

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 Firebrand 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	Suitable for Vegans							
Festive Starters																																			
FBR XMF Chicken Garlic and Smoked Bacon Pate	Y	Y									Y	Y																	Y						
FBR XMF King Prawn Cocktail	Y	Y					Y	Y			Y												Y		Y										
FBR XMF NGCI Chicken Garlic and Smoked Bacon Pate								Y			Y														Y										
FBR XMF NGCI King Prawn Cocktail							Y	Y															Y		Y										
FBR XMF NGCI Tomato Soup								Y			Y											Y										Y			
FBR XMF Tomato Soup	Y	Y									Y	Y										Y										Y			
FBR XMF VGN Tomato Soup	Y	Y									Y											Y										Y	Y		
Festive Mains																																			
FBR XMF Beef and Rioja Pie	Y	Y			Y			Y																									Y		
FBR XMF Candied Nut Roast										Y			Y	Y			Y	Y															Y	Y	
FBR XMF NGCI Roast Turkey											Y														Y										
FBR XMF Parsley Cod									Y			Y											Y		Y										
FBR XMF Roast Turkey	Y	Y									Y	Y													Y										
FBR XMF VGN Candied Nut Roast										Y			Y	Y			Y	Y															Y	Y	

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Festive Desserts

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

Kids Festive

FBR XMF KID Beef Burger	Y	Y																						Y					
FBR XMF KID Chocolate Brownie	Y	Y						Y			Y	Y																Y	
FBR XMF KID Ice Cream												Y																Y	
FBR XMF KID NGCI Roast Turkey												Y												Y					
FBR XMF KID Roast Turkey	Y	Y										Y	Y											Y					
FBR XMF KID Tomato Soup	Y	Y										Y									Y						Y	Y	
FBR XMF KID Veggie Sausages	Y	Y										Y											Y				Y	Y	
FBR XMF KID VGN Garlic Bread	Y	Y			Y	Y	Y																				Y	Y	
FBR XMF KID VGN Ice Cream																												Y	Y
FBR XMF KID VGN Tomato Soup	Y	Y										Y									Y						Y	Y	
FBR XMF KID VGN Veggie Burger	Y	Y				Y						Y															Y	Y	
FBR XMF KID VGN Veggie Sausages	Y	Y										Y											Y				Y	Y	

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U5 Festive

FBR XMF U5 Ice Cream												Y															Y	
FBR XMF U5 Roast Turkey																								Y				
FBR XMF U5 Veggie Sausages	Y	Y									Y													Y			Y	Y
FBR XMF U5 VGN Ice Cream																											Y	Y
FBR XMF U5 VGN Veggie Sausages	Y	Y									Y													Y			Y	Y

Day Starters

FBR XMD Cheesy Garlic Mushrooms	Y	Y									Y	Y										Y					Y	
FBR XMD Ham Hock Terrine	Y	Y									Y											Y		Y				
FBR XMD NGCI Ham Hock Terrine								Y														Y		Y				
FBR XMD NGCI Smoked Salmon Prosecco and Crayfish Parfait							Y	Y	Y		Y												Y					
FBR XMD NGCI Spiced Butternut Squash and Spinach Soup							Y															Y					Y	
FBR XMD Smoked Salmon Prosecco and Crayfish Parfait	Y	Y					Y	Y	Y		Y	Y											Y					
FBR XMD Spiced Butternut Squash and Spinach Soup	Y	Y									Y											Y					Y	Y
FBR XMD VGN Spiced Butternut Squash and Spinach Soup	Y	Y									Y											Y					Y	Y

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Day Mains																												
FBR XMD NGCI Roast Turkey										Y														Y				
FBR XMD Parsnip and Swede Rosti											Y													Y			Y	
FBR XMD Roast Turkey	Y	Y								Y	Y													Y				
FBR XMD Sirloin Steak 8oz																								Y				
FBR XMD St Clements Kiln Roasted Salmon Tart									Y		Y										Y			Y				
FBR XMD VGN Parsnip and Swede Rosti																								Y			Y	Y
Day Desserts																												
FBR XMD Beverage Accompaniment	Y	Y								Y	Y	Y		Y													Y	
FBR XMD Cheese and Biscuits	Y	Y			Y	Y		Y		Y	Y										Y		Y	Y			Y	
FBR XMD Chocolate and Hazelnut Roulade	Y	Y						Y		Y	Y	Y		Y													Y	
FBR XMD Christmas Pudding	Y	Y									Y													Y			Y	
FBR XMD Kir Royale Inspired Cheesecake										Y	Y													Y			Y	
FBR XMD Spiced Apple and Cranberry Nutty Crumble											Y	Y	Y		Y		Y							Y			Y	
FBR XMD VGN Kir Royale Inspired Cheesecake										Y														Y			Y	Y
FBR XMD VGN Spiced Apple and Cranberry Nutty Crumble													Y	Y		Y		Y						Y			Y	Y

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Kids Day

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

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U5 Day

FBR XMD U5 Ice Cream												Y															Y	
FBR XMD U5 Roast Turkey																								Y				
FBR XMD U5 Veggie Sausages	Y	Y									Y													Y			Y	Y
FBR XMD U5 VGN Ice Cream																											Y	Y
FBR XMD U5 VGN Veggie Sausages	Y	Y									Y													Y			Y	Y

Celebration Menu Starters

FBR XMC Cheesy Garlic Mushrooms	Y	Y									Y	Y										Y					Y	
FBR XMC Ham Hock Terrine	Y	Y									Y											Y		Y				
FBR XMC King Prawn Cocktail	Y	Y					Y	Y			Y											Y		Y				
FBR XMC NGCI Ham Hock Terrine								Y														Y		Y				
FBR XMC NGCI King Prawn Cocktail							Y	Y														Y		Y				
FBR XMC NGCI Tomato Soup								Y			Y											Y					Y	
FBR XMC Tomato Soup	Y	Y									Y	Y										Y					Y	
FBR XMC VGN Tomato Soup	Y	Y									Y											Y					Y	Y

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Celebration Menu Mains

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

Celebration Menu Desserts

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

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NYE Starters																													
FBR XMN Cheesy Garlic Mushrooms	Y	Y									Y	Y										Y						Y	
FBR XMN Ham Hock Terrine	Y	Y									Y											Y		Y					
FBR XMN NGCI Ham Hock Terrine								Y														Y		Y					
FBR XMN NGCI Smoked Salmon Prosecco and Crayfish Parfait							Y	Y	Y		Y													Y				Y	
FBR XMN NGCI Spiced Butternut Squash and Spinach Soup								Y													Y							Y	
FBR XMN Smoked Salmon Prosecco and Crayfish Parfait	Y	Y					Y	Y	Y		Y	Y												Y					
FBR XMN Spiced Butternut Squash and Spinach Soup	Y	Y									Y										Y							Y	Y
NYE Mains																													
FBR XMN Candied Nut Roast										Y		Y	Y			Y	Y							Y				Y	Y
FBR XMN Cherry Duck																								Y					
FBR XMN NGCI Sirloin Steak 8oz								Y													Y	Y	Y						
FBR XMN Sirloin Steak 8oz	Y	Y						Y													Y	Y	Y						
FBR XMN St Clements Kiln Roasted Salmon Tart									Y		Y										Y								
FBR XMN VGN Candied Nut Roast										Y		Y	Y			Y	Y						Y				Y	Y	

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NYE Desserts

FBR XMN Belgian Chocolate and Raspberry Truffle											Y	Y																Y	
FBR XMN Cheese and Biscuits	Y	Y			Y	Y		Y			Y	Y									Y		Y					Y	
FBR XMN Kir Royale Inspired Cheesecake											Y	Y												Y				Y	
FBR XMN Nutty Sundae	Y	Y									Y	Y	Y		Y													Y	
FBR XMN Open Pear and Apple Tart	Y	Y									Y																	Y	
FBR XMN VGN Belgian Chocolate and Raspberry Truffle											Y																	Y	Y
FBR XMN VGN Kir Royale Inspired Cheesecake											Y																	Y	Y

Sides

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

Sparkle

FBR XMS Christmas Dinner Calzone	Y	Y									Y	Y																Y	
FBR XMS Four Cheese Sirloin Steak	Y	Y										Y																	
FBR XMS Snowman Burger	Y	Y						Y			Y	Y										Y	Y	Y					
FBR XMS Sweet Shop Sundae	Y	Y			Y					Y	Y	Y	Y	Y									Y	Y					
FBR XMS Veggie Christmas Dinner Calzone	Y	Y									Y	Y												Y				Y	
FBR XMS Veggie Snowman Burger	Y	Y			Y			Y			Y	Y										Y	Y	Y				Y	