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.

Children's Menu 2015 - Allergen Breakdown

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
Mini Monster - Choice 1																														
Beef Burger Bar - AI	Y	Y										Y																		
Burger Toppings - Children's													Y																Y	
Chicken Burger Bar - AI	Y	Y										Y																		
Chicken Dippers - AI	Y	Y							Y				Y										Y							
Fish Fingers - AI	Y	Y								Y																				
Pork Super Sausages - AI	Y	Y										Y														Y				
Quorn Sausages - AI	Y	Y	?	?					Y			Y	Y																Y	
Mini Monster - Choice 2																														
Chips 140g																													Y	Y
Jacket Potato Half 50's													Y																Y	
Mashed Potato 140g													Y																Y	
Mini Potato Waffles 4																													Y	Y
New Potatoes 140g													Y																Y	
Pasta Shapes	Y	Y																											Y	Y

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Mini Monster - Choice 3																														
Baked Beans 112g																													Y	Y
Canned Sweetcorn 85g																													Y	Y
Carrots Fresh 85g																													Y	Y
Carrots Frozen 85g																													Y	Y
Peas 85g																													Y	Y
Salad Sticks																													Y	Y
Spaghetti Hoops	Y	Y							Y																				Y	
Sides/Extras																														
Aerosol Cream													Y																Y	
Custard													Y																Y	
Double Cream (2.27l pack)													Y																Y	
Ham - Pizza Topping, Childrens																														
Ice Cream - Extra, Vanilla													Y																Y	
Mixed Peppers - Pizza Topping, Childrens																													Y	Y
Mushroom - Pizza Topping, Childrens																													Y	Y
Pineapple - Pizza Topping, Childrens																													Y	Y
Pork Sausage - Pizza Topping, Childrens	Y	Y																								Y				
Red Onion - Pizza Topping, Childrens																													Y	Y
Sweetcorn - Pizza Topping, Childrens																													Y	Y

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Big Monster Menu																														
Chicken Dinner - Children's	Y	Y				Y			Y			Y	Y																	
Fish and Chips - children's	Y	Y							Y	Y			Y											Y						
Gammon Steak - Childrens	Y	Y							Y																					
Pasta and Meatballs - Children's	Y	Y							Y				Y													Y				
Pizza Party - Children 2015	Y	Y				Y			Y				Y																	
Tortilla Factory (chicken breast)	Y	Y				Y						Y	Y																	
Tortilla Factory (crispy chicken) TILL ONLY	Y	Y				Y			Y				Y																	
Tortilla Factory (veg)	Y	Y				Y							Y																Y	
Sweet Treats																														
Cheeky Monkey's Favourite (V)													Y																Y	
Chocolate Brownie (Childs)	Y	Y							Y			Y	Y																Y	
Ice Cream Sundae (V) - Children's	Y	Y							Y			Y	Y																Y	
Jam Roly Poly Pudding - Childs	Y	Y							Y				Y																Y	
Jelly and Ice Cream - Children's													Y																	