

Allergens and Intolerances:

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NEIGHBOURHOOD

DINE DRINK DANCE



VERSION 1

2025 FOOD ALLERGENS GUIDE - 19.02.25

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	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		
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?															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		✓							✓								
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	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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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															✓		
Mini Hash Browns	✓ wheat				✓		✓									✓	
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
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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	✓											✓				

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VERSION 1 2025

DONUT WALL 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
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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