

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.

Firebrand M1 2019

Dish Name	<u>Cereals containing Gluten :</u>	<u>Nuts :</u>
	Wheat Spelt (Wheat) Kamut (Wheat) Rye Barley Oats	Almonds Hazelnut Walnut Cashew nut Pecan nut Brazil nut Pistachio nut Macadamia nut or Queensland nut
	Crustaceans Eggs Fish Peanuts Soybeans Milk	Celery Mustard Sesame Sulphur dioxide/sulphites Lupin Molluscs Suitable for Vegetarians Suitable for Vegans

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Dish Name	Cereals containing Gluten :											Nuts :											Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs	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												
FBR LN BBQ Chicken Burger	Y	Y			Y		Y			Y	Y										Y	Y	Y									
FBR LN BBQ Chicken Burger XL	Y	Y			Y		Y			Y	Y											Y	Y	Y								
FBR LN Harissa Veggie Burger	Y	Y					Y			Y													Y	Y					Y			
FBR LN Harissa Veggie Burger XL	Y	Y					Y			Y													Y	Y					Y			
FBR LN Knock Out Burger	Y	Y			Y		Y			Y	Y											Y	Y	Y	Y							
FBR LN Knock Out Burger XL	Y	Y			Y		Y			Y	Y											Y	Y	Y	Y							
FBR LN Mega Chilli Cheese Burger	Y	Y			Y		Y			Y	Y											Y	Y	Y	Y							
FBR LN Moving Mountains Burger	Y	Y			Y	Y				Y													Y	Y	Y				Y	Y		
FBR LN Moving Mountains Burger XL	Y	Y			Y	Y				Y													Y	Y	Y				Y	Y		
FBR LN Tennessee Chicken Burger	Y	Y					Y			Y	Y												Y	Y								
FBR LN Tennessee Chicken Burger XL	Y	Y					Y			Y	Y												Y	Y								
FBR LN The Classic Burger Beef	Y	Y			Y		Y			Y													Y	Y	Y							
FBR LN The Classic Burger Beef XL	Y	Y			Y		Y			Y													Y	Y	Y							
FBR LN The Classic Burger Chicken	Y	Y			Y		Y			Y	Y											Y	Y	Y								
FBR LN The Classic Burger Chicken XL	Y	Y			Y		Y			Y	Y											Y	Y	Y								
FBR LN The Cowboy Burger	Y	Y			Y		Y			Y	Y												Y	Y	Y							
FBR LN The Cowboy Burger XL	Y	Y			Y		Y			Y	Y												Y	Y	Y							

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Pub Classics

FBR LN Baby Aubergine Cauliflower & Coconut Curry	Y	Y									Y											Y	Y				Y		
FBR LN Beef Lasagne with Garlic Bread	Y	Y		Y	Y	Y		Y			Y										Y								
FBR LN Beer Battered Fish and Chips	Y	Y			Y			Y	Y																				
FBR LN Breaded Scampi	Y	Y					Y	Y																					
FBR LN Buffalo Cauliflower Tacos	Y	Y			Y																						Y	Y	
FBR LN Chicken Leek and Cider Pie	Y	Y						Y			Y													Y					
FBR LN Chicken Tikka Masala	Y	Y									Y										Y	Y							
FBR LN Grilled Fish and Chips									Y																				
FBR LN Steak and Ale Pie	Y	Y			Y			Y																Y					
FBR LN Vegetable Lasagne with Garlic Bread	Y	Y		Y	Y	Y		Y			Y												Y	Y			Y		
FBR LN VGN Baby Aubergine Cauliflower & Coconut Curry																						Y	Y				Y	Y	

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Sides

FBR LN Beer Battered Onion Rings (Side x 6)	Y	Y																										Y	Y
FBR LN Brie Dippers Extra	Y	Y									Y																	Y	
FBR LN Cauliflower Cheese	Y				Y						Y																	Y	
FBR LN Cheddar Mash											Y																	Y	
FBR LN Cheesy Garlic Pizza Bread Side	Y	Y									Y																	Y	
FBR LN Cheesy Rustic Garlic Bread (Side)	Y	Y		Y	Y	Y					Y																	Y	
FBR LN Chicken Katsu Chips	Y	Y								Y	Y										Y	Y							
FBR LN Chips																												Y	Y
FBR LN Chips and Cheese											Y																	Y	
FBR LN Corn on the Cob											Y																	Y	
FBR LN Garlic and Herb Baby Potatoes																												Y	Y
FBR LN Garlic and Herb Tenderstem Broccoli																												Y	Y
FBR LN Garlic Pizza Bread Side	Y	Y																										Y	Y
FBR LN Holy Smokes Chips	Y	Y			Y						Y																	Y	
FBR LN House Salad																												Y	Y
FBR LN Rustic Bread & Butter	Y	Y		Y	Y	Y					Y																	Y	
FBR LN Rustic Garlic Bread	Y	Y		Y	Y	Y																						Y	Y
FBR LN Sloppy Joe Chips	Y	Y								Y	Y											Y	Y						
FBR LN The Grill Combo								Y			Y											Y						Y	

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FBR LN PK Topping Rocket																												Y	Y	
FBR LN PK Topping Sliced Peppers																													Y	Y
FBR LN PK Topping Sliced Tomatoes																													Y	Y
FBR LN PK Topping Spring Onion																													Y	Y
FBR LN PK Topping Wiltshire Ham																														
FBR LN PK VGN Topping Mozzarisella Cheese																												Y	Y	
Spec Purposes Only																														
FBR DN Pizza Extras - Spec Purposes Only	Y	Y			Y		Y			Y	Y	Y			Y						Y	Y		Y						

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Sunday Roasts																													
FBR LN KID Sunday Chicken	Y	Y						Y			Y																		
FBR LN Mega Sunday Beef	Y	Y						Y			Y	Y											Y		Y				
FBR LN Mega Sunday Burger	Y	Y						Y			Y	Y											Y		Y				
FBR LN Mega Sunday Chicken	Y	Y						Y			Y	Y													Y				
FBR LN Mega Sunday Minted Lamb Shank	Y	Y						Y			Y	Y													Y				
FBR LN Mega Sunday Pork Belly	Y	Y						Y			Y	Y													Y				
FBR LN Mega Sunday Turkey	Y	Y						Y			Y	Y													Y				
FBR LN Mega Sunday Vegetarian	Y	Y						Y				Y										Y	Y		Y			Y	
FBR LN Sunday Beef	Y	Y						Y				Y											Y		Y				
FBR LN Sunday Chicken	Y	Y						Y				Y													Y				
FBR LN Sunday Minted Lamb Shank	Y	Y						Y				Y													Y				
FBR LN Sunday Pork Belly	Y	Y						Y				Y													Y				
FBR LN Sunday Turkey	Y	Y						Y				Y													Y				
FBR LN Sunday Vegetarian	Y	Y						Y				Y										Y	Y		Y			Y	
zzzFBR LN KID Sunday Beef	Y	Y						Y				Y													Y				

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Children's Desserts

FBR LN KID Chocolate Brownie	Y	Y						Y			Y	Y																Y	
FBR LN KID Donut Dipper	Y	Y				Y		Y			Y	Y																Y	
FBR LN KID Ice Cream Sundae	Y	Y						Y			Y	Y																Y	
FBR LN KID Jelly and Ice Cream												Y																	
FBR LN KID Lemon Drizzle	Y	Y						Y				Y																Y	
FBR LN KID Spongebob Tub Chocolate											Y	Y												Y			Y		
FBR LN KID Spongebob Tub Strawberry												Y												Y			Y		
FBR LN KID Spongebob Tub Vanilla												Y												Y			Y		

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3 Course Deal - Mains

FBR LN Baby Aubergine Cauliflower & Coconut Curry	Y	Y									Y											Y	Y				Y		
FBR LN Beef Lasagne with Garlic Bread	Y	Y		Y	Y	Y		Y			Y										Y								
FBR LN Beer Battered Fish and Chips	Y	Y			Y			Y	Y																				
FBR LN Breaded Scampi	Y	Y					Y	Y																					
FBR LN Buffalo Cauliflower Tacos	Y	Y			Y																						Y	Y	
FBR LN Chicken Leek and Cider Pie	Y	Y						Y			Y													Y					
FBR LN Chicken Tikka Masala	Y	Y									Y										Y	Y							
FBR LN Grilled Fish and Chips									Y																				
FBR LN Steak and Ale Pie	Y	Y			Y			Y																Y					
FBR LN Vegetable Lasagne with Garlic Bread	Y	Y		Y	Y	Y		Y			Y												Y	Y			Y		
FBR LN VGN Baby Aubergine Cauliflower & Coconut Curry																						Y	Y				Y	Y	

3 Course Deal - Desserts

FBR LN Apple Pie	Y	Y									Y													Y			Y		
FBR LN Chocolate Fudge Cake								Y			Y																Y		
FBR LN Jam Roly Poly	Y	Y						Y			Y																Y		
FBR LN Simply Delicious											Y																	Y	
FBR LN VGN Apple Pie	Y	Y																					Y				Y	Y	
FBR LN VGN Simply Delicious																											Y	Y	