salmon Prosecco and Crayfish Parfait							Y	Y	Y		Y													Y					
TST XMD NGCI Tomato Soup								Y													Y						Y		
TST XMD Smoked Salmon Prosecco and Crayfish Parfait	Y	Y					Y	Y	Y		Y	Y												Y					
TST XMD Spiced Butternut Squash and Spinach Soup	Y	Y									Y										Y						Y	Y	
TST XMD VGN Spiced Butternut Squash and Spinach Soup	Y	Y									Y										Y						Y	Y	

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Kids Day

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

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U5 Day

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

NYE Starters

TST NYE Cheesy Garlic Mushrooms	Y	Y									Y	Y										Y						Y	
TST NYE NGCI Salmon							Y	Y	Y			Y												Y					
TST NYE NGCI Soup								Y				Y									Y							Y	
TST NYE NGCI Terrine								Y				Y										Y		Y					
TST NYE Salmon	Y	Y					Y	Y	Y		Y	Y												Y					
TST NYE Soup	Y	Y										Y	Y								Y							Y	
TST NYE Terrine	Y	Y										Y	Y									Y		Y					

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

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Sides

TST XMD Cheesy Roast Potatoes												Y																	Y	
TST XMD Pigs in Blankets x 8																								Y						
TST XMF Cheesy Roast Potatoes												Y																	Y	
TST XMF Pigs in Blankets x 8																								Y						

Sparkle

TST XMS Sweet Shop Sundae	Y	Y			Y					Y	Y	Y	Y	Y									Y	Y					
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