

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 Birch 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

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

Festive mains

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

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Festive U5

BIR XMF U5 Carvery	Y	Y			Y			Y			Y																		
BIR XMF U5 Carvery Veggie Sausages	Y	Y			Y			Y		Y	Y												Y				Y		
BIR XMF U5 Ice Cream											Y																	Y	
BIR XMF U5 NGCI Carvery											Y												Y						
BIR XMF U5 Roast Turkey																													
BIR XMF U5 VGN Carvery Veggie Sausages	Y	Y									Y	Y											Y				Y		
BIR XMF U5 VGN Ice Cream																											Y	Y	
BIR XMF U5 VGN Veggie Sausages	Y	Y									Y												Y				Y	Y	

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

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BIR XMD KID VGN Veggie Sausages	Y	Y									Y																	Y			Y	Y

Day U5

BIR XMD U5 Carvery	Y	Y			Y			Y			Y																				
BIR XMD U5 Carvery Veggie Sausages	Y	Y			Y			Y		Y	Y													Y					Y		
BIR XMD U5 Ice Cream old											Y																		Y		
BIR XMD U5 NGCI Carvery											Y																				
BIR XMD U5 RoastTurkey																															
BIR XMD U5 Veggie Sausages	Y	Y									Y													Y				Y	Y		
BIR XMD U5 VGN Carvery Veggie Sausages	Y	Y									Y	Y												Y				Y			
BIR XMD U5 VGN Ice Cream																												Y	Y		
BIR XMD U5 VGN Veggie Sausages	Y	Y									Y													Y				Y	Y		

Sides

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

Sparkle

BIR XMS Sweet Shop Sundae	Y	Y			Y					Y	Y	Y	Y	Y										Y	Y					
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