



NEIGHBOURHOOD

DINE DRINK 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 1
2023 FOOD ALLERGENS GUIDE - 13.02.2023

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				✓	✓	✓						✓				
Moving Mountains Vegan Burger	✓ wheat, oat, barley	✓		✓				✓							✓		
NBHD Burger	✓ wheat	✓		✓	✓	✓		✓									
Caesar Salad	✓ wheat, barley	✓			✓	✓	✓	✓								✓	* Fish, Soya as optional addition
Avocado Dragon	✓ wheat	✓						✓							✓		
Poke Bowl		✓					✓	✓	✓						✓		* Fish, Soya as optional addition
Flat Iron Steak				✓	✓		✓	✓									



Suitable for?

WHILE YOU WAIT 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
Giant Green Olives															✓		
Avocado Hummus	✓ wheat	✓					✓		✓						✓		
Crab Mac & Cheese Bites	✓ wheat	✓			✓	✓		✓	✓			✓	✓				* Cooked in a fryer where other allergens may be present
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
Chicken Skewers		✓							✓								
Panko Squid	✓ wheat, barley	✓			✓	✓		✓						✓			
Lil' Beef Burgers	✓ wheat	✓		✓	✓	✓		✓									
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
Truffled Mac & Cheese	✓ wheat	✓			✓	✓		✓								✓	
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
Mushroom Croquettes	✓ wheat, barley	✓			✓	✓		✓								✓	



SUSHI ROLLS FOOD ITEM	Suitable for?														Comments		
	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
Spicy Devon Crab	✓ wheat	✓		✓		✓	✓		✓			✓					
Crispy Duck	✓	✓		✓					✓								* Gluten present in wasabi condiment
Avocado Dragon	✓ wheat	✓						✓							✓		
Shrimp Tempura	✓ wheat, barley	✓			✓	✓		✓	✓			✓					* Cooked in a fryer where other allergens may be present
Yellowfin Tuna	✓ wheat	✓							✓				✓				
Sushi Roll Set	✓ wheat, barley	✓		✓	✓	✓	✓	✓	✓			✓	✓				



LARGE PLATES FOOD ITEM	Suitable for?															Comments	
	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
Teriyaki Salmon		✓							✓				✓				
NBHD Burger	✓ wheat	✓		✓	✓	✓		✓									
Chargrilled Ribeye							✓	✓									
Fillet Steak							✓	✓									
Southern Fried Chicken Dinner	✓ wheat				✓			✓									* Cooked in a fryer where other allergens may be present
Moving Mountains Vegan Burger	✓ wheat, oat, barley	✓		✓				✓							✓		
Miso & Harrisa Roasted Vegetables	✓ wheat	✓							✓						✓		
Peppercorn Sauce				✓	✓		✓	✓									
Béarnaise Sauce	✓ barley				✓	✓	✓	✓								✓	



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	Suitable for?		Comments	
															Vegans	Vegetarians		
Caesar Salad	✓ wheat, barley	✓			✓	✓	✓	✓								✓		* 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

NBHD Fries	*																✓		* Cooked in a fryer where other allergens may be present
Parmesan and Truffle Fries	*				✓	✓												✓	* Cooked in a fryer where other allergens may be present
Sweet Potato Fries	*																	✓	* Cooked in a fryer where other allergens may be present
Truffled Mac and Cheese	✓ wheat	✓			✓	✓		✓										✓	
Broccolini												✓ almonds						✓	
Green Salad							✓	✓										✓	



Suitable for?

DESSERTS 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
Raspberry Baked Alaska	✓ wheat				✓	✓										✓	
Chocolate & Peanut Butter Meltdown	✓ wheat	✓			✓	✓				✓						✓	
Pistachio Cheesecake	✓ wheat, barley				✓	✓					✓ pistachio, almonds					✓	
Vanilla Ice Cream	✓ wheat				✓											✓	
Strawberry Ice Cream	✓ wheat				✓											✓	
Chocolate Ice Cream	✓ wheat	✓			✓	✓										✓	
Vegan Salted Caramel Ice Cream															✓		
Raspberry Sorbet	✓ wheat															✓	



VALENTINES 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
Kawaii Pink Sushi Roll	✓ wheat	✓					✓	✓	✓						✓		
Crispy Duck	✓	✓		✓					✓								* Gluten present in wasabi condiment.
Soft Shell Crab Sushi Roll	✓ wheat					✓	✓	✓	✓			✓					
Chicken Skewers		✓							✓								
Panko Squid	✓ wheat, barley	✓			✓	✓		✓					✓				
Mushroom Croquettes	✓ wheat, barley	✓			✓	✓		✓								✓	
Southern Fried Chicken Dinner	✓ wheat				✓			✓									* Cooked in a fryer where other allergens may be present
NBHD Burger	✓ wheat	✓		✓	✓	✓		✓									
Chargrilled Ribeye							✓	✓									
Teriyaki Salmon		✓							✓				✓				
Grilled Tiger Prawns		✓			✓		✓	✓				✓	✓				
Miso & Harrisa Roasted Vegetables	✓ wheat	✓							✓						✓		
Moving Mountains Vegan Burger	✓ wheat, oat, barley	✓		✓				✓							✓		



VALENTINES CONT. 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
Chocolate Bomb	✓ wheat				✓	✓					✓ hazelnut, almond						
Chocolate & Peanut Butter Meltdown	✓ wheat	✓			✓	✓				✓						✓	
Raspberry Baked Alaska	✓ wheat				✓	✓										✓	
Pistachio Cheesecake	✓ wheat, barley				✓	✓					✓ pistachio, almonds					✓	
Vanilla Ice Cream	✓ wheat				✓											✓	
Strawberry Ice Cream	✓ wheat				✓											✓	
Chocolate Ice Cream	✓ wheat	✓			✓	✓										✓	
Vegan Salted Caramel Ice Cream															✓		
Raspberry Sorbet	✓ wheat															✓	

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					✓	



Suitable for?

DRINKS BITES 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
Avocado Hummus	✓ wheat	✓					✓		✓						✓		
Yellowfin Tuna	✓ wheat	✓							✓				✓				
Crispy Duck	✓	✓		✓					✓								* Gluten present in wasabi condiment
Avocado Dragon	✓ wheat	✓						✓							✓		
Chicken Skewers		✓							✓								
Voodoo Cauliflower Wings	✓ wheat	✓						✓			✓ almonds				✓		* Cooked in a fryer where other allergens may be present
Panko Squid	✓ wheat, barley	✓			✓	✓		✓					✓				
Lil' Beef Burgers	✓ wheat	✓		✓	✓	✓		✓									
Mushroom Croquettes	✓ wheat, barley	✓			✓	✓		✓								✓	



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

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	✓													✓				

