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.

Urban Valentines 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
Starters																														
Brief Encounter Sharer	Y	Y				Y			Y			Y	Y											Y						
Golden Breaded Mushrooms (V)	Y	Y							Y																				Y	
Smothered Potato Wedges: Bacon Cheddar and Blue Cheese													Y																	
Tomato and Basil Soup (V)	Y	Y											Y										Y						Y	
Mains																														
Beer Battered Fish and Chips	Y	Y				Y			Y	Y																				
Cajun Chicken													Y											Y						
Roasted Vegetable and Chilli Linguine (V)	Y	Y																											Y	
Rump Steak - 8oz	Y	Y			Y																									
Taco - Hickory BBQ Pulled Pork									Y			Y	Y											Y						
Desserts																														
Beauty and the Beast Sharer Sundae (V)	Y	Y				Y	Y		Y		Y	Y	Y	Y	Y	Y	Y	Y	Y			Y							Y	
Love Actually (V)	Y	Y							Y			Y	Y																Y	
Moreo Cookie Crash Pie	Y	Y										Y	Y																	