

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	<u>Cereals containing Gluten :</u>										<u>Nuts :</u>										
	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	
GGE XMF Chicken Garlic and Smoked Bacon Pate	Y	Y				Y				Y	Y									Y	

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		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 Y
GGE XMF NGCI Roast Turkey									Y		Y									Y	
GGE XMF Parsley Cod									Y		Y								Y		
GGE XMF Roast Turkey		Y	Y							Y		Y		Y	Y					Y	
GGE XMF VGN Candied Nut Roast									Y		Y	Y		Y	Y				Y		Y Y

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Festive Desserts	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
GGE XMF Cheese and Biscuits	Y	Y			Y	Y		Y		Y	Y									Y	Y	Y	Y	Y	Y			
GGE XMF Chocolate and Cherry Cheesecake										Y	Y													Y	Y			
GGE XMF Christmas Pudding	Y	Y								Y	Y													Y	Y			
GGE XMF Damson Gin Orchard Pie	Y	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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Dish Name	Cereals containing Gluten :						Nuts :					
GGE XMF KID Beef Burger	Y	Y										Y
GGE XMF KID Chocolate Brownie	Y	Y					Y	Y	Y			Y
GGE XMF KID Ice Cream									Y			Y
GGE XMF KID NGCI Roast Turkey												
GGE XMF KID NGCI Tomato Soup							Y		Y			Y
GGE XMF KID Roast Turkey	Y	Y							Y			Y
GGE XMF KID Tomato Soup	Y	Y						Y	Y			Y
GGE XMF KID Veggie Sausages	Y	Y						Y				Y
GGE XMF KID VGN Garlic Bread	Y	Y		Y	Y							Y
GGE XMF KID VGN Ice Cream												Y
GGE XMF KID VGN Tomato Soup	Y	Y						Y				Y
GGE XMF KID VGN Veggie Burger	Y	Y		Y				Y				Y
GGE XMF KID VGN Veggie Sausages	Y	Y						Y				Y

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GGE XMF U5 Ice Cream												Y												Y			

U5 Festive

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

Day Starters

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

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Day Mains

GGE XMD NGCI Roast Turkey																	Y		
GGE XMD Parsnip and Swede Rosti													Y						Y
GGE XMD Roast Turkey	Y	Y										Y						Y	
GGE XMD Sirloin Steak 8oz																		Y	
GGE XMD St Clements Kiln Roasted Salmon Tart								Y		Y							Y		
GGE XMD VGN Parsnip and Swede Rosti																		Y	Y

Day Desserts

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	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	Y

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Dish Name	Cereals containing Gluten :						Nuts :					
GGE XMD KID Buttermilk Chicken Goujons	Y	Y					Eggs					
GGE XMD KID Chocolate and Hazelnut Roulade	Y	Y					Fish					
GGE XMD KID Christmas Pudding	Y	Y					Peanuts					
GGE XMD KID Ice Cream							Soybeans					
GGE XMD KID NGCI Roast Turkey							Milk					
GGE XMD KID NGCI Tomato Soup												
GGE XMD KID Roast Turkey	Y	Y										
GGE XMD KID Sirloin Steak 4oz												
GGE XMD KID Tomato Soup	Y	Y										
GGE XMD KID Veggie Sausages	Y	Y										
GGE XMD KID VGN Fresh Fruit Cocktail												
GGE XMD KID VGN Garlic Bread	Y	Y		Y	Y							
GGE XMD KID VGN Ice Cream												
GGE XMD KID VGN Tomato Soup	Y	Y					Y					
GGE XMD KID VGN Veggie Sausages	Y	Y					Y					

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	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
GGE XMD U5 Ice Cream												Y								Y

U5 Day

GGE XMD U5 Ice Cream												Y								Y
GGE XMD U5 Roast Turkey																				Y
GGE XMD U5 Veggie Sausages	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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	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk
GGE XMC Candied Nut Roast								Y		Y	Y	
GGE XMC Hunters Chicken									Y			
GGE XMC NGCI Roast Turkey												
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				
GGE XMC Sirloin Steak 8oz	Y	Y						Y				
GGE XMC VGN Candied Nut Roast								Y		Y	Y	
												Y
												Y

Celebration Menu Mains

GGE XMC Candied Nut Roast								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

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

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

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GGE XMC U5 Buttermilk Chicken Goujons	Y	Y								Y							Y			

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 XMN Cheesy Garlic Mushrooms	Y	Y								Y	Y					Y			Y
GGE XMN Ham Hock Terrine	Y	Y								Y						Y	Y		
GGE XMN NGCI Ham Hock Terrine									Y							Y	Y		
GGE XMN NGCI Smoked Salmon Prosecco and Crayfish Parfait								Y	Y	Y		Y					Y		
GGE XMN NGCI Spiced Butternut Squash and Spinach Soup								Y								Y			Y
GGE XMN Smoked Salmon Prosecco and Crayfish Parfait	Y	Y						Y	Y	Y	Y	Y					Y		
GGE XMN Spiced Butternut Squash and Spinach Soup	Y	Y								Y						Y			Y

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	Wheat						Eggs						Almonds					
	Spelt (Wheat)						Fish						Hazelnut					
	Kamut (Wheat)						Peanuts						Walnut					
	Rye						Soybeans						Cashew nut					
	Barley						Milk						Pecan nut					
	Oats												Brazil nut					
													Pistachio nut					
													Macadamia nut or Queensland nut					
													Celery					
													Mustard					
													Sesame					
													Sulphur dioxide/sulphites					
													Lupin					
													Molluscs					
													Suitable for Vegetarians					

NYE Mains

GGE XMN Candied Nut Roast								Y		Y	Y			Y	Y			Y	Y
GGE XMN Cherry Duck																		Y	
GGE XMN NGCI Sirloin Steak 8oz							Y										Y	Y	Y
GGE XMN Sirloin Steak 8oz	Y	Y					Y										Y	Y	Y
GGE XMN St Clements Kiln Roasted Salmon Tart							Y		Y								Y		
GGE XMN VGN Candied Nut Roast							Y		Y	Y			Y	Y			Y		Y

NYE Desserts

GGE XMN Belgian Chocolate and Raspberry Truffle								Y	Y								Y		Y
GGE XMN Cheese and Biscuits	Y	Y			Y	Y		Y		Y	Y					Y	Y	Y	Y
GGE XMN Kir Royale Inspired Cheesecake										Y	Y						Y		Y
GGE XMN Nutty Sundae	Y	Y								Y	Y	Y	Y						Y
GGE XMN Open Pear and Apple Tart	Y	Y								Y									Y
GGE XMN VGN Belgian Chocolate and Raspberry Truffle									Y								Y		Y
GGE XMN VGN Kir Royale Inspired Cheesecake									Y								Y		Y

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GGE XMD Cheesy Roast Potatoes												Y												Y		

Sides

GGE XMD Cheesy Roast Potatoes												Y												Y
GGE XMD Pigs in Blankets - Side																								Y
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	Y		
GGE XMS Veggie Snowman Burger	Y	Y			Y			Y		Y	Y									Y	Y	Y		Y	

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Dish Name	Cereals containing Gluten :						Nuts :					
GGE XMS Breakfast	Y	Y			Y		Y		Y			Y
GGE XMS Breakfast Vegan	Y	Y			Y			Y				Y Y
GGE XMS Breakfast Veggie	Y	Y			Y		Y	Y	Y			Y
GGE XMS Kids Breakfast	Y	Y			Y		Y	Y	Y	Y		Y Y
GGE XMS Kids Breakfast Vegan	Y	Y			Y		Y	Y	Y	Y		Y Y
GGE XMS Kids Breakfast Veggie	Y	Y			Y		Y	Y	Y	Y		Y Y
GGE XMS NGCI Breakfast							Y		Y			Y