

# 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.

## Buffet T1 2018

Dish Name	<b>Cereals containing Gluten :</b>											<b>Nuts :</b>														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	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin			Molluscs		
BUF Crisps																												Y	Y	
COR BUF Coffee												Y																	Y	
COR BUF Mini Pork Pie	Y	Y																												
COR BUF Pickled Onions	Y				Y																			Y				Y	Y	
COR BUF Savoury Eggs	Y	Y						Y																						
COR BUF T1 Sandwich Cheese Red Onion Chutney on White	Y	Y									Y	Y											Y	Y				Y		
COR BUF T1 Sandwich Cheese Red Onion Chutney on Wholemeal	Y	Y										Y	Y										Y	Y				Y		
COR BUF T1 Sandwich Egg Mayonnaise White	Y	Y						Y			Y	Y										Y	Y					Y		
COR BUF T1 Sandwich Egg Mayonnaise Wholemeal	Y	Y						Y			Y	Y										Y	Y					Y		
COR BUF T1 Sandwich Ham White	Y	Y									Y	Y											Y							
COR BUF T1 Sandwich Ham Wholemeal	Y	Y									Y	Y											Y							
COR BUF T1 Sandwich Tuna Mayo White	Y	Y						Y	Y		Y	Y										Y	Y							
COR BUF T1 Sandwich Tuna Mayo Wholemeal	Y	Y						Y	Y		Y	Y										Y	Y							
COR BUF T1 Sausage Rolls	Y	Y									Y	Y										Y		Y						
COR BUF Tea												Y																Y		
VERSION BUF T1 Sauces	Y	Y			Y			Y														Y						Y		







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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		

### Tea & Cake Buffet

COR BUF Chocolate Brownie Slice	Y	Y						Y			Y	Y																Y		
COR BUF Coffee												Y																	Y	
COR BUF Cookie Bites	Y	Y						Y			Y	Y												?				Y		
COR BUF Flapjack	Y					Y						Y																Y		
COR BUF Lemon Drizzle Cake	Y	Y						Y				Y																Y		
COR BUF Tea												Y																Y		

### Pizza Buffet

BUF T1 Pizza Buffet	Y	Y				Y		Y				Y									Y	Y							
COR BUF Chips																												Y	Y
COR BUF T1 Pizza BBQ Chicken ARCHIVE	Y	Y				Y						Y									Y								
COR BUF T1 Pizza Butchers Block ARCHIVE	Y	Y				Y		Y				Y																	
COR BUF T1 Pizza Garlic Dough Balls ARCHIVE	Y	Y																										Y	Y
COR BUF T1 Pizza Ham & Mushroom ARCHIVE	Y	Y										Y																	
COR BUF T1 Pizza Margarita	Y	Y										Y																Y	
COR BUF T1 Pizza Margarita Vegan	Y	Y																										Y	Y
COR BUF T1 Pizza Veg Patch	Y	Y										Y																Y	
COR BUF T1 Pizza Veg Patch Vegan	Y	Y																										Y	Y
COR BUF Tea												Y																Y	
VERSION BUF T1 Sauces	Y	Y				Y		Y														Y						Y	

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Dish Name	<b>Cereals containing Gluten :</b>										<b>Nuts :</b>										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								

### Curry Buffet

BUF T1 Curry Chicken Tikka Masala	Y	Y										Y									Y	Y								
BUF T1 Curry Lamb Saag	Y	Y										Y																		
BUF T1 Curry Veg Jalfrezi	Y	Y										Y										Y						Y		
COR BUF Chips																											Y	Y		

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## Buffet T2 2018

Dish Name	<b>Cereals containing Gluten :</b>											<b>Nuts :</b>											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	Celery	Mustard			Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
BUF Crisps																											Y	Y
BUF T2 BUF Mini Pork Pie	Y	Y																										
BUF T2 Coffee											Y																	Y
BUF T2 Savoury Eggs	Y	Y						Y																				
BUF T2 Tea											Y																	Y
COR BUF Pickled Onions	Y				Y																		Y				Y	Y
COR BUF T2 Bread Roll Cheese and Spring Onion	Y	Y						Y			Y	Y										Y					Y	
COR BUF T2 Bread Roll Egg Mayonnaise	Y	Y						Y			Y	Y										Y					Y	
COR BUF T2 Bread Roll Honey Roast Ham	Y	Y									Y	Y																
COR BUF T2 Bread Roll Tuna Crunch	Y	Y						Y	Y		Y	Y										Y						
COR BUF T2 Sausage Roll Homemade	Y	Y						Y															Y					
VERSION BUF T2 Sauces	Y	Y			Y			Y														Y					Y	

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## Buffet T2 2018

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

### Hot Buffet

BUF T2 Onion Rings	Y	Y																										Y	Y
BUF T2 Breaded Cheddar Jalapeno	Y	Y		Y							Y																	Y	
BUF T2 Buttermilk Chicken Goujon	Y	Y									Y										Y								
BUF T2 Chip Shop Bites																												Y	Y
BUF T2 Coffee											Y																	Y	
BUF T2 Coleslaw								Y														Y						Y	
BUF T2 Potato Salad								Y														Y						Y	
BUF T2 Tea											Y																	Y	
COR BUF T2 BBQ Chicken Wings																													
COR BUF T2 Hot Beef Bap Non FWE	Y	Y									Y	Y																	
COR BUF T2 Hot Gammon Bap Non FWE	Y	Y									Y	Y																	
COR BUF T2 Hot Turkey Bap Non FWE	Y	Y									Y	Y																	

### Kids buffet

BUF Crisps																													Y	Y
BUF T2 Buttermilk Chicken Goujon	Y	Y									Y										Y									
COR BUF T2 Bread Roll Egg Mayonnaise	Y	Y						Y			Y	Y										Y						Y		
COR BUF T2 Bread Roll Honey Roast Ham	Y	Y									Y	Y																		
COR BUF T2 Sausage Roll Homemade	Y	Y						Y																	Y					
VERSION BUF T2 Sauces	Y	Y					Y															Y						Y		





