

# 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	Suitable for Vegans

### Festive Starters

MSC XMF Chicken Garlic and Smoked Bacon Pate	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	

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### Festive Desserts

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

### Day Starters

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



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### 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

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### **Kids Festive**

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																	Y		
MSC XMF KID Ice Cream											Y																		Y	
MSC XMF KID NGCI Carvery											Y																			
MSC XMF KID NGCI Tomato Soup								Y													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 Garlic Bread	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	

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### 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	

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### Kids Day

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 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 Fresh Fruit Cocktail																												Y	Y
MSC XMD KID VGN Garlic Bread	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

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### 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	



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### 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	

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### **Kids Celebration**

MSC XMC KID Beef Burger	Y	Y																							Y				
MSC XMC KID Buttermilk Chicken Goujons	Y	Y			Y							Y									Y								
MSC XMC KID Carvery	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 Fresh Fruit Cocktail																												Y	Y
MSC XMC KID VGN Garlic Bread	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

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

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<b>NYE Mains</b>																													
MSC NYE VGN Nut Roast									Y			Y	Y			Y	Y							Y			Y	Y	
MSC XMN Candied Nut Roast	Y	Y			Y			Y	Y		Y	Y	Y			Y	Y							Y			Y		
MSC XMN Cherry Duck	Y				Y						Y													Y					
MSC XMN NGCI Candied Nut Roast									Y		Y	Y	Y			Y	Y							Y			Y		
MSC XMN NGCI Cherry Duck											Y													Y					
MSC XMN NGCI St Clements Kiln Roasted Salmon Tart									Y		Y											Y							
MSC XMN Sirloin Steak 8oz	Y	Y						Y														Y	Y		Y				
MSC XMN St Clements Kiln Roasted Salmon Tart	Y				Y				Y		Y											Y							
<b>NYE Desserts</b>																													
MSC XMN Belgian Chocolate and Raspberry Truffle											Y	Y												Y			Y		
MSC XMN Cheese and Biscuits	Y	Y			Y	Y		Y			Y	Y										Y		Y			Y		
MSC XMN Kir Royale Inspired Cheesecake											Y	Y												Y			Y		
MSC XMN NGCI Kir Royale Inspired Cheesecake											Y	Y												Y			Y		
MSC XMN Nutty Sundae	Y	Y									Y	Y	Y		Y												Y		
MSC XMN Open Pear and Apple Tart	Y	Y										Y															Y		
MSC XMN VGN Belgian Chocolate & Raspberry Truffle											Y													Y			Y	Y	
MSC XMN VGN Kir Royale Cheesecake											Y													Y			Y	Y	

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### 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	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 x 6																								Y					