

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.

Birch Carvery F.W.E March 2019

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

Weekday Cavery

BIR M3 Carvery	Y	Y			Y			Y			Y											Y		Y				
BIR M3 Carvery Meat Free F.W.E	Y	Y			Y			Y			Y											Y		Y				Y
BIR M3 Carvery Vegetarian	Y	Y			Y			Y			Y										Y	Y		Y				Y
BIR M3 Large Carvery	Y	Y			Y			Y			Y											Y		Y				
BIR M3 Small Carvery	Y	Y			Y			Y			Y											Y		Y				
BIR M3 Small Carvery Meat Free	Y	Y			Y			Y			Y											Y		Y				Y
BIR M3 Small Carvery Vegetarian F.W.E Oven	Y	Y			Y			Y			Y										Y	Y		Y				Y

Sunday and BH Carvery

BIR M3 F.W.E Small Sunday Carvery Meat Free	Y	Y			Y			Y			Y											Y		Y				Y
BIR M3 Large Sunday Carvery	Y	Y			Y			Y			Y											Y		Y				
BIR M3 Small Sunday Carvery	Y	Y			Y			Y			Y											Y		Y				
BIR M3 Small Sunday Carvery Vegetarian F.W.E	Y	Y			Y			Y			Y										Y	Y		Y				Y
BIR M3 Sunday Carvery	Y	Y			Y			Y			Y											Y		Y				
BIR M3 Sunday Carvery Meat Free F.W.E	Y	Y			Y			Y			Y											Y		Y				Y
BIR MAY 2018 FWE Sunday Carvery Vegetarian	Y	Y			Y			Y			Y										Y	Y		Y				Y
BIR MAY 2018 Sunday Carvery Vegetarian FWE	Y	Y			Y			Y			Y										Y	Y		Y				Y

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Birch Carvery NON F.W.E MARCH 2019

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	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

Weekday Carvery

BIR M3 Carvery Meat Free	Y	Y			Y			Y			Y											Y		Y			Y	
BIR M3 Carvery Vegetarian Non FWE	Y	Y			Y			Y			Y										Y	Y		Y			Y	
BIR M3 NON FWE Carvery	Y	Y			Y			Y			Y											Y		Y				
BIR M3 NON FWE Large Carvery	Y	Y			Y			Y			Y											Y		Y				
BIR M3 NON FWE Small Carvery	Y	Y			Y			Y			Y											Y		Y				
BIR M3 Small Carvery Meat Free Non FWE	Y	Y			Y			Y			Y											Y		Y			Y	
BIR M3 Small Carvery Vegetarian	Y	Y			Y			Y			Y										Y	Y		Y			Y	
BIR M3 Small Carvery Vegetarian Non FWE	Y	Y			Y			Y			Y										Y	Y		Y			Y	

Sunday and BH Carvery

BIR M3 NON FWE Large Sunday Carvery	Y	Y			Y			Y			Y											Y		Y				
BIR M3 NON FWE Small Sunday Carvery	Y	Y			Y			Y			Y											Y		Y				
BIR M3 NON FWE Sunday Carvery	Y	Y			Y			Y			Y											Y		Y				
BIR M3 Small Sunday Carvery Meat Free	Y	Y			Y			Y			Y											Y		Y			Y	
BIR M3 Small Sunday Carvery Vegetarian	Y	Y			Y			Y			Y										Y	Y		Y			Y	
BIR M3 Sunday Carvery Meat Free	Y	Y			Y			Y			Y											Y		Y			Y	
BIR MAY 2018 NON FWE Sunday Carvery Vegetarian	Y	Y			Y			Y			Y										Y	Y		Y			Y	

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Snacks

BIR M3 Buttermilk Chicken Baguette	Y	Y						Y				Y									Y	Y							
BIR M3 Cheddar Cheese and Onion Baguette (V)	Y	Y										Y																Y	
BIR M3 Chicken & Bacon BBQ Melt	Y	Y										Y																	
BIR M3 Honey Roast Ham and Mustard Baguette	Y	Y			Y							Y										Y							
BIR M3 Rump Steak and Onion Baguette	Y	Y										Y																	
BIR M3 Tuna Mayonnaise Melt	Y	Y						Y	Y			Y										Y							

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BIR LN Burger Crispy Buffalo Chicken XL	Y	Y									Y	Y									Y	Y						
BIR M3 <300 Vegan Ultimate Veggie Burger (Ve)	Y				Y						Y																Y	Y
BIR M3 <400 Ultimate Veggie Burger (V)	Y				Y						Y	Y															Y	
BIR M3 <600 Buffalo Chicken Burger	Y	Y										Y									Y							
BIR M3 <600 The Cowboy Burger												Y												Y				
BIR M3 <700 Chilli Cheese Burger	Y				Y							Y									Y	Y		Y				
BIR M3 Burger Buffalo Crispy Chicken	Y	Y									Y	Y									Y		Y					
BIR M3 Burger Chilli Cheese	Y	Y			Y						Y	Y									Y	Y	Y	Y				
BIR M3 Plain Beef Burger	Y	Y									Y												Y	Y				
BIR M3 Plain Chicken Burger	Y	Y									Y										Y		Y					
BIR M3 Plain Veggie Burger (Ve)	Y	Y			Y						Y												Y				Y	Y
BIR M3 The Cowboy Burger	Y	Y									Y	Y											Y	Y				
BIR M3 Ultimate Veggie Burger (V)	Y	Y			Y						Y	Y											Y				Y	
BIR M3 Vegan Ultimate Veggie Burger (Ve)	Y	Y			Y						Y												Y				Y	Y
BIR M3 XL Burger Chilli Cheese	Y	Y			Y						Y	Y									Y	Y	Y	Y				
BIR M3 XL Plain Beef Burger	Y	Y									Y												Y	Y				
BIR M3 XL Plain Chicken Burger	Y	Y									Y										Y		Y					
BIR M3 XL Plain Veggie Burger (Ve)	Y	Y			Y						Y												Y				Y	Y
BIR M3 XL The Cowboy Burger	Y	Y									Y	Y											Y	Y				
BIR M3 XL Ultimate Veggie Burger (V)	Y	Y			Y						Y	Y											Y				Y	

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BIR M3 Yorkshire Pudding (V) Fresh - Side	Y	Y						Y			Y																Y	

Desserts

BIR M3 Banoffee Cheesecake	Y	Y				Y					Y																Y	
BIR M3 Bramley Apple Pie	Y	Y									Y													Y			Y	
BIR M3 Chocolate Fudge Cake (V)							Y				Y																Y	
BIR M3 Chocolate Indulgence Sundae (V)										Y	Y																Y	
BIR M3 Ice Cream Sundae (V)											Y																Y	
BIR M3 Plain & Simple Vanilla Flavour Ice Cream (V)											Y																Y	
BIR M3 VGN Raspberry Jam Donut Pudding	Y	Y																									Y	Y

Curry Night

BIR M3 Beef Madras	Y	Y									Y										Y								
BIR M3 Chicken Pathia	Y	Y									Y												Y						
BIR M3 Chicken Tikka Masala V2	Y	Y									Y									Y	Y								
BIR M3 Lamb Saag Masala	Y	Y									Y																		
BIR M3 NGCI Beef Madras											Y										Y								
BIR M3 NGCI Chicken Pathia																						Y							
BIR M3 NGCI Chicken Tikka Masala Curry Night											Y										Y	Y							
BIR M3 NGCI Lamb Saag Masala																													
BIR M3 NGCI Vegetable Jalfrezi (V)																					Y						Y		
BIR M3 Vegetable Jalfrezi (V)	Y	Y									Y										Y						Y		
BIR M3 VGN Vegetable Jalfrezi																					Y						Y	Y	

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Sunday Lunch Starters

BIR M3 NGCI SL Soup of the Day (V)								Y			Y																Y	
BIR M3 SL Cheese and Bacon potato skins											Y													Y				
BIR M3 SL Cheese potato skins											Y													Y				Y
BIR M3 SL Golden Breaded Mushrooms (V)	Y	Y						Y														Y						Y
BIR M3 SL Mexican Nachos (V)											Y													Y				Y
BIR M3 SL Soup of the Day (V)	Y	Y									Y																	Y

Extra Vegan Specials

BIR M3 VGN <400 Jackfruit Burger	Y				Y					Y												Y	Y				Y	Y	
BIR M3 VGN Bramley Apple Pie	Y	Y																						Y				Y	Y
BIR M3 VGN Button Mushroom Bourguignon Pie	Y	Y								Y														Y				Y	Y
BIR M3 VGN Cauliflower Wings Salad	Y	Y			Y																							Y	Y
BIR M3 VGN Ice Cream Sundae																												Y	Y
BIR M3 VGN Jackfruit Burger	Y	Y			Y					Y												Y	Y	Y				Y	Y
BIR M3 VGN Lentil & Vegetable Lasagne	Y	Y								Y											Y	Y						Y	Y
BIR M3 VGN Mexican Nachos																						Y	Y					Y	Y
BIR M3 VGN potato skins																						Y	Y					Y	Y

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Birch March 2019 Children's Menu

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	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
BIR M3 KID V Cheesy Pasta Surprise												Y												Y			Y	

