

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 Community 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

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

Festive Mains

CCM XMF Beef and Rioja Pie	Y	Y			Y			Y																Y				
CCM XMF Candied Nut Roast									Y			Y	Y			Y	Y							Y			Y	Y
CCM XMF NGCI Roast Turkey																								Y				
CCM XMF Parsley Cod									Y		Y										Y			Y				
CCM XMF Roast Turkey	Y	Y									Y													Y				
CCM XMF VGN Candied Nut Roast									Y			Y	Y			Y	Y							Y			Y	Y

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Festive Carvery Mains

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

Festive Desserts

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

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

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Day Carvery Mains

CCM XMD Carvery	Y	Y			Y			Y			Y													Y				
CCM XMD Carvery Parsnip and Swede Rosti	Y	Y			Y			Y			Y																	Y
CCM XMD Carvery Sirloin Steak 8oz	Y				Y						Y													Y				
CCM XMD Carvery St Clements Kiln Roasted Salmon Tart	Y				Y				Y		Y										Y							
CCM XMD NGCI Carvery											Y												Y					
CCM XMD NGCI Carvery Parsnip and Swede Rosti											Y																Y	
CCM XMD NGCI Carvery Sirloin Steak 8oz											Y												Y					
CCM XMD NGCI Carvery St Clements Kiln Roasted Salmon Tart									Y		Y										Y							
CCM XMD VGN Carvery Parsnip and Swede Rosti																											Y	Y

Day Desserts

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

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

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Kids Day

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

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Celebration Mains

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

Celebration Desserts

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

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Celebration U5

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

NYE Starters

CCM XMN Garlic Mushrooms	Y	Y									Y	Y										Y						Y	
CCM XMN NGCI Parfait							Y	Y	Y			Y												Y					
CCM XMN NGCI Soup								Y														Y						Y	
CCM XMN NGCI Terrine								Y														Y		Y					
CCM XMN Parfait	Y	Y					Y	Y	Y		Y	Y												Y					
CCM XMN Soup	Y	Y									Y											Y						Y	Y
CCM XMN Terrine	Y	Y									Y												Y		Y				
CCM XMN VGN Soup	Y	Y									Y											Y						Y	Y

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CCM XMD Cheesy Roast Potatoes											Y													Y			Y	
CCM XMD Pigs in Blankets x 8																								Y				
CCM XMF Cheesy Roast Potatoes											Y													Y			Y	
CCM XMF Pigs in Blankets x 8																								Y				