

# 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	<b>Cereals containing Gluten :</b>											<b>Nuts :</b>											Suitable for Vegetarians	Suitable for Vegans	
	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

### Festive Starters

GGE XMF Chicken Garlic and Smoked Bacon Pate	Y	Y									Y	Y												Y				
GGE XMF King Prawn Cocktail	Y	Y					Y	Y			Y											Y		Y				
GGE XMF NGCI Chicken Garlic and Smoked Bacon Pate								Y			Y													Y				
GGE XMF NGCI King Prawn Cocktail							Y	Y														Y		Y				
GGE XMF NGCI Tomato Soup								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
GGE XMF NGCI Roast Turkey																							Y					
GGE XMF Parsley Cod									Y			Y									Y							
GGE XMF Roast Turkey	Y	Y										Y												Y				
GGE 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 Generous George 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 Desserts

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

### Kids Festive

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	Y
GGE XMF KID Veggie Sausages	Y	Y											Y											Y					Y	Y
GGE XMF KID VGN Garlic Bread	Y	Y			Y	Y																							Y	Y
GGE XMF KID VGN Ice Cream																													Y	Y
GGE XMF KID VGN Tomato Soup	Y	Y											Y									Y							Y	Y
GGE XMF KID VGN Veggie Burger	Y	Y				Y							Y																Y	Y
GGE 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 Generous George Christmas Menus

Dish Name	<b>Cereals containing Gluten :</b>											<b>Nuts :</b>											Suitable for Vegetarians	Suitable for Vegans	
	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

### 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
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												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	Y
GGE XMD VGN Spiced Butternut Squash and Spinach 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 Generous George Christmas Menus

Dish Name	<b>Cereals containing Gluten :</b>										<b>Nuts :</b>										Suitable for Vegetarians	Suitable for Vegans					
	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
GGE XMD KID Buttermilk Chicken Goujons	Y	Y									Y										Y	Y					
GGE XMD KID Chocolate and Hazelnut Roulade	Y	Y						Y		Y	Y	Y		Y													Y
GGE XMD KID Christmas Pudding	Y	Y									Y													Y			Y
GGE XMD KID Ice Cream											Y																Y
GGE XMD KID NGCI Roast Turkey																								Y			
GGE XMD KID NGCI Tomato Soup							Y														Y						Y
GGE XMD KID Roast Turkey	Y	Y									Y													Y			
GGE XMD KID Sirloin Steak 4oz																											
GGE XMD KID Tomato Soup	Y	Y								Y											Y						Y Y
GGE XMD KID Veggie Sausages	Y	Y								Y													Y				Y Y
GGE XMD KID VGN Fresh Fruit Cocktail																											Y Y
GGE XMD KID VGN Garlic Bread	Y	Y			Y	Y																					Y Y
GGE XMD KID VGN Ice Cream																											Y Y
GGE XMD KID VGN Tomato Soup	Y	Y								Y											Y						Y Y
GGE 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 Generous George Christmas Menus

Dish Name	<b>Cereals containing Gluten :</b>											<b>Nuts :</b>											Suitable for Vegetarians	Suitable for Vegans	
	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

### U5 Day

GGE XMD U5 Ice Cream												Y															Y	
GGE XMD U5 Roast Turkey																												
GGE XMD U5 Veggie Sausages	Y	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

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	<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

### **Celebration Menu Mains**

GGE XMC Candied Nut Roast										Y			Y	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																					
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											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					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 Generous George 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 Starters</b>																													
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	Y
<b>NYE Mains</b>																													
GGE XMN Candied Nut Roast										Y			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	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 Generous George Christmas Menus

Dish Name	<b><u>Cereals containing Gluten :</u></b>											<b><u>Nuts :</u></b>														Suitable for Vegetarians	Suitable for Vegans	
	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
<b>Breakfast with Santa</b>																												
GGE XMS Breakfast	Y	Y			Y			Y			Y													Y				
GGE XMS Breakfast Vegan	Y	Y			Y					Y														Y			Y	Y
GGE XMS Breakfast Veggie	Y	Y			Y			Y		Y	Y													Y			Y	
GGE XMS Kids Breakfast	Y	Y			Y			Y		Y	Y	Y	Y										Y	Y				
GGE XMS Kids Breakfast Vegan	Y	Y			Y					Y														Y			Y	Y
GGE XMS Kids Breakfast Veggie	Y	Y			Y			Y		Y	Y	Y	Y										Y	Y			Y	
GGE XMS NGCI Breakfast								Y			Y													Y				