

Allergens and Intolerances:

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Chicken & Steaks from Halal certified suppliers are available on request.

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NEIGHBOURHOOD

DINE DRINK DANCE



VERSION 3

2024 FOOD ALLERGENS GUIDE - 30.09.2024

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				✓	✓		✓	✓									

WHILE YOU WAIT 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	
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
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	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

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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	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					✓	
Chocolate & Hazelnut Bombe	✓ wheat	✓			✓	✓					✓ hazelnuts, almonds					✓	
Brandy Snap served with Ice Cream	✓ wheat				✓											✓	
Scoop Only Vanilla Ice Cream					✓											✓	
Scoop Only Strawberry Ice Cream					✓											✓	
Chocolate Gelato Scoop					✓											✓	
Scoop only Vegan Salted Caramel Ice Cream															✓		
Scoop Only Raspberry Sorbet															✓		

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SUNDAY ROAST 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
Slow Roasted Rib of Beef	✓ wheat				✓	✓											
Half Roast Chicken	✓ wheat				✓	✓											
Sunday Duo Roast	✓ wheat				✓	✓											
Zucchini and Cashew Bake (vg)	✓ wheat	✓		✓			✓	✓			✓ cashew				✓		
Sunday Vegetarian Roast (v)	✓ wheat	✓		✓	✓	✓	✓	✓			✓ cashew					✓	
Cauliflower Cheese		✓			✓											✓	
Focaccia & Rosemary Stuffing	✓ wheat														✓		
Pigs in Blankets	✓ wheat						✓										
Yorkshire Pudding	✓ wheat				✓	✓										✓	

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DRINKS BITES 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
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	✓			✓	✓		✓								✓	

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CONDIMENTS

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
---	------	-------	--------	------	-----	-----------	---------	--------	---------	--	-------------	------	----------	--------	-------------	----------

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	✓											✓				

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DONUT WALL 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
Vanilla Rainbow Donut	✓ wheat	✓			✓	✓	✓				✓ Hazelnuts almonds, pecan						
Strawberry Rainbow Donut	✓ wheat	✓			✓	✓	✓				✓ Hazelnuts almonds, pecan						
Chocolate Rainbow Donut	✓ wheat	✓			✓	✓	✓				✓ Hazelnuts almonds, pecan						

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XMAS CANAPE 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
Pigs in Blankets	✓ wheat				✓		✓	✓									
Lil Beef Burgers	✓ wheat (may contain Oats, Rye)	May			✓	✓	✓	✓	May		May						
Smoked Salmon Sushi Roll		✓			✓	✓	✓	✓	✓			May	✓	May			
Shrimp Tempura	✓ wheat	✓				May	✓	May				✓					
Panko Squid	✓ wheat	✓			✓			✓						✓			
Voodoo Cauliflower Wings	✓ wheat	✓						✓			✓ almonds				✓		* Cooked in a fryer where other allergens may be present
Popcorn Chicken "Lollipops"	✓ wheat	✓			✓		✓	✓									
Avocado Hummus	✓ wheat	✓					✓	✓	✓						✓	✓	

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XMAS MENU 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
Popcorn Chicken	✓ wheat	✓			✓		✓	✓									
Celariac Soup				✓	✓	✓										✓	
Ham Hock Terrine	✓ wheat	May							May	May	May						
Smoked Salmon	✓ wheat, rye				✓	May	✓		May	May	May		✓				Spirit Vinegar
Sweet Potato Sushi Roll	✓ wheat						✓	✓							✓	✓	Spirit Vinegar
NBHD Roast Turkey	✓ wheat	✓			✓		✓	✓									
Xmas Burger	✓ wheat (may contain Oats, Rye, Barley)	✓		✓	✓	✓	✓	✓	May		May						
Hot Honey Chicken Burger	✓ wheat (may contain Oats, Rye, Barley)	✓			✓		✓	✓	May		May						
Flat Iron Steak w Peppercorn Sauce	May				✓		✓	✓									in Peppercorn Sauce
Teriyaki Salmon		✓							✓				✓				Spirit Vinegar
Roast Carrot 'Salad'	✓ wheat	May			May		✓	✓	May	May	May (All*)				✓	✓	Spirit Vinegar

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.

While we take all reasonable precautions, due to the possible risk of cross contamination, we are unable to guarantee the total absence of all traces of allergens in all dishes. If you have particular dietary requirements or intolerances to allergens, we ask that you speak to a member our team before ordering.

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.

Whilst we take every care to remove them, Fish & Shellfish may contain small bones or pieces of shell.

Chicken & Steaks from Halal certified suppliers are available on request.

All weights stated are approximate, pre-cooked quantities.

XMAS MENU 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
Celmentine Cheesecake	✓ wheat (may contain Oats, Rye)	May		May	✓	✓	✓	May			May (All*)					✓	
House Cookie & Ice Cream	✓ wheat	✓			✓	✓	✓			May	✓ Hazelnuts					✓	
Fine Apple Tart	✓ wheat	May		May	✓	✓	May									✓	
Vanilla Ice Cream		May			✓					May	May					✓	
Chocolate Ice Cream		May			✓					May	May					✓	
Strawberry Ice Cream		May			✓					May	May					✓	
Raspberry Ice Cream		May			May					May	May				✓	✓	
Salted Caramel vg Ice Cream		May			May					May	May				✓	✓	
Rum & Raisin vg Ice Cream		May			May					May	May				✓	✓	

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