



## 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. We use ingredients containing Gluten (Wheat, Barley, Oats) Eggs, Milk, Soy, Celery, Sulphites, Nuts, Peanuts, Fish, Molluscs, Crustacea, Mustard, and Sesame. Please note that not all ingredients are listed in our menu descriptions. Due to the possible 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 speak to a member of our team before ordering. Whilst we take every care to remove them, Fish & Shellfish may contain small bones or pieces of shell. All weights stated are approximate, pre-cooked quantities. We have Chicken & Steaks from Halal certified suppliers available on request. We are happy to prepare dishes with non-gluten-containing ingredients upon request but may not always be able to substitute all elements of a dish.



**VERSION 4**  
**2023 FOOD ALLERGENS GUIDE - 09.11.2023**

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				✓	✓		✓	✓									

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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

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SMALL 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
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	✓			✓	✓		✓								✓	

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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	✓		✓	✓	✓	✓	✓	✓			✓	✓				

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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				✓	✓	✓	✓								✓	

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SALADS 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
Caesar Salad	✓ wheat, barley	✓			✓	✓	✓	✓								✓	* Fish, Soya as optional addition
Poke Bowl		✓					✓	✓	✓						✓		* Fish, Soya as optional addition

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Suitable for?

SIDES 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
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															✓		
Green Salad							✓	✓							✓		

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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
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	✓ wheat														✓		
Raspberry Sorbet	✓ wheat															✓	
S'mores Baked Alaska	✓ wheat	✓			✓	✓											

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SUNDAY ROAST 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
Slow Roasted Rib of Beef	✓ wheat			✓	✓	✓	✓	✓									
Half Roast Chicken	✓ wheat			✓	✓	✓	✓										
Zucchini and Cashew Bake	✓ wheat, barley oats	✓		✓			✓	✓			✓ cashew				✓		

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XMAS MENU 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
Chicken Skewers		✓							✓								
Crispy Duck Salad	✓ wheat	✓					✓	✓	✓		✓ cashews						
Smoked Salmon & Caviar Sushi Roll	✓ wheat	✓			✓	✓	✓						✓				
Shrimp Tempura	✓ wheat	✓					✓					✓					
Panko Smoked Tofu	✓ wheat	✓						✓	✓						✓		* Cooked in a fryer where other allergens may be present.
Stuffed Turkey Ballotine	✓ wheat	✓		✓	✓		✓										
Teriyaki Salmon		✓							✓				✓				
250g Chargrilled Ribeye							✓	✓									
Yuzu Lemon Chicken		✓					✓	✓	✓								
Miso & Harissa Roasted Vegetable		✓							✓						✓		
Vegetable Side															✓		
Chocolate & Hazelnut Bombe	✓ wheat	✓			✓	✓					✓ hazelnuts					✓	
Flambeed Christmas Pudding	✓ wheat				✓	✓										✓	
Gluten Free Christmas Pudding					✓	✓										✓	
Caramel Banana Cake	✓ wheat							✓							✓		
Vanilla Ice Cream	✓ wheat				✓											✓	
Strawberry Ice Cream	✓ wheat				✓											✓	
Chocolate Ice Cream	✓ wheat	✓			✓	✓										✓	
Vegan Salted Caramel Ice Cream	✓ wheat														✓		
Raspberry Sorbet	✓ wheat															✓	

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Suitable for?

<b>DRINKS BITES</b> FOOD ITEM	<b>Cereals</b> (Containing Gluten) e.g. bran, wheat, spelt	<b>Soya</b>	<b>Lupin</b>	<b>Celery</b>	<b>Milk</b>	<b>Egg</b>	<b>Sulphites</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Peanuts</b>	<b>Nuts</b> e.g hazelnuts, brazil nuts, walnuts	<b>Crustaceans</b>	<b>Fish</b>	<b>Molluscs</b>	<b>Vegans</b>	<b>Vegetarians</b>	<b>Comments</b>
<b>Avocado Hummus</b>	✓ wheat	✓					✓		✓						✓		
<b>Yellowfin Tuna</b>	✓ wheat	✓							✓				✓				
<b>Crispy Duck</b>	✓	✓		✓					✓								* Gluten present in wasabi condiment
<b>Avocado Dragon</b>	✓ wheat	✓						✓							✓		
<b>Chicken Skewers</b>		✓							✓								
<b>Voodoo Cauliflower Wings</b>	✓ wheat	✓						✓			✓ almonds				✓		* Cooked in a fryer where other allergens may be present
<b>Panko Squid</b>	✓ wheat, barley	✓			✓	✓		✓					✓				
<b>Lil' Beef Burgers</b>	✓ wheat	✓		✓	✓	✓		✓									
<b>Mushroom Croquettes</b>	✓ wheat, barley	✓			✓	✓		✓								✓	

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## CONDIMENTS

FOOD ITEM

Suitable for?

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

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