

# 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 Carvery Christmas Menus

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

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

### Festive Mains

MSC XMF Beef and Rioja Pie	Y	Y			Y			Y			Y													Y				
MSC XMF Candied Nut Roast	Y	Y			Y		Y		Y		Y	Y	Y		Y	Y							Y				Y	
MSC XMF Carvery	Y	Y			Y		Y				Y																	
MSC XMF NGCI Candied Nut Roast										Y	Y	Y	Y		Y	Y								Y			Y	
MSC XMF NGCI Carvery											Y																	
MSC XMF Parsley Cod	Y				Y				Y		Y										Y							
MSC XMF VGN Candied Nut Roast										Y	Y	Y	Y		Y	Y							Y				Y	



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 Carvery 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	
MSC XMD Carvery	Y	Y			Y			Y			Y																		
MSC XMD NGCI Carvery											Y													Y					
MSC XMD NGCI Parsnip and Swede Rosti											Y																Y		
MSC XMD NGCI St Clements Kiln Roasted Salmon Tart								Y			Y									Y									
MSC XMD NGCI Steak											Y												Y						
MSC XMD Parsnip and Swede Rosti	Y	Y			Y			Y			Y																Y		
MSC XMD St Clements Kiln Roasted Salmon Tart	Y				Y				Y		Y									Y									
MSC XMD Steak	Y				Y						Y												Y						
MSC XMD VGN Parsnip and Swede Rosti											Y																Y		

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 Carvery 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

### Day Desserts

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

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 Carvery Christmas Menus**

<b>Dish Name</b>	<b>Cereals containing Gluten :</b>												<b>Nuts :</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	Suitable for Vegans		
<b>Kids Festive</b>																														
MSC XMF KID Beef Burger	Y	Y																							Y					
MSC XMF KID Carvery	Y	Y			Y			Y				Y																		
MSC XMF KID Chocolate Brownie	Y	Y						Y			Y	Y																		
MSC XMF KID Garlic Bread	Y	Y		Y	Y																									
MSC XMF KID Ice Cream												Y																		
MSC XMF KID NGCI Carvery												Y																		
MSC XMF KID NGCI Tomato Soup								Y														Y								
MSC XMF KID Tomato Soup	Y	Y									Y											Y						Y	Y	
MSC XMF KID Veggie Burger	Y	Y			Y						Y																		Y	Y
MSC XMF KID Veggie Sausages	Y	Y			Y			Y			Y	Y												Y				Y		
MSC XMF KID VGN Ice Cream																													Y	Y
MSC XMF KID VGN Tomato Soup	Y	Y									Y											Y						Y	Y	
MSC XMF KID VGN Veggie Sausages	Y	Y									Y	Y												Y				Y		

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 Carvery 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

### U5 Festive

MSC XMF U5 Carvery	Y	Y			Y			Y			Y																		
MSC XMF U5 Ice Cream											Y																	Y	
MSC XMF U5 NGCI Carvery											Y																		
MSC XMF U5 Veggie Sausages	Y	Y			Y			Y		Y	Y												Y				Y		
MSC XMF U5 VGN Ice Cream																											Y	Y	
MSC XMF U5 VGN Veggie Sausages	Y	Y								Y	Y												Y				Y		

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 Carvery 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
MSC XMD KID Buttermilk Chicken Goujons	Y	Y			Y						Y										Y							
MSC XMD KID Carvery	Y	Y			Y			Y			Y													Y				
MSC XMD KID Chocolate and Hazelnut Roulade	Y	Y						Y		Y	Y	Y		Y													Y	
MSC XMD KID Christmas Pudding	Y	Y			Y			Y			Y	Y	Y														Y	
MSC XMD KID Fresh Fruit Cocktail																											Y	Y
MSC XMD KID Garlic Bread	Y	Y			Y	Y																					Y	Y
MSC XMD KID Ice Cream											Y																Y	
MSC XMD KID NGCI Carvery											Y													Y				
MSC XMD KID NGCI Steak																												
MSC XMD KID NGCI Tomato Soup								Y														Y					Y	
MSC XMD KID Steak																												
MSC XMD KID Tomato Soup	Y	Y								Y												Y					Y	Y
MSC XMD KID Veggie Sausages	Y	Y			Y			Y		Y	Y													Y			Y	
MSC XMD KID VGN Ice Cream																											Y	Y
MSC XMD KID VGN Tomato Soup	Y	Y								Y												Y					Y	Y
MSC XMD KID VGN Veggie Sausages	Y	Y								Y	Y													Y			Y	

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 Carvery 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

### U5 Day

MSC XMD U5 Carvery	Y	Y			Y			Y			Y																		
MSC XMD U5 Ice Cream											Y																	Y	
MSC XMD U5 NGCI Carvery											Y																		
MSC XMD U5 Veggie Sausages	Y	Y			Y			Y		Y	Y													Y			Y		
MSC XMD U5 VGN Ice Cream																											Y	Y	
MSC XMD U5 VGN Veggie Sausages	Y	Y								Y	Y												Y			Y			

### Celebration Starters

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



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 Carvery 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

### Celebration Mains

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

### Celebration Dessert

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

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 Carvery Christmas Menus

Dish Name	<b>Cereals containing Gluten :</b>											<b>Nuts :</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	Suitable for Vegans		
MSC XMC KID Beef Burger	Y	Y																												
MSC XMC KID Buttermilk Chicken Goujons	Y	Y			Y						Y										Y				Y					
MSC XMC KID Carvery	Y	Y			Y			Y			Y													Y						
MSC XMC KID Fresh Fruit Cocktail																												Y	Y	
MSC XMC KID Garlic Bread	Y	Y		Y	Y																							Y	Y	
MSC XMC KID Ice Cream											Y																	Y		
MSC XMC KID NGCI Carvery											Y													Y						
MSC XMC KID NGCI Tomato Soup								Y													Y							Y		
MSC XMC KID Roulade	Y	Y						Y		Y	Y	Y		Y														Y		
MSC XMC KID Tomato Soup	Y	Y									Y										Y							Y	Y	
MSC XMC KID Veggie Burger	Y	Y			Y						Y																	Y	Y	
MSC XMC KID Veggie Sausages	Y	Y			Y			Y			Y	Y												Y				Y		
MSC XMC KID VGN Ice Cream																												Y	Y	
MSC XMC KID VGN Tomato Soup	Y	Y									Y										Y							Y	Y	
MSC XMC KID VGN Veggie Sausages	Y	Y									Y	Y												Y				Y		

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 Carvery Christmas Menus

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

### U5 Celebration

MSC XMC U5 Buttermilk Chicken Goujons	Y	Y			Y						Y										Y								
MSC XMC U5 Carvery	Y	Y			Y			Y			Y																		
MSC XMC U5 Ice Cream											Y																	Y	
MSC XMC U5 NGCI Carvery											Y																		
MSC XMC U5 Veggie Sausages	Y	Y			Y			Y			Y	Y												Y				Y	
MSC XMC U5 VGN Ice Cream																												Y	Y
MSC XMC U5 VGN Veggie Sausages	Y	Y									Y	Y												Y				Y	

### NYE Starters

MSC NYE Garlic Mushrooms	Y	Y									Y	Y										Y						Y	
MSC NYE NGCI Parfait							Y	Y	Y			Y												Y					
MSC NYE NGCI Soup								Y														Y						Y	
MSC NYE NGCI Terrine								Y															Y		Y				
MSC NYE Parfait	Y	Y					Y	Y	Y		Y	Y												Y					
MSC NYE Soup	Y	Y									Y											Y						Y	Y
MSC NYE Terrine	Y	Y									Y												Y		Y				
MSC NYE VGN Soup	Y	Y									Y											Y						Y	Y

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 Carvery Christmas Menus

Dish Name	<b>Cereals containing Gluten :</b>										<b>Nuts :</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	Suitable for Vegans	
<b>NYE Mains</b>																													
MSC NYE Duck	Y				Y						Y																		
MSC NYE NGCI Duck											Y																		
MSC NYE NGCI Nut Roast										Y	Y	Y			Y	Y												Y	
MSC NYE NGCI Salmon Tart									Y		Y										Y								
MSC NYE Nut Roast	Y	Y			Y			Y		Y	Y	Y			Y	Y												Y	
MSC NYE Salmon Tart	Y				Y				Y		Y										Y								
MSC NYE Steak								Y													Y	Y			Y				
MSC NYE VGN Nut Roast										Y	Y	Y	Y			Y	Y											Y	
<b>NYE Desserts</b>																													
MSC NYE Apple Tart	Y	Y									Y																		Y
MSC NYE Cheese and Biscuits	Y	Y			Y	Y		Y			Y	Y									Y		Y	Y				Y	
MSC NYE Cheesecake											Y	Y													Y				Y
MSC NYE Chocolate Dessert											Y	Y													Y				Y
MSC NYE Ice Cream Sundae	Y	Y									Y	Y	Y		Y													Y	
MSC NYE NGCI Cheesecake											Y	Y													Y				Y
MSC NYE VGN Cheesecake											Y														Y			Y	Y
MSC NYE VGN Chocolate Dessert											Y														Y			Y	Y

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 Carvery 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

### Sparkle

MSC XMS Four Cheese Steak													Y																	
MSC XMS Snowman Burger	Y	Y	?	?	?	?	?	?	Y	?	?	Y	Y	?	?	?	?	?	?	?	?	?	Y	?	Y	?	?	?	?	
MSC XMS Sweet Shop Sundae Sharer	Y	Y				Y						Y	Y	Y	Y								Y	Y						
MSC XMS Tacos - 3 Course Christmas	Y	Y						Y				Y												Y						
MSC XMS Veggie Snowman Burger	Y	Y				Y		Y			Y	Y										Y		Y				Y		

### sides

MSC XMD Cheesy Roast Potatoes													Y																Y	
MSC XMD Pigs in Blankets x 6																								Y						
MSC XMF Cheesy Roast Potatoes												Y																Y		
MSC XMF Pigs in Blankets x6																								Y						