

Allergens and Intolerances:

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VERSION 1
2026 FOOD ALLERGENS GUIDE - 12.01.26

BRUNCH
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
Breakfast Bun	✓ wheat, barley, oats, rye	✓		✓	✓	✓	✓	✓	May		May (walnuts)						
Vegan Breakfast Bun	✓ wheat, barley, oats, rye	✓		✓	May	May		✓	May		May (walnuts)			✓	✓		
Flat Iron Steak & Eggs	May	May		✓	✓	✓		✓									
Roasted Salmon		May		May	✓	✓		May					✓				
Shakshuka	✓ wheat, barley, oats, rye	May		May	May	✓	✓	May	May		May*				✓		* Walnuts, Pistachio Nuts, Pecan Nuts, Macadamia Nuts, Cashew Nuts, Brazil Nuts, Almonds, Tree Nuts, Hazelnuts
Avocado Toast	✓ wheat, barley, oats, rye			✓	May	May	✓	✓			May (walnuts)			✓	✓		
Strawberry & Pistachio Waffles	✓ wheat, barley, oats, rye	✓		May	✓	✓	May	May	May	May	✓ Pistachio (may contain other tree nuts*)				✓		* Walnuts, Pecan Nuts, Macadamia Nuts, Cashew Nuts, Brazil Nuts, Almonds, Tree Nuts, Hazelnuts
NBHD Beef Burger	✓ wheat, cereal (may contain oats, rye, barley)	✓			✓	✓	✓	✓	May		May (walnuts)						
Moving Mountains Vegan Burger	✓ wheat, barley, oats	✓		✓	May	May		✓	May		May			✓	✓		
Caesar Salad	✓ wheat	May			✓	✓	✓	✓	May		May				✓	✓	
Poke Bowl		✓		✓			✓	✓	✓	✓	May				✓	✓	

Small Plates Food Item	Cereals (Containing Gluten) e.g. bran, wheat, spelt	Suitable for?															
		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	May		May	May		✓	May	✓						✓	✓	
Panko Squid	✓ wheat	May		May	✓			✓	✓					✓			
Voodoo Cauliflower Wings	✓ wheat, cereal	✓						✓	✓		✓ (Walnuts, pecans, pistachio, macadamia, brazil, cashew, almonds)				✓	✓	
Teriyaki Prawn Skewers		✓		May				May	✓				✓				
Lil Chicken Burgers	✓ wheat, cereal (may contain oats, rye, barley)	✓			✓	✓	May	✓			May (walnuts)						
Fried Halloumi	May			May	✓			May							✓		
Popcorn Chicken	✓ wheat	May			✓		✓	✓									
Lil Beef Burgers	✓ wheat, cereal (may contain oats, rye, barley)	✓			✓	✓	✓	✓	May		May						
Mushroom Croquettes	✓ wheat	May		May	✓	✓		✓							✓		
Vegan Truffled Mac & Cheese	✓ wheat, cereal	May						May							✓	✓	

LARGE 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
NBHD Beef Burger	✓ wheat, cereal (may contain oats, rye, barley)	✓			✓	✓	✓	✓	May		May (walnuts)						
Mojo Chipotle Chicken	May (wheat, rye, barley)			May	✓		✓	✓									
Moving Mountains Vegan Burger	✓ wheat, barley, oats	✓		✓	May	May		✓	May		May			✓	✓		
Hot Honey Chicken Burger	✓ wheat, cereal (may contain oats, rye, barley)	✓			✓			✓	May		May (walnuts)						
Roasted Salmon		May	May	✓	✓		May						✓				
Flat Iron				✓	✓			✓								Contains alcohol	
Ribeye					✓											Contains alcohol	
Peppercorn Sauce					✓											Contains alcohol	
Chimichurri						✓								✓	✓	Contains wine vinegar	
Hollandaise	✓ Cereal, barley				✓	✓											

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		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts	Crustaceans	Fish	Molluscs	Vegans	Vegetarians
Caesar Salad	✓ wheat	May			✓	✓	✓	✓	May	May					✓	* Fish, Soya as optional addition
Poke Bowl		✓		✓			✓	✓	✓	May	May			✓	✓	* Fish, Soya as optional addition

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SIDES FOOD ITEM	Cereals (Containing Gluten) e.g. bran, wheat, spelt	Suitable for?														
		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts	Crustaceans	Fish	Molluscs	Vegans	Vegetarians
NBHD Fries	May													✓	✓	
Sweet Potato Fries	May													✓	✓	
Tater Tots with Aioli	✓ barley	✓		✓	✓		✓								✓	
Tempura Green Beans	✓ wheat	✓					✓		✓	May	May (tree nuts)	May	May	✓	✓	
Green Salad							✓	✓						✓	✓	Contains wine vinegar
Mac & Cheese	✓ wheat	✓		✓	✓		May								✓	

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DESSERTS FOOD ITEM	Cereals (Containing Gluten) e.g. bran, wheat, spelt	Suitable for?															
		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts	Crustaceans	Fish	Molluscs	Vegans	Vegetarians	Comments
Banana Pancakes	✓ wheat, cereal (may contain oats)	May		May	✓	May	May	May	May	May	May*				✓	*Walnuts, Pistachio Nuts, Pecan Nuts, Macadamia Nuts, Cashew Nuts, Brazil Nuts, Almonds, Tree Nuts, Hazelnuts	
Strawberry & Pistachio Waffles	✓ wheat, barley, oats, rye	✓		May	✓	✓	May	May	May	May	✓ Pistachio (may contain other tree nuts*)				✓	*Walnuts, Pecan Nuts, Macadamia Nuts, Cashew Nuts, Brazil Nuts, Almonds, Tree Nuts, Hazelnuts	
Cookie & Ice Cream	✓ wheat (may contain oats)	✓			✓	✓	May		May	May	✓ Hazelnut				✓		
Vanilla Ice Cream	May (gluten)	May			✓	May	May		May	May	May				✓		
Strawberry Ice Cream	May (gluten)	May			✓	May	May		May	May	May				✓		
Chocolate Ice Cream	May (gluten)	May			✓	May	May		May	May	May				✓		
Vegan Salted Caramel Ice Cream	May (gluten)	May			May	May	May		May	May	May				✓	✓	
Raspberry Sorbet	May (gluten)	May			May	May	May		May	May	May				✓	✓	

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		✓			✓										✓		
Foccacia & Rosemary Stuffing	✓ wheat														✓		
Pigs in Blankets	✓ wheat						✓										
Yorkshire Pudding	✓ wheat				✓	✓									✓		

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CONDIMENTS

FOOD ITEM

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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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DONUT WALL FOOD ITEM	Cereals (Containing Gluten) e.g. bran, wheat, spelt	Suitable for?														
		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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