

# 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.

## Accent LN 2019

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

### Snacks / Nibbles

AGR LN Chicken Wings - Choice of Sauce											Y											Y		Y						
AGR LN Chorizo Crisps	Y	Y																						Y						
AGR LN Homemade Mini Loaf	Y	Y																										Y	Y	
AGR LN Homemade Sausage Roll	Y	Y			Y	Y		Y																	Y					
AGR LN Hummus & Flatbread	Y	Y																						Y				Y	Y	
AGR LN Little Links	Y	Y				Y																	Y		Y					
AGR LN Mixed Olives (V)																										Y			Y	Y
AGR LN Pork Crackling & Apple Sauce	Y					Y																								
AGR LN Seeded Goats Cheese											Y												Y	Y				Y		

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<b>Starters</b>																												
AGR LN Black Pudding & Rosti Stack	Y	Y			Y	Y						Y									Y							
AGR LN Chicken Wings - Choice of Sauce											Y											Y		Y				
AGR LN Creamy Garlic Mushrooms	Y	Y										Y															Y	
AGR LN Grilled Pepper & Rosti Stack																								Y			Y	Y
AGR LN Ham Hock Terrine	Y	Y										Y										Y		Y				
AGR LN Prawn Cocktail	Y	Y			Y		Y	Y				Y										Y		Y				
AGR LN Soup of the Day	Y	Y										Y										Y					Y	
AGR LN Soup of the Day Vegan	Y	Y																				Y					Y	Y
AGR LN Whitebait	Y	Y						Y	Y																			
<b>Sharers</b>																												
AGR LN Antipasti Sharing Board	Y	Y											Y											Y				
AGR LN Baked Camembert	Y	Y										Y										Y	Y					
AGR LN House Sharing Board	Y	Y			Y	Y		Y			Y	Y											Y		Y			
AGR LN Veg Mezze Board	Y	Y										Y											Y	Y	Y			Y



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### Grills & Kebabs

AGR LN Lamb Kebab	Y	Y										Y																	
AGR LN 10oz Ribeye Steak																													
AGR LN 8oz Sirloin Steak																													
AGR LN Chicken & Chorizo Kebab	Y	Y										Y																	
AGR LN Halloumi & Veg Kebab	Y	Y										Y	Y		Y													Y	
AGR LN House Mixed Grill	Y	Y				Y	Y		Y															Y					
AGR LN Sweetcure Gammon Steaks									Y																				

### Burgers

AGR LN Burger House Beef (Double Stacked)	Y	Y							Y			Y	Y										Y		Y				
AGR LN Burger House Chicken (Double Stacked)	Y	Y							Y			Y	Y										Y		Y				
AGR LN Burger House Vegan	Y	Y				Y	Y					Y											Y					Y	Y
AGR LN Burger House Vegetarian	Y	Y				Y	Y		Y			Y	Y										Y		Y			Y	
AGR LN Burger Korean Chicken	Y	Y							Y			Y	Y										Y		Y				
AGR LN Plain Beef Burger (Double Stacked)	Y	Y							Y			Y	Y										Y		Y				
AGR LN Plain Chicken Breast Burger (Double Stacked)	Y	Y							Y			Y	Y										Y		Y				







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### Sandwiches

AGR LN BLT Sandwich with Chips	Y	Y			Y			Y			Y											Y							
AGR LN BLT Sandwich with Soup	Y	Y			Y			Y			Y										Y	Y							
AGR LN Fish Finger Sandwich with Chips	Y	Y			Y			Y	Y		Y													Y					
AGR LN Fish Finger Sandwich with Soup	Y	Y			Y			Y	Y		Y										Y			Y					
AGR LN Grilled Cheese Sandwich with Chips	Y	Y			Y						Y													Y				Y	
AGR LN Grilled Cheese Sandwich with Soup	Y	Y			Y						Y										Y			Y				Y	
AGR LN Hunters Chicken Sandwich with Chips	Y	Y			Y						Y																		
AGR LN Hunters Chicken Sandwich with Soup	Y	Y			Y						Y										Y								
AGR LN Seeded Goats Cheese & Pepper Sandwich with Chips	Y	Y			Y						Y												Y					Y	
AGR LN Seeded Goats Cheese & Pepper Sandwich with Soup	Y	Y			Y						Y										Y	Y						Y	





















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AGR LN Beef and Malbec Pie	Y	Y			Y			Y			Y	Y														Y				
AGR LN Black Pudding Bon Bons	Y	Y			Y	Y	Y	Y				Y																		
AGR LN Choc Chip Cookie Sundae	Y	Y	?	?	?	?	?	Y		?	Y	Y	?	?	?	?	?	?	?	?			M	?				Y		
AGR LN Mozzarella Dippers	Y	Y						Y				Y														Y			Y	
AGR LN Pear Caramel & Whisky Pudding	Y	Y						Y				Y																	Y	
AGR LN Port and Stilton Chicken	Y	Y										Y									Y					Y				
AGR LN Salmon Hollandaise								Y	Y			Y																		
AGR LN Salt & Pepper Chicken Wings																														
AGR LN Sicilian Lemon Muffin Cheesecake	Y	Y						Y			Y	Y																		
AGR LN Ultimate Sausage & Mash	Y	Y										Y														Y				
AGR LN Vegan Aubergine Butternut & Pepper Bake	Y	Y			Y	Y						Y		Y							Y				Y			Y	Y	









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### Desserts / Drinks

AGR SBLN Cheeseboard	Y	Y			Y	Y			Y			Y	Y									Y		Y	Y			Y	
AGR SBLN Chocolate Mousse Cup	Y	Y	?	?	?	?	?		Y			?	Y	Y	?	?	?	?	?	?	?			M	?			Y	
AGR SBLN Homemade Apple & Pear Crumble	Y	Y											Y															Y	
AGR SBLN Homemade Apple & Raspberry Crumble	Y	Y											Y															Y	
AGR SBLN Homemade Apple Crumble	Y	Y											Y															Y	
AGR SBLN Homemade Mixed Berry Crumble	Y	Y											Y															Y	
AGR SBLN Hot Chocolate													Y	Y															
AGR SBLN Peach Tea Cheesecake	Y	Y							Y			Y	Y												Y			Y	

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### **NGCI-Adapted Recipes**

AGR SBLN NGCI Bantry Bay Mussels								Y				Y																					
AGR SBLN NGCI Bourbon Peppercorn Steak												Y									Y												
AGR SBLN NGCI Childs Roast Lamb - Sunday Lunch												Y																					
AGR SBLN NGCI Chilli con Carne																																	
AGR SBLN NGCI Chocolate Mousse Cup								Y			Y	Y																	Y				
AGR SBLN NGCI Curried Sword Fish									Y			Y										Y											
AGR SBLN NGCI Figs & Seeded Goats Cheese On Toast								Y				Y											Y							Y			
AGR SBLN NGCI Lamb Curry																																	
AGR SBLN NGCI Prawn & Avocado Sandwich							Y	Y				Y										Y		Y									
AGR SBLN NGCI Roast Dinner Sandwich								Y				Y																					
AGR SBLN NGCI Roast Lamb - Sunday Lunch												Y																					
AGR SBLN NGCI Veg Chilli																													Y	Y			

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<b>Oktoberfest</b>																											
AGR SBLN OKF Halloumi Schnitzel	Y	Y			Y			Y	Y	?		Y	?	?	?	?	?	?	?	?				Y			
AGR SBLN OKF Halloumi Schnitzel Burger	Y	Y	?	?	?	Y	?	?	Y	Y	?	?	Y	?	?	?	?	?	?	?	?	?	?	Y	?	?	?
AGR SBLN OKF Homemade Onion Rings	Y	Y	?	?	?	Y	?	?	?	Y	?	?	Y	?	?	?	?	?	?	?	?	?	?	Y	?	?	?
AGR SBLN OKF Pork Schnitzel	Y	Y	?	?	?	Y	?	?	Y	Y	?	?	Y	?	?	?	?	?	?	?	?	?	?	Y	?	?	?
AGR SBLN OKF Pork Schnitzel Burger	Y	Y	?	?	?	Y	?	?	Y	Y	?	?	Y	?	?	?	?	?	?	?	?	?	?	Y	?	?	?
AGR SBLN OKF Pretzel Chips & Dip	Y	Y			Y			Y	Y			Y										Y					
AGR SBLN OKF Pretzel W/beer Cheese Sauce (V)	Y	Y	?	?	?	Y	?	?	?	Y	?	?	Y	?	?	?	?	?	?	?	?	?	?	Y	?	?	?
AGR SBLN OKF Topped Chips	Y	Y	?	?	?	Y	?	?	?	Y	?	?	Y	?	?	?	?	?	?	?	?	?	?	Y	?	?	?



