

Allergens and Intolerances:

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NEIGHBOURHOOD

DINE DRINK DANCE



VERSION 2
2026 FOOD ALLERGENS GUIDE - 08.09.26

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	May				✓	✓	

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
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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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
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	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g hazelnuts, brazil nuts, walnuts	Crustaceans	Fish	Molluscs	Vegans	Vegetarians	Comments
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	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					✓	
Strawberry Ice Cream	May (gluten)	May			✓	May	May			May	May					✓	
Chocolate Ice Cream	May (gluten)	May			✓	May	May			May	May					✓	
Vegan Salted Caramel Ice Cream	May (gluten)	May			May	May	May			May	May				✓	✓	
Raspberry Sorbet	May (gluten)	May			May	May	May			May	May				✓	✓	

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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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 ITEMS	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
Pigs in Blankets	✓ wheat						✓	✓									
Camembert Wedges	✓ wheat, cereal				✓	✓											
Naughty List Beef Burger	✓ wheat, cereal	✓		✓	✓	✓	✓	✓	May		May (walnuts)						
Turkey Dinner	✓ wheat, cereal	✓			✓		✓	✓									
Roasted Squash & Lentil Ragu		✓		✓			May		✓		✓ Almonds				✓	✓	
Smoked Salmon Blinis	✓ wheat, rye	✓			✓		✓	✓					✓				

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