

Allergens and Intolerances:

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

All weights stated are approximate, pre-cooked quantities.



NEIGHBOURHOOD

DINE DRINK DANCE



VERSION 5
2025 FOOD ALLERGENS GUIDE - 15.12.25

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?															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	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															Suitable for?		
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
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	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
Teriyaki Salmon		✓							✓				✓				
NBHD Burger	✓ wheat (May contain Oats, Rye Barley)	✓			✓	✓	✓	✓	May		May						
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				✓	✓		✓	✓									

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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	Vegans	Vegetarians	Comments
	✓ wheat, barley	✓			✓	✓	✓	✓								✓	* Fish, Soya as optional addition
Poke Bowl		✓					✓	✓	✓						✓		* Fish, Soya as optional addition

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SIDES 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
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					✓	
Brandy Snap served with Ice Cream	✓ wheat				✓											✓	
Scoop Only Vanilla Ice Cream	May (gluten)	May			✓	May	May			May	May					✓	
Scoop Only Strawberry Ice Cream	May (gluten)	May			✓	May	May			May	May					✓	
Chocolate Gelato Scoop	May (gluten)	May			✓	May	May			May	May					✓	
Scoop only Vegan Salted Caramel Ice Cream	May (gluten)	May			May	May	May			May	May					✓	
Scoop Only Raspberry Sorbet	May (gluten)	May			May	May	May			May	May					✓	

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SUNDAY ROAST																	Suitable for?	
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	
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		✓			✓											✓		
Foccacia & Rosemary Stuffing	✓ wheat														✓			
Pigs in Blankets	✓ wheat						✓											
Yorkshire Pudding	✓ wheat				✓	✓										✓		

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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
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	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
	✓ wheat	✓			✓	✓	✓				✓ Hazelnuts almonds, pecan						
	✓ wheat	✓			✓	✓	✓				✓ Hazelnuts almonds, pecan						
	✓ wheat	✓			✓	✓	✓				✓ Hazelnuts almonds, pecan						

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CHRISTMAS 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
Pigs in Blankets	✓ wheat						✓	✓									
Lil Beef Burgers	✓ wheat (May contain oats, rye, barley)	✓			✓	✓	✓	✓	May		May						
Crispy Duck Maki	✓ wheat, barley	✓		✓	May	May	May	May	✓		May (tree nuts)	May		May			* Gluten present in wasabi condiment. Also contains spirit vinegar
Shrimp Tempura	✓ wheat	✓		May		May	May	May				✓		May			* Cooked in a fryer where other allergens may be present
Smoked Salmon Blinis	✓ wheat, rye	✓			✓		✓	✓					✓				
Voodoo Cauliflower Wings	✓ wheat	✓						✓	✓		✓				✓	✓	* Cooked in a fryer where other allergens may be present
Tofu & Asparagus Sushi Roll	✓ wheat	✓		May				✓				May		May	✓	✓	Contains spirit vinegar
Popcorn Chicken Lollipops	✓ wheat	May			✓		✓	✓									* Cooked in a fryer where other allergens may be present
Avocado Hummus	✓ wheat, barley	May		May			✓	May	✓						✓	✓	
Prawn Cocktail Gem Wraps	May			✓			✓	✓				✓	May				
Mushroom Croquettes	✓ wheat	May		May	✓	✓		✓								✓	
Camembert Wedges	✓ wheat				✓	✓											
Fried Halloumi	May	May		May	✓			May								✓	
Popcorn Chicken	✓ wheat	May			✓		✓	✓									* Cooked in a fryer where other allergens may be present

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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	
Panko Squid	✓ wheat, barley	✓			✓	✓		✓						✓				
NBHD Roast Turkey	✓ wheat	✓			✓		✓	✓										
Teriyaki Salmon	May	✓		May				May	✓	May	May		✓					
Roast Carrot Salad	✓	May			May		✓	✓	May	May					✓	✓		
Flat Iron Steak				✓	✓			✓									Contains spirit vinegar	
Xmas Burger	✓ wheat, cereals	✓		✓	✓	✓	✓	✓	May		May (walnuts)							
Festive Southern Fried Chicken	✓ wheat	May		✓	✓		✓	✓									Cooked in a fryer where other allergens may be present	
Truffled Mac & Cheese with Chicken	✓ wheat	✓			✓	✓		✓										
Moving Mountains Burger	✓ wheat, barley, oat	✓		✓	May	May		✓	May		May				✓	✓		
Peppercorn Sauce					✓												Contains 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.

Suitable for?																	
NEW YEAR'S EVE 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
Tempura Soft Shell Crab	✓ wheat			May	May	May	✓	✓	✓			✓					
Crispy Duck Salad	✓ wheat	✓		May			✓	✓	✓		✓ cashews (may contain other tree nuts)						
Popcorn Chicken	✓ wheat	May		May	✓		✓	✓									Cooked in a fryer where other allergens may be present
Halloumi	May			May	✓			May								✓	Cooked in a fryer where other allergens may be present
Voodoo Cauliflower Wings	✓ wheat	✓		May				✓	✓		✓ almonds (may contain other tree nuts)				✓	✓	Cooked in a fryer where other allergens may be present
Flat Iron Steak				✓	✓			✓									Contains spirit vinegar
Truffled Grilled Chicken		✓		May	✓			May									
Miso Glazed Salmon		✓		May			✓	✓				May	✓	May			
Lobster Spaghettini	✓ wheat	May		May	✓		✓	May				✓	✓	✓			Contains de-alcoholised wine
Butternut Squash Wellington	✓ wheat (may contain rye & oats)	✓		May			✓	✓	May		✓ walnuts, almonds (may contain other tree nuts)				✓	✓	
Sticky Toffee Pudding	✓ wheat (may contain rye & oats)	✓			May	May	✓	✓		May	May				✓	✓	
Baked New York Cheesecake	May	✓			May	May	May	May			May				✓	✓	

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