



NEIGHBOURHOOD
DINE DRINK *don't* DANCE

Allergens and Intolerances

All of our dishes are prepared in kitchens where allergens are present and where fresh food is prepared. Full information on menu allergens is available at

www.neighbourhoodrestaurant.co.uk/allergens-guide

Due to the risk of cross contamination, we are unable to guarantee the absence of traces of allergens. If you have particular dietary requirements or intolerances to allergens, we ask that you contact our team before ordering. Please note that not all ingredients are listed on our menus.

Halal & gluten free options are available.



VERSION 3
2022 ALLERGENS GUIDE - 07.03.2022

Suitable for?

BRUNCH FOOD ITEM	Cereals (Containing Gluten) e.g. bran, wheat, spelt	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g hazelnuts, brazil nuts, walnuts	Crustaceans	Fish	Molluscs	Vegans	Vegetarians	Comments
Pancake Stack with Chocolate sauce	✓ wheat				✓	✓										✓	
Pancake Stack with Blueberries	✓ wheat				✓	✓	✓									✓	
Pancake Stack with Bacon	✓ wheat				✓	✓											
Chicken Waffles	✓ wheat	✓			✓	✓											
Avocado on Toast	✓ wheat, barley, rye				✓	✓	✓	✓								✓	
Eggs Benedict	✓ wheat, barley				✓	✓	✓										
Eggs Royale	✓ wheat				✓	✓	✓						✓				
Eggs Florentine	✓ wheat				✓	✓	✓									✓	
NBHD Burger	✓ wheat	✓		✓	✓	✓		✓									
Caesar Salad	✓ wheat, barley	✓			✓	✓	✓	✓								✓	* Fish, Soya as optional addition
Charred Asparagus Maki	✓ wheat	✓						✓	✓						✓		
Poke Bowl		✓					✓	✓	✓						✓		* Fish, Soya as optional addition



WHILE YOU WAIT
FOOD ITEM

Suitable for?

	Cereals (Containing Gluten) e.g. bran, wheat, spelt	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts	Crustaceans	Fish	Molluscs	Vegans	Vegetarians	Comments
Giant Green Olives															✓		
Edamame Hummus	✓ wheat				✓		✓		✓						✓		
Spicy Cashew Nuts											✓ cashews				✓		
Tortilla Chips	✓ wheat	✓						✓							✓		
Halloumi					✓											✓	* Cooked in a fryer where other allergens may be present



Suitable for?

SMALL PLATES FOOD ITEM	Cereals (Containing Gluten) e.g. bran, wheat, spelt	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g hazelnuts, brazil nuts, walnuts	Crustaceans	Fish	Molluscs	Vegans	Vegetarians	Comments
Crab Mac & Cheese Bites	✓ wheat	✓			✓	✓		✓	✓			✓	✓				* Cooked in a fryer where other allergens may be present
Popcorn Chicken	✓ wheat	✓			✓	✓	✓										* Cooked in a fryer where other allergens may be present
Shrimp Tempura	✓ wheat	✓					✓					✓					* Cooked in a fryer where other allergens may be present
Crispy Pulled Duck Lollipops	✓ wheat	✓			✓	✓	✓						✓				* Cooked in a fryer where other allergens may be present
Lamb Skewer	✓ wheat				✓		✓	✓			✓ hazelnuts						
Beef Tataki	✓ wheat, barley	✓				✓		✓									
Voodoo Cauliflower Wings	✓ wheat	✓						✓			✓ almonds				✓		* Cooked in a fryer where other allergens may be present
Lil' Chick' Burgers	✓ wheat	✓			✓	✓		✓									* Cooked in a fryer where other allergens may be present
Lil' Burgers	✓ wheat	✓		✓	✓	✓		✓									
Ponzu Glazed Salmon	✓ wheat	✓						✓					✓				
Seared Scallops	✓ wheat	✓											✓	✓			



SUSHI & SASHIMI FOOD ITEM	Cereals (Containing Gluten) e.g. bran, wheat, spelt	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts	Crustaceans	Fish	Molluscs	Suitable for?		Comments	
															Vegans	Vegetarians		
Yellowfin Tuna Maki	✓ wheat	✓							✓				✓					
Charred Asparagus Maki	✓ wheat	✓						✓	✓							✓		
Shrimp Tempura Maki	✓ wheat, barley	✓			✓	✓		✓	✓			✓						* Cooked in a fryer where other allergens may be present
Beef Tataki Maki	✓ wheat	✓				✓		✓	✓									
Crispy Duck Maki	✓	✓		✓					✓									* Gluten present in wasabi condiment

LARGER PLATES
FOOD ITEM

Suitable for?

	Cereals (Containing Gluten) e.g. bran, wheat, spelt	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g hazelnuts, brazil nuts, walnuts	Crustaceans	Fish	Molluscs	Vegans	Vegetarians	Comments
Pan Fried Szechuan Seabass	✓ wheat	✓					✓		✓				✓	✓			
Chilli & Ginger Lamb Chops		✓			✓				✓								
NBHD Burger	✓ wheat	✓		✓	✓	✓		✓									
Southern Fried Chicken Dinner	✓ wheat	✓			✓	✓											* Cooked in a fryer where other allergens may be present
Tomahawk Rib Eye Steak 1KG					✓		✓	✓									
Teriyaki Glazed Salmon		✓							✓				✓				
Fillet of Beef 220G	✓ wheat	✓		✓	✓	✓	✓	✓									
Mushroom Gnocchi	✓ wheat				✓		✓										
Peppercorn Sauce				✓	✓		✓	✓									
Béarnaise Sauce	✓ barley				✓	✓	✓	✓								✓	
Porchini and Panchetta Jus				✓			✓										

Suitable for?

SALADS FOOD ITEM	Cereals (Containing Gluten) e.g. bran, wheat, spelt	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g hazelnuts, brazil nuts, walnuts	Crustaceans	Fish	Molluscs	Vegans	Vegetarians	Comments
Caesar Salad	✓ wheat, barley	✓			✓	✓	✓	✓								✓	* Fish, Soya as optional addition
Beetroot & Smoked Feta					✓		✓	✓			✓ hazelnuts					✓	* Fish, Soya as optional addition
Superfood Salad	✓ wheat	✓					✓	✓	✓		✓ almonds				✓		* Fish, Soya as optional addition
Poke Bowl		✓					✓	✓	✓						✓		* Fish, Soya as optional addition



SIDES
FOOD ITEM

Suitable for?

	Cereals (Containing Gluten) e.g. bran, wheat, spelt	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts	Crustaceans	Fish	Molluscs	Vegans	Vegetarians	Comments
Parmesan and White Truffle Fries					✓	✓										✓	* Cooked in a fryer where other allergens may be present
NBHD Fries															✓		* Cooked in a fryer where other allergens may be present
Sweet Potato Mash					✓											✓	
Truffled Mac and Cheese	✓ wheat	✓			✓	✓		✓								✓	
Spiralized Cucumber & Yuzu Salad							✓		✓						✓		
Garlic & Chilli Pak Choi															✓		



SUNDAY ROAST FOOD ITEM	Cereals (Containing Gluten) e.g. bran, wheat, spelt	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts	Crustaceans	Fish	Molluscs	Suitable for?		Comments
															Vegans	Vegetarians	
Slow Roasted Rib of Beef	✓ wheat			✓	✓	✓	✓	✓									
Half Roast Chicken	✓ wheat			✓	✓	✓	✓										
Zucchini and Cashew Bake	✓ wheat, barley oats	✓		✓			✓	✓			✓ cashew					✓	

DESSERTS

FOOD ITEM

Suitable for?

Cereals
(Containing Gluten)
e.g. bran, wheat, spelt

Soya

Lupin

Celery

Milk

Egg

Sulphites

Mustard

Sesame

Peanuts

Nuts
e.g. hazelnuts, brazil nuts, walnuts

Crustaceans

Fish

Molluscs

Vegans

Vegetarians

Comments

Chocolate & Peanut Butter Meltdown	✓ wheat	✓			✓	✓				✓						✓	
Candy Shop & Chocolate Waffle	✓ wheat, barley	✓			✓	✓										✓	
Lemon and Lime Sherbet Cheesecake	✓ wheat, barley				✓	✓										✓	
Chocolate and Mascarpone Mousse		✓			✓											✓	
Soft Serve Ice Cream	✓ wheat	✓			✓	✓					✓ almonds					✓	
Caramel Banana Cake	✓ wheat							✓			✓ almonds				✓		
NBHD Sundae to Share	✓ wheat	✓			✓	✓					✓ almonds					✓	

DRINKS BITES
FOOD ITEM

Suitable for?

Cereals
(Containing
Gluten)
e.g. bran, wheat,
spelt

Soya

Lupin

Celery

Milk

Egg

Sulphites

Mustard

Sesame

Peanuts

Nuts
e.g hazelnuts,
brazil nuts,
walnuts

Crustaceans

Fish

Molluscs

Vegans

Vegetarians

Comments

Yellow Fin Tuna Sushi	✓ wheat	✓											✓				
Beef Tataki Sushi	✓ wheat	✓															
Crispy Duck Sushi	✓ wheat	✓		✓				✓									
Charred Asparagus Sushi	✓ wheat	✓												✓			
Crispy Pulled Duck Lollipops	✓ wheat	✓			✓	✓	✓						✓				
NBHD Souther Fried Chicken Skewer	✓ wheat				✓	✓	✓										
Nobashi Shrimp Po Boy	✓ wheat	✓			✓	✓		✓				✓					
Truffled Cauliflower 'popcorn'	✓ wheat				✓	✓		✓			✓ almond					✓	
Edamame Tostadas		✓						✓	✓	✓					✓		

CONDIMENTS

FOOD ITEM

Suitable for?

Cereals (Containing Gluten) e.g. bran, wheat, spelt	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts	Crustaceans	Fish	Molluscs	Vegans	Vegetarians	Comments
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Grated Wasabi Condiment	✓	✓														
Tamari Gluten Free Soy Sauce		✓														
Horseradish Sauce				✓	✓		✓									
Hellmans Mayonnaise					✓											
Japanese Kewpie Mayonnaise	✓	✓			✓		✓									
Dijon (French) Mustard						✓	✓									
English Mustard Colemans	✓						✓									
Sriracha Chilli Sauce																
BBQ Sauce							✓									
Tomato Ketchup Heinz			✓													
Tabasco Sauce																
Vegan Mayo							✓									
Worcestershire Sauce Lea & Perrins	✓											✓				

