

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.

2017 Taverns Prancer Christmas Menu

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

Festive Starters

VLG XMS FES Celeriac Apple and Mulled Cider Soup	Y	Y								Y	Y	Y			Y		Y	Y		Y	
VLG XMS FES Maple Glazed Shallot Tarte Tatin	Y	Y				Y		Y			Y							Y	Y		Y
VLG XMS FES Prawn Cocktail	Y	Y					Y	Y		Y	Y	Y			Y	Y			Y	Y	
VLG XMS FES Three Game Birds and Redcurrant Pate	Y	Y								Y	Y	Y			Y	Y			Y	Y	
VLG XMS FES Vegan Garlic Bread Bruschetta	Y	Y								Y	Y				Y	Y			Y		Y Y

Festive Mains

VLG XMS FES Duck with Saffron and Mandarin Sauce										Y	Y								Y		
VLG XMS FES Parsnip and Brie Gratin	Y	Y								Y	Y										Y
VLG XMS FES Parsnip and Brie Gratin Under 5	Y	Y								Y	Y										Y
VLG XMS FES Roast Turkey Dinner	Y	Y								Y	Y									Y	
VLG XMS FES Roast Turkey Dinner Under 5	Y	Y								Y	Y									Y	
VLG XMS FES Salmon and Beetroot Wellington	Y	Y					Y	Y		Y		Y			Y	Y		Y	Y	Y	
VLG XMS FES Vegan Candied Nut Roast										Y		Y	Y		Y	Y		Y		Y	Y

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Dish Name	<u>Cereals containing Gluten :</u>	<u>Nuts :</u>
	Wheat	Almonds
	Spelt (Wheat)	Hazelnut
	Kamut (Wheat)	Walnut
	Rye	Cashew nut
	Barley	Pecan nut
	Oats	Brazil nut
	Crustaceans	Pistachio nut
	Eggs	Macadamia nut or Queensland nut
	Fish	Celery
	Peanuts	Mustard
	Soybeans	Sesame
	Milk	Sulphur dioxide/sulphites
		Lupin
		Molluscs
		Suitable for Vegetarians
		Suitable for Vegans

Festive Desserts

VLG XMS FES Cheese and Biscuits	Y	Y		Y	Y		Y		Y	Y						Y	Y	Y		Y
VLG XMS FES Christmas Ice Cream Under 5										Y										Y
VLG XMS FES Christmas Pudding	Y	Y			Y		Y			Y	Y	Y							Y	Y
VLG XMS FES Cranberry Bread & Butter Pudding	Y	Y					Y			Y	Y	Y								Y
VLG XMS FES Orange Chocolate Fondant	Y	Y					Y		Y	Y									Y	Y
VLG XMS FES Prosecco & Passionfruit Meringue Pie	Y	Y					Y		Y										Y	Y
VLG XMS FES Vegan Praline Chocolate Tart									Y	Y	Y	Y	Y	Y					Y	Y

Christmas Day Starters

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Dish Name	Cereals containing Gluten :						Nuts :																					
	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	
VLG XMS DAY Duck with Posh Port Gravy	Y	Y								Y	Y									Y		Y						
VLG XMS DAY Duck with Posh Port Gravy Child										Y	Y											Y						
VLG XMS DAY Nut Roast and Melting Brie Pot with Orange and Cranberry							Y		Y	Y	Y	Y			Y		Y			Y		Y			Y			
VLG XMS DAY Nut Roast and Melting Brie Pot with Orange and Cranberry							Y		Y	Y	Y	Y			Y		Y			Y		Y			Y			
VLG XMS DAY Nut Roast and Melting Brie Pot with Orange and Cranberry							Y		Y	Y	Y	Y			Y		Y			Y		Y			Y			
VLG XMS DAY Ribeye Steak Child										Y	Y																Y	
VLG XMS DAY Ribeye Steak with Merlot and Beef Dripping Sauce	Y	Y			Y					Y												Y	Y					
VLG XMS DAY Roast Turkey Dinner	Y	Y								Y	Y																Y	
VLG XMS DAY Roast Turkey Dinner Child	Y	Y								Y	Y																Y	
VLG XMS DAY Roast Turkey Dinner Under 5	Y	Y								Y	Y																Y	
VLG XMS DAY Seabass Papillote								Y	Y		Y																Y	
VLG XMS DAY Seabass Papillote Child								Y	Y		Y																Y	
VLG XMS DAY Vegan Candied Nut Roast									Y		Y	Y				Y	Y									Y		Y
VLG XMS DAY Vegan Candied Nut Roast - Child									Y		Y	Y				Y	Y									Y		Y

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Dish Name	<u>Cereals containing Gluten :</u>										<u>Nuts :</u>										Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs	Suitable for Vegetarians	Suitable for Vegans
Christmas Side Orders	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	Suitable for Vegans
VLG XMS Cauliflower Cheese Side Order	Y	Y			Y						Y													Y				
VLG XMS FES Cheesy Roast Potatoes											Y													Y				
VLG XMS Pigs in Blankets (Bowl of 10)	Y	Y										Y												Y				
VLG XMSD Cheesy Roast Potatoes												Y												Y				