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.

TFO LN

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
Starters																														
TFO LN Bourbon Chicken Bites	Y	Y							Y			Y	Y										Y							
TFO LN Brie Dippers	Y	Y											Y													Y			Y	
TFO LN Buffalo Cauliflower Wings	Y	Y				Y																							Y	Y
TFO LN Cheesy Garlic Bread Starter	Y	Y											Y																Y	
TFO LN Cheesy Garlic Bread Vegan	Y	Y																											Y	Y
TFO LN Cheesy Nachos													Y																Y	
TFO LN Crispy Buttermilk Chicken	Y	Y											Y										Y							
TFO LN Crispy Potato Skins Cheese and Bacon									Y				Y																	
TFO LN Crispy Potato Skins Cheese and Beans									Y				Y																Y	
TFO LN Crispy Potato Skins Hunters	Y	Y				Y			Y			Y	Y										Y							
TFO LN Garlic Bread Starter	Y	Y																											Y	Y
TFO LN Golden Breaded Mushrooms	Y	Y				Y			Y																				Y	
TFO LN Lamb and Mint Kofta Bites	Y	Y							Y				Y													Y				
TFO LN Prawn Cocktail	Y	Y				Y		Y	Y				Y											Y		Y				
TFO LN Soup of the Day	Y	Y											Y																Y	
TFO LN Soup of the Day Vegan	Y	Y				Y																	Y						Y	Y

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Sharers																														
TFO LN Cheesy Nachos Sharer													Y																Y	
TFO LN Cone of Onion Rings	Y	Y				Y																							Y	Y
TFO LN Cone of Onion Rings and Popcorn Chicken	Y	Y				Y						Y											Y							
TFO LN Garlic Bread Selection	Y	Y											Y																Y	
TFO LN The Filler	Y	Y				Y			Y				Y										Y	Y						

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Pub Favourites																														
TFO LN BBQ Ribs & Chicken	Y	Y				Y			Y			Y	Y										Y	Y						
TFO LN Beef Lasagne	Y	Y				Y			Y				Y										Y							
TFO LN Beer Battered Fish and Chips	Y	Y				Y			Y	Y																				
TFO LN Breaded Scampi	Y	Y						Y	Y																					
TFO LN Buffalo Cauliflower Tacos	Y	Y				Y																							Y	Y
TFO LN Chicken Tikka Masala	Y	Y											Y										Y	Y						
TFO LN Cod and Crispy Bacon Rarebit										Y			Y																	
TFO LN Grilled Fish and Chips										Y																				
TFO LN Mexican Chilli Chicken Melt	Y	Y				Y						Y	Y																	
TFO LN Minted Lamb Shank	Y	Y											Y																	
TFO LN Rack of Ribs	Y	Y				Y			Y			Y	Y										Y	Y						
TFO LN Roasted Vegetable Jalfrezi	Y	Y											Y											Y					Y	
TFO LN Roasted Vegetable Jalfrezi Vegan																								Y					Y	Y
TFO LN Sausages and Mash													Y													Y				
TFO LN Smothered Chicken BBQ	Y	Y				Y			Y			Y	Y											Y						
TFO LN Smothered Chicken Sweet Chilli	Y	Y							Y				Y											Y						
TFO LN Vegetable Lasagne	Y	Y				Y			Y				Y													Y	Y		Y	

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Burgers																														
TFO LN Bacon and Brie Burger	Y	Y							Y			Y	Y											Y		Y				
TFO LN Bacon and Brie Burger XL	Y	Y							Y			Y	Y											Y		Y				
TFO LN BBQ Chicken Burger	Y	Y				Y			Y			Y	Y										Y	Y						
TFO LN BBQ Chicken Burger XL	Y	Y				Y			Y			Y	Y										Y	Y						
TFO LN Black and Blue Burger	Y	Y							Y			Y	Y											Y		Y				
TFO LN Black and Blue Burger XL	Y	Y							Y			Y	Y											Y		Y				
TFO LN Chicken and Chorizo Burger	Y	Y				Y			Y			Y	Y										Y	Y						
TFO LN Chicken and Chorizo Burger XL	Y	Y				Y			Y			Y	Y										Y	Y						
TFO LN Cowboy Classic Burger	Y	Y				Y			Y			Y	Y											Y		Y				
TFO LN Cowboy Classic Burger XL	Y	Y				Y			Y			Y	Y											Y		Y				
TFO LN Moving Mountains Burger	Y	Y				Y	Y					Y												Y		Y			Y	Y
TFO LN Moving Mountains Burger XL	Y	Y				Y	Y					Y												Y		Y			Y	Y
TFO LN Mushroom and Soya Burger	Y	Y				Y						Y																	Y	Y
TFO LN Mushroom and Soya Burger XL	Y	Y				Y						Y																	Y	Y
TFO LN Plain and Simple Burger Beef	Y	Y				Y			Y			Y												Y		Y				
TFO LN Plain and Simple Burger Beef Under 600	Y					Y			Y															Y		Y				
TFO LN Plain and Simple Burger Beef XL	Y	Y				Y			Y			Y												Y		Y				
TFO LN Plain and Simple Burger Chicken	Y	Y				Y			Y			Y	Y										Y	Y						
TFO LN Plain and Simple Burger Chicken Under 600	Y	Y				Y			Y				Y										Y	Y						
TFO LN Plain and Simple Burger Chicken XL	Y	Y				Y			Y			Y	Y										Y	Y						

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TFO LN Tennessee Chicken Burger	Y	Y							Y			Y	Y											Y						
TFO LN Tennessee Chicken Burger XL	Y	Y							Y			Y	Y											Y						

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Burger Add ons																														
TFO LN Extra Bacon Rasher																														
TFO LN Extra BBQ Jackfruit																								Y		Y			Y	Y
TFO LN Extra Beef Burger 6oz																										Y				
TFO LN Extra Beef Chilli												Y												Y		Y				
TFO LN Extra Chicken Breast																														
TFO LN Extra Chicken Goujons	Y	Y											Y										Y							
TFO LN Extra Fried Egg									Y																				Y	
TFO LN Extra Fried Onions																													Y	Y
TFO LN Extra Grilled Mushroom																													Y	Y
TFO LN Extra Jalapenos Red																													Y	Y
TFO LN Extra Monterey Jack Cheese													Y																Y	
TFO LN Extra Pulled Chipotle Chicken	Y					Y																								
TFO LN Extra Sauce BBQ	Y					Y																							Y	Y
TFO LN Extra Sauce Classic Burger	Y					Y			Y															Y					Y	
TFO LN Extra Sauce Garlic Mayonnaise									Y															Y					Y	
TFO LN Extra Sauce Guacamole																													Y	Y
TFO LN Extra Sauce Mint and Yoghurt 56g									Y				Y													Y			Y	
TFO LN Extra Sauce Salsa																													Y	Y
TFO LN Extra Sauce Sweet Chilli																													Y	Y
TFO LN Extra Sauce Whiskey BBQ																													Y	

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TFO LN Extra Stilton Cheese 28g													Y																Y	
TFO LN Route 66 Topper																													Y	Y
TFO LN Soya Burger	Y	Y																											Y	Y
Pies																														
TFO LN Button Mushroom Bourguignon Pie Vegan	Y	Y										Y														Y			Y	Y
TFO LN Chicken Leek and Cider Pie	Y	Y							Y				Y													Y				
TFO LN Steak and Ale Pie	Y	Y				Y			Y																	Y				
Quick Bites																														
TFO LN BBQ Chicken Melt	Y	Y				Y							Y																	
TFO LN Chicken and Bacon Club Sandwich	Y	Y				Y			Y				Y											Y						
TFO LN Ham and Coleslaw Sandwich	Y	Y				Y			Y				Y											Y						
TFO LN Prawn Salad Sandwich	Y	Y				Y		Y	Y				Y											Y		Y				
TFO LN Steak and Onion Melt	Y	Y											Y																	

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Sides																														
TFO LN Extra Baguette and Butter	Y	Y											Y																Y	
TFO LN Extra Cauliflower Cheese	Y					Y							Y																Y	
TFO LN Extra Chana Masala													Y											Y					Y	
TFO LN Extra Cheddar Mash													Y																Y	
TFO LN Extra Cheesy Garlic Bread	Y	Y											Y																Y	
TFO LN Extra Chicken Katsu Chips	Y	Y										Y	Y										Y	Y						
TFO LN Extra Chicken Tikka Samosas	Y	Y											Y																	
TFO LN Extra Chip Shop Curry Sauce	Y	Y										Y											Y	Y					Y	
TFO LN Extra Chips 227g																													Y	Y
TFO LN Extra Coleslaw									Y															Y					Y	
TFO LN Extra Corn on the Cob													Y																Y	
TFO LN Extra Garlic and Herb Baby Potatoes																													Y	Y
TFO LN Extra Garlic Bread	Y	Y																											Y	Y
TFO LN Extra House Salad	Y	Y																											Y	Y
TFO LN Extra Mini Combo	Y	Y							Y																				Y	
TFO LN Extra Onion Bhajis	Y	Y																											Y	Y
TFO LN Extra Onion Rings	Y	Y																											Y	Y
TFO LN Extra Poppadum																													Y	
TFO LN Extra Poppadums and Dips									Y				Y													Y			Y	
TFO LN Extra Potato Wedges																													Y	Y

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TFO LN Extra Rice Coriander and Lime																													Y	Y
TFO LN Extra Rice Harissa																													Y	Y
TFO LN Extra Saag Aloo																													Y	Y
TFO LN Extra Sauce Mango Chutney																													Y	Y
TFO LN Extra Sauteed Mushrooms													Y																Y	
TFO LN Extra Seasonal Vegetables																													Y	Y
TFO LN Extra Sweet Chilli Coleslaw																													Y	Y
TFO LN Extra Vegan Mozzarella																													Y	Y
TFO LN Extra Vegetable Samosas	Y	Y																						Y					Y	Y
TFO LN Holy Smokes Chips	Y	Y				Y							Y																Y	
TFO LN Sloppy Joe Chips	Y	Y										Y	Y											Y		Y				

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Desserts																														
TFO LN Apple Pie	Y	Y											Y													Y			Y	
TFO LN Apple Pie Vegan	Y	Y																								Y			Y	Y
TFO LN Banoffee Pie	Y	Y					Y						Y																Y	
TFO LN Butterscotch Sundae	Y	Y							Y			Y	Y													Y			Y	
TFO LN Butterscotch Sundae Sharer	Y	Y							Y			Y	Y													Y			Y	
TFO LN Chocolate Crownie	Y	Y							Y			Y	Y																Y	
TFO LN Chocolate Fudge Cake									Y				Y																Y	
TFO LN Chocolate Indulgence Sundae												Y	Y																Y	
TFO LN Chocolate Indulgence Sundae Sharer												Y	Y																Y	
TFO LN Jam Roly Poly	Y	Y							Y				Y																Y	
TFO LN Lemon Drizzle and Blueberry Sundae	Y	Y							Y			Y	Y																Y	
TFO LN Lemon Drizzle and Blueberry Sundae Sharer	Y	Y							Y			Y	Y																Y	
TFO LN Millionaire Gateau	Y	Y					Y		Y			Y	Y																	
TFO LN Praline Chocolate Tart												Y	Y	Y	Y	Y	Y	Y											Y	
TFO LN Praline Chocolate Tart Vegan												Y		Y	Y	Y	Y	Y											Y	Y
TFO LN Red Velvet and White Chocolate Cheesecake	Y	Y							Y			Y	Y																Y	
TFO LN Rhubarb and Ginger Pudding	Y	Y					Y																			Y			Y	Y
TFO LN Sicilian Lemon Muffin Cheesecake	Y	Y							Y			Y	Y																	
TFO LN Simply Delicious												Y	Y																Y	
TFO LN Simply Delicious Vegan																													Y	Y

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TFO LN Summer Brulee Tart	Y	Y							Y			Y	Y																Y	

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Extras																														
TFO LN Chip Topper Chicken Katsu	Y	Y										Y	Y										Y	Y						
TFO LN Chip Topper Holy Smokes	Y	Y				Y							Y																Y	
TFO LN Chip Topper Sloppy Joe	Y	Y										Y	Y											Y		Y				
TFO LN Extra Brie													Y																Y	
TFO LN Extra Cheddar Cheese 56g													Y																Y	
TFO LN Extra Chips 150g																													Y	Y
TFO LN Extra Chocolate Flake													Y																Y	
TFO LN Extra Chocolate Sauce																													Y	Y
TFO LN Extra Chorizo Pin Wheel																														
TFO LN Extra Custard													Y																Y	
TFO LN Extra Gammon Burger																														
TFO LN Extra Half Rack of Ribs	Y	Y				Y						Y											Y	Y						
TFO LN Extra Ice Cream Scoop Vanilla													Y																Y	
TFO LN Extra Jacket Potato																													Y	Y
TFO LN Extra Macaroni Cheese Burger	Y	Y											Y																Y	
TFO LN Extra Mashed Potato													Y																Y	
TFO LN Extra Naan Bread	Y	Y											Y																Y	
TFO LN Extra New Potatoes 227g													Y																Y	
TFO LN Extra Pigs in Blankets x 3												Y														Y				
TFO LN Extra Pineapple Ring																													Y	Y

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TFO LN Extra Prawns								Y																						
TFO LN Extra Rice Long Grain																													Y	Y
TFO LN Extra Roast Beef																														
TFO LN Extra Roast Pork																														
TFO LN Extra Roast Potatoes																										Y			Y	Y
TFO LN Extra Roast Turkey																														
TFO LN Extra Sauce Gravy																													Y	Y
TFO LN Extra Sauce Port and Stilton	Y	Y											Y										Y			Y				
TFO LN Extra Sauce Raspberry																													Y	Y
TFO LN Extra Sausage																										Y				
TFO LN Extra Scampi Pieces	Y	Y						Y																						
TFO LN Extra Seasonal Vegetables																													Y	Y
TFO LN Extra Stuffing	Y	Y											Y																Y	
TFO LN Extra Yorkshire Pudding	Y	Y							Y				Y																Y	
TFO LN Upgrade Mega Curry	Y	Y							Y				Y													Y			Y	
TFO LN Upgrade Potato Wedges																													Y	Y
TFO LN Upgrade Pound of Chips																													Y	Y
TFO LN Upgrade Rice Coriander and Lime																													Y	Y
TFO LN Upgrade Rice Harissa																													Y	Y

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Jackets																														
TFO LN Jacket Bacon and Cheddar Cheese													Y																	
TFO LN Jacket Cheese and Beans													Y																Y	
TFO LN Jacket Cheese and Coleslaw									Y				Y											Y					Y	
TFO LN Jacket Prawn Cocktail								Y	Y				Y											Y		Y				
Salad																														
TFO LN Salad Buffalo Cauliflower Wings	Y	Y				Y																							Y	Y
TFO LN Salad Fillet Steak	Y	Y																												
TFO LN Salad Garlic and Herb Cod Loin	Y	Y								Y																				
TFO LN Salad Garlic and Herb Salmon	Y	Y								Y																				
TFO LN Salad Grilled Chicken and Bacon	Y	Y																												
TFO LN Salad Grilled Halloumi and Red Pepper	Y	Y											Y																Y	
TFO LN Salad Lamb and Mint Koftas	Y	Y							Y				Y													Y				
TFO LN Salad Rump Steak	Y	Y																												
Grills																														
TFO LN Gammon Steak 10oz																														
TFO LN Ribeye Steak 12oz	Y	Y																												
TFO LN Rump Steak 10oz	Y	Y																												
TFO LN Sirloin Steak 8oz	Y	Y																												

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Grill Add ons																														
TFO LN Extra Beef Dripping & Merlot Sauce																										Y				
TFO LN Extra Sauce Diane	Y	Y											Y										Y	Y		Y			Y	
TFO LN Extra Sauce Garlic Mushroom													Y																Y	
TFO LN Extra Sauce Peppercorn													Y										Y							
TFO LN Extra Sauce Roquefort													Y																	
TFO LN Extra Smoky Cheese Sauce													Y																Y	
TFO LN Extra Stilton Cheese 56g													Y																Y	
TFO LN Extra The Grill Combo									Y				Y											Y					Y	
TFO LN Route 66 Topper																													Y	Y
TFO LN Steak Topper Black and Blue													Y																Y	
TFO LN Steak Topper Chilli Cheese												Y	Y											Y		Y				
TFO LN Steak Topper Montreal													Y																	

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Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
Carvery																														
TFO LN Carvery	Y	Y				Y			Y				Y											Y		Y				
TFO LN Carvery Large	Y	Y				Y			Y				Y											Y		Y				
TFO LN Carvery Sandwich Beef and Horseradish	Y	Y							Y			Y	Y											Y		Y				
TFO LN Carvery Sandwich Gammon and English Mustard	Y	Y										Y	Y											Y		Y				
TFO LN Carvery Sandwich Pork and Stuffing	Y	Y										Y	Y													Y				
TFO LN Carvery Sandwich Turkey and Stuffing	Y	Y										Y	Y													Y				
TFO LN Carvery Small	Y	Y				Y			Y				Y											Y		Y				
TFO LN Carvery Veg	Y	Y				Y			Y				Y											Y		Y			Y	
TFO LN Carvery Veg Large	Y	Y				Y			Y				Y											Y		Y			Y	
TFO LN Carvery Veg Small	Y	Y				Y			Y				Y											Y		Y			Y	
TFO LN Kids Carvery	Y	Y				Y			Y				Y											Y		Y				
TFO LN Kids Carvery Veg	Y	Y				Y			Y				Y											Y		Y			Y	
TFO LN Kids Sunday Carvery	Y	Y				Y			Y				Y											Y		Y				
TFO LN Kids Sunday Carvery Veg	Y	Y				Y			Y				Y											Y		Y			Y	
TFO LN Sunday Carvery	Y	Y				Y			Y				Y											Y		Y				
TFO LN Sunday Carvery Large	Y	Y				Y			Y				Y											Y		Y				
TFO LN Sunday Carvery Small	Y	Y				Y			Y				Y											Y		Y				
TFO LN Sunday Carvery Veg	Y	Y				Y			Y				Y											Y		Y			Y	
TFO LN Sunday Carvery Veg Large	Y	Y				Y			Y				Y											Y		Y			Y	
TFO LN Sunday Carvery Veg Small	Y	Y				Y			Y				Y											Y		Y			Y	

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Mega Meals																														
TFO LN Mega Chilli Cheeseburger	Y	Y				Y			Y			Y	Y										Y	Y		Y				
TFO LN Mega Curry	Y	Y							Y				Y										Y	Y		Y				
TFO LN Mega Gammon Steak 16oz									Y																					
TFO LN Mega Mixed Grill	Y	Y							Y																	Y				
TFO LN Mega Rump and Scampi 10oz	Y	Y						Y	Y																					

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TFO LN

NGCI

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
TFO LN NGCI Bacon and Brie Burger									Y				Y											Y		Y				
TFO LN NGCI Black and Blue Burger									Y				Y											Y		Y				
TFO LN NGCI Cheesy Nachos													Y																Y	
TFO LN NGCI Cheesy Nachos Sharer													Y																Y	
TFO LN NGCI Chicken Tikka Masala													Y										Y	Y						
TFO LN NGCI Chocolate Fudge Cake									Y				Y																Y	
TFO LN NGCI Chocolate Indulgence Sundae												Y	Y																Y	
TFO LN NGCI Chocolate Indulgence Sundae Sharer												Y	Y																Y	
TFO LN NGCI Cowboy Classic Burger									Y				Y											Y		Y				
TFO LN NGCI Crispy Potato Skins Cheese and Bacon									Y				Y																	
TFO LN NGCI Crispy Potato Skins Cheese and Beans									Y				Y																Y	
TFO LN NGCI Gammon Steak 10oz																														
TFO LN NGCI Mega Mixed Grill									Y																	Y				
TFO LN NGCI Plain and Simple Burger Beef									Y															Y		Y				
TFO LN NGCI Praline Chocolate Tart												Y	Y	Y	Y	Y	Y	Y											Y	
TFO LN NGCI Praline Chocolate Tart Vegan												Y		Y	Y	Y	Y	Y											Y	Y
TFO LN NGCI Prawn Cocktail								Y	Y				Y											Y		Y				
TFO LN NGCI Ribeye Steak 12oz																														
TFO LN NGCI Roasted Vegetable Jalfrezi																								Y					Y	
TFO LN NGCI Roasted Vegetable Jalfrezi Vegan																								Y					Y	Y

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TFO LN NGCI Rump Steak 10oz																														
TFO LN NGCI Salad Chicken and Bacon																														
TFO LN NGCI Salad Garlic and Herb Cod Loin										Y																				
TFO LN NGCI Salad Garlic and Herb Salmon										Y																				
TFO LN NGCI Salad Halloumi and Red Pepper													Y																Y	
TFO LN NGCI Salad Lamb and Mint Kofta									Y				Y													Y				
TFO LN NGCI Salad Rump Steak																														
TFO LN NGCI Sausages and Mash													Y													Y				
TFO LN NGCI Simply Delicious												Y	Y																Y	
TFO LN NGCI Simply Delicious Vegan																													Y	Y
TFO LN NGCI Sirloin Steak 8oz																														
TFO LN NGCI Smothered Chicken Sweet Chilli									Y				Y											Y						

Children's Starters

TFO LN KID Extra Corn on the Cob													Y																Y	
TFO LN KID Garlic Bread	Y	Y																											Y	Y
TFO LN KID Nachos													Y																Y	
TFO LN KID Salad Sticks Starter	Y					Y																							Y	Y

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Children's Mains																														
TFO LN KID Burger Bar Beef Burger	Y	Y																								Y				
TFO LN KID Burger Bar Chicken Burger	Y	Y																												
TFO LN KID Burger Bar Veggie	Y	Y				Y						Y																	Y	Y
TFO LN KID Cheesy Pasta Surprise													Y													Y			Y	
TFO LN KID Chicken Dinner	Y	Y							Y				Y																	
TFO LN KID Crispy Dippers	Y	Y											Y										Y							
TFO LN KID Fish Fingers	Y	Y								Y																				
TFO LN KID Gammon Steak																														
TFO LN KID Grilled Fish										Y																				
TFO LN KID Secret Pasta Ships	Y	Y											Y										Y						Y	
TFO LN KID Super Sausages Pork																										Y				
TFO LN KID Super Sausages Veggie	Y	Y										Y														Y			Y	Y
TFO LN KID Surfs Up Fish	Y	Y								Y			Y											Y						
TFO LN KID Tacos Chicken	Y	Y				Y							Y																	
TFO LN KID Tacos Vegan	Y	Y				Y																							Y	Y
TFO LN KID Tacos Veggie	Y	Y				Y							Y																Y	
TFO LN KID Vegetable Lasagne	Y	Y										Y											Y	Y					Y	Y

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Children's Desserts																														
TFO LN KID Chocolate Brownie	Y	Y							Y			Y	Y																Y	
TFO LN KID Donut Dipper	Y	Y					Y		Y			Y	Y																Y	
TFO LN KID Ice Cream Sundae	Y	Y							Y			Y	Y																Y	
TFO LN KID Ice Cream Sundae Vegan																													Y	Y
TFO LN KID Jelly and Ice Cream													Y																	
TFO LN KID Lemon Drizzle	Y	Y							Y				Y																Y	
TFO LN KID Spongebob Tub Chocolate												Y	Y													Y			Y	
TFO LN KID Spongebob Tub Strawberry													Y													Y			Y	
TFO LN KID Spongebob Tub Vanilla													Y													Y			Y	

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TFO LN

Children's Extras

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Nuts :**	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
TFO LN KID Extra Bacon																														
TFO LN KID Extra Baked Beans																													Y	Y
TFO LN KID Extra Carrots																													Y	Y
TFO LN KID Extra Cheese													Y																Y	
TFO LN KID Extra Chicken Breast																														
TFO LN KID Extra Chicken Dippers	Y	Y											Y										Y							
TFO LN KID Extra Chips																													Y	Y
TFO LN KID Extra Fish Fingers	Y	Y								Y																				
TFO LN KID Extra Mini Potato Waffles																													Y	Y
TFO LN KID Extra New Potatoes													Y																Y	
TFO LN KID Extra Peas																													Y	Y
TFO LN KID Extra Pork Sausage																										Y				
TFO LN KID Extra Salad Sticks																													Y	Y
TFO LN KID Extra Veggie Sausage	Y	Y										Y														Y			Y	Y
TFO LN KID Extra Yorkshire Pudding	Y	Y							Y				Y																Y	
TFO LN KID Fried Egg									Y																				Y	
TFO LN KID Jelly																														
TFO LN KID Mashed Potato													Y																Y	
TFO LN KID Milk													Y																Y	
TFO LN KID Sweetcorn																													Y	Y

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TFO LN KID Upgrade Potato Wedges																													Y	Y
Sunday Roasts																														
TFO SBLN Mega Sunday Burger	Y	Y							Y			Y	Y											Y		Y				
TFO SBLN NGCI Sunday Dinner Beef									Y				Y											Y		Y				
TFO SBLN NGCI Sunday Dinner Half Roast Chicken													Y										Y			Y				
TFO SBLN NGCI Sunday Dinner Turkey													Y													Y				
TFO SBLN NGCI Sunday Pork Belly													Y													Y				
TFO SBLN Sunday Dinner Beef	Y	Y							Y				Y											Y		Y				
TFO SBLN Sunday Dinner Beef Child	Y	Y							Y				Y													Y				
TFO SBLN Sunday Dinner Beef XL	Y	Y							Y			Y	Y											Y		Y				
TFO SBLN Sunday Dinner Chicken Child	Y	Y							Y				Y													Y				
TFO SBLN Sunday Dinner Half Roast Chicken	Y	Y							Y				Y										Y			Y				
TFO SBLN Sunday Dinner Half Roast Chicken XL	Y	Y							Y			Y	Y											Y		Y				
TFO SBLN Sunday Dinner Lamb Shank	Y	Y							Y				Y													Y				
TFO SBLN Sunday Dinner Lamb Shank XL	Y	Y							Y			Y	Y													Y				
TFO SBLN Sunday Dinner Pork Belly	Y	Y							Y				Y													Y				
TFO SBLN Sunday Dinner Pork Belly XL	Y	Y							Y			Y	Y													Y				
TFO SBLN Sunday Dinner Turkey	Y	Y							Y				Y													Y				
TFO SBLN Sunday Dinner Turkey XL	Y	Y							Y			Y	Y													Y				
TFO SBLN Sunday Dinner Vegetarian	Y	Y							Y				Y										Y	Y		Y			Y	
TFO SBLN Sunday Dinner Vegetarian XL	Y	Y							Y				Y										Y	Y		Y			Y	

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Monday Special Roast Meat Dishes																														
TFO LN Baguette Roast Beef and Horseradish	Y	Y							Y				Y											Y						
TFO LN Baguette Roast Turkey and Cranberry	Y	Y											Y																	
TFO LN Salad Roast Beef	Y	Y																												
TFO LN Salad Roast Turkey	Y	Y																												