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.

Heritage Children's Menu 2016

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
Awesome Assemblers																														
Beef Burger Bar - Childrens 2016	Y	Y											Y																	
Cheesy Tomato Pasta Melt - Children's 2016													Y													Y			Y	
Chicken Burger Bar - Children's 2016	Y	Y										Y	Y																	
Chicken Dippers - Children's 2016	Y	Y							Y				Y										Y							
Fish Fingers - Children's 2016	Y	Y								Y																				
Pork Super Sausages - Children's 2016																										Y				
Quorn Sausages - Children's 2016	Y	Y							Y				Y																Y	

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Sides																														
Baked Beans - Kids Extra																													Y	Y
Carrots - Kids Extra																													Y	Y
Children's Potato Accompaniment - 2016																													Y	Y
Children's Vegetable Accompaniment - 2016																													Y	Y
Chips - Kids Extra																													Y	Y
Ham - Pizza Topping, Childrens																														
Jacket Potato Half - Kids Extra													Y																Y	
Mashed Potato - Kids Extra													Y																Y	
Mini Potato Waffles - Kids Extra																													Y	Y
Mixed Peppers - Pizza Topping, Childrens																													Y	Y
Mushroom - Pizza Topping, Childrens																													Y	Y
New Potatoes - Kids Extra													Y																Y	
Peas - Kids Extra																													Y	Y
Pineapple - Pizza Topping, Childrens																													Y	Y
Pork Sausage - Pizza Topping, Childrens	Y	Y																								Y				
Red Onion - Pizza Topping, Childrens																													Y	Y
Salad Sticks - Kids Extra																													Y	Y
Spaghetti Hoops - Kids Extra	Y	Y							Y																				Y	

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Sweetcorn - Pizza Topping, Childrens																													Y	Y
Sweetcorn (V) - Kids Extra																													Y	Y
Yorkshire Pudding (V) - Side	Y	Y							Y				Y																Y	
Cool Constructors																														
Big Kids Chicken Burger Bar - Children's 2016	Y	Y																												
Cheese and Tomato Pizza - Children's 2016	Y	Y											Y																Y	
Chicken Dinner - Children's 2016	Y	Y							Y			Y	Y																	
Chicken Tortilla Factory - Children's 2016	Y	Y				Y						Y	Y																	
Fish and Chips - Children's 2016	Y	Y								Y			Y											Y						
Gammon Steak - Children's 2016																														
Veg Pasta Shells - Children's 2016	Y	Y											Y										Y						Y	
Veggie Tortilla Factory - Children's 2016	Y	Y				Y							Y																Y	

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Sweet Treats																														
Chocolate Brownie (Childs)	Y	Y							Y			Y	Y																Y	
Donut Dipper (V) - Children's	Y	Y					Y		Y			Y	Y																Y	
Ice Cream Sundae (V) - Children's	Y	Y							Y			Y	Y																Y	
Jelly - Children's 2016																														
Jelly and Ice Cream - Children's													Y																	
Lemon Drizzle - Children's	Y	Y							Y				Y																Y	
Orange Boats - Children's 2016																													Y	Y
Spongebob Chocolate Tub												Y	Y													Y			Y	
Spongebob Strawberry Tub													Y													Y			Y	
Spongebob Vanilla Tub													Y													Y			Y	
Starters																														
Corn on the Cob - Children's Starter													Y																Y	
Garlic Bread - Children's Starter	Y	Y				Y																							Y	Y
Nachos Starter (V) - Children's 2016													Y																Y	
Salad Sticks Starter (V)	Y					Y																							Y	Y

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Extras																														
Baked Beans - Kids Extra																													Y	Y
Carrots - Kids Extra																													Y	Y
Chips - Kids Extra																													Y	Y
Jacket Potato Half - Kids Extra													Y																Y	
Kids Extra Bacon																														
Kids Extra Cheese													Y																Y	
Mashed Potato - Kids Extra													Y																Y	
Mini Potato Waffles - Kids Extra																													Y	Y
New Potatoes - Kids Extra													Y																Y	
Peas - Kids Extra																													Y	Y
Salad Sticks - Kids Extra																													Y	Y
Sweetcorn (V) - Kids Extra																													Y	Y
Drink																														
Milk - Children's 2016													Y																Y	