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.

ZZ Generic Breakfast

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
Continental Breakfast																														
GENERIC INN Continental Breakfast	Y	Y			Y	Y	Y		Y		Y	Y	Y	Y	Y	Y							Y			Y				
Self Serve Breakdown																														
GENERIC INN Beverages Milano PG Bag													Y																Y	
GENERIC INN Breakfast Allowance													Y																Y	
GENERIC INN Breakfast Cereals	Y	Y				Y	Y				Y		Y	Y	Y	Y										Y			Y	
GENERIC INN Breakfast Fruit																													Y	Y
GENERIC INN Breakfast Fruit Juices																										Y			Y	Y
GENERIC INN Breakfast Pastries	Y	Y							Y			Y	Y	Y	Y	Y													Y	
GENERIC INN Breakfast Yoghurts													Y																	
GENERIC INN Room Allowance Edibles	Y	Y										Y	Y																Y	
GENERIC INN Spreads	Y	Y			Y	Y	Y					Y	Y	Y		Y							Y			Y			Y	
GENERIC INN Toast & Butter	Y	Y				Y			Y				Y																Y	

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Sandwiches & Toast

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
GENERIC INN Beans on Toast	Y	Y				Y							Y																Y	
GENERIC INN Beans on Toast Upgrade	Y	Y				Y							Y																Y	
GENERIC INN BYO Breakfast Sandwich	Y	Y				Y			Y				Y													Y				
GENERIC INN BYO Breakfast Sandwich Upgrade	Y	Y				Y			Y				Y													Y				
GENERIC INN Eggs on Toast	Y	Y				Y			Y				Y																Y	
GENERIC INN Eggs on Toast Upgrade	Y	Y				Y			Y				Y																Y	
GENERIC INN Mushrooms on Toast	Y	Y				Y							Y																Y	
GENERIC INN Mushrooms on Toast Upgrade	Y	Y				Y							Y																Y	

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Cooked Breakfast																														
GENERIC INN Classic Breakfast	Y	Y				Y	Y		Y																	Y				
GENERIC INN Classic Breakfast Expedia	Y	Y				Y	Y		Y																	Y				
GENERIC INN Classic Breakfast Upgrade	Y	Y				Y	Y		Y																	Y				
GENERIC INN Classic Breakfast Vegetarian	Y	Y				Y			Y				Y																Y	
GENERIC INN Classic Breakfast Vegetarian Upgrade	Y	Y				Y			Y				Y																Y	
GENERIC INN Eggs Benedict	Y	Y							Y				Y																	
GENERIC INN Eggs Benedict Mushroom	Y	Y							Y				Y																Y	
GENERIC INN Eggs Benedict Mushroom Upgrade	Y	Y							Y				Y																Y	
GENERIC INN Eggs Benedict Upgrade	Y	Y							Y				Y																	
GENERIC INN Pancakes Bacon and Maple Syrup	Y	Y							Y				Y																	
GENERIC INN Pancakes Bacon and Syrup Upgrade	Y	Y							Y				Y																	
GENERIC INN Pancakes Banana and Maple Syrup	Y	Y							Y				Y																Y	
GENERIC INN Pancakes Banana and Syrup Upgrade	Y	Y							Y				Y																Y	
Kids Breakfast																														
GENERIC INN Kids Breakfast									Y																	Y				
GENERIC INN Kids Breakfast Vegetarian	Y	Y				Y			Y				Y																Y	
GENERIC INN Kids Pancakes Bacon and Syrup	Y	Y							Y				Y																	
GENERIC INN Kids Pancakes Banana and Syrup	Y	Y							Y				Y																Y	

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Sides																														
GENERIC INN Bacon Rasher																														
GENERIC INN Baked Beans																													Y	Y
GENERIC INN Black Pudding	Y	Y				Y	Y																							
GENERIC INN Fried Egg									Y																				Y	
GENERIC INN Grilled Mushroom																													Y	Y
GENERIC INN Grilled Tomato																													Y	Y
GENERIC INN Hash Browns																													Y	Y
GENERIC INN Poached Egg									Y																				Y	
GENERIC INN Sausage																										Y				
GENERIC INN Scrambled Eggs									Y				Y																Y	
GENERIC INN Toast & Butter	Y	Y				Y			Y				Y																Y	
GENERIC INN Veggie Sausage	Y	Y				Y			Y				Y																Y	
The Works																														
GENERIC INN Big Breakfast	Y	Y				Y	Y		Y																	Y				
GENERIC INN Big Breakfast Upgrade	Y	Y				Y	Y		Y																	Y				
GENERIC INN Big Breakfast Vegetarian	Y	Y				Y			Y				Y																Y	
GENERIC INN Big Breakfast Vegetarian Upgrade	Y	Y				Y			Y				Y																Y	