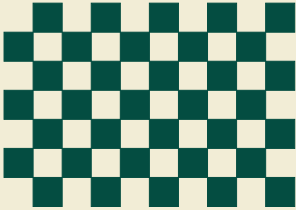


# neat

Our restaurant is 100% vegan. We use only plant-based ingredients cooked from scratch in our kitchens or delivered fresh each morning from producers we know and suppliers we trust. If you suffer from food allergies please raise this with a member of staff. We carry gluten, celery, mustard, sesame, soya and sulphites.

**R** = REMOVABLE    **CC** = CROSS CONTAMINATION    **✓** = ALLERGEN PRESENT



	ALLERGEN GUIDE													EXTRA			
	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	LUPIN	MUSTARD	PEANUTS	SESAME SEEDS	TREE NUTS	SOYA	SULPHITES	CRUSTACEAN	EGGS	FISH	MILK	MOLLUSCS	GARLIC	ONION	MUSHROOM
<b>BURGERS</b>																	
Smash Burger		✓ <sub>R</sub>		✓				✓	✓ <sub>CC</sub>						✓	✓	✓
Veggie Crunch		✓				✓ <sub>CC</sub>		✓								✓	
Neat Burger		✓ <sub>R</sub>						✓	✓ <sub>CC</sub>						✓	✓	✓
Chick'n Sandwich		✓				✓ <sub>CC</sub>		✓	✓ <sub>CC</sub>						✓	✓	
Cheeseburger	✓ <sub>CC</sub>	✓		✓		✓ <sub>CC</sub>		✓	✓ <sub>CC</sub>								
Hot Dog	✓ <sub>CC</sub>	✓		✓		✓ <sub>CC</sub>		✓	✓ <sub>CC</sub>								
<b>CIABATTAS</b>																	
Italian Pepper & Stracciatella		✓		✓				✓	✓						✓		
Grilled Chick'n & Basil Pesto		✓		✓					✓ <sub>CC</sub>						✓		
<b>SALADS</b>																	
Mediterranean Falafel Bowl		✓ <sub>CC</sub>				✓		✓							✓	✓	
Chick'n Kale Caesar		✓ <sub>R</sub>		✓											✓	✓	
Chopped Seasonal Supergreens	✓	✓						✓							✓	✓	
<b>SIDES</b>																	
Skin-On Fries (served w zaatar as standard.)		✓				✓		✓ <sub>CC</sub>									
Seasonal Slaw																✓	
Hummus + Pita Chips		✓				✓		✓							✓		
Falafel + Tzatziki		✓ <sub>CC</sub>				✓		✓							✓	✓	
XL Crispy Nuggets (regular or buffalo +€0.50p)	✓	✓				✓ <sub>CC</sub>		✓							✓	✓	
Tater Tots	✓ <sub>CC</sub>	✓ <sub>CC</sub>						✓ <sub>CC</sub>	✓ <sub>CC</sub>								
Cheese Bites	✓ <sub>CC</sub>	✓ <sub>CC</sub>				✓		✓ <sub>CC</sub>	✓ <sub>CC</sub>								
Cauli Wings	✓ <sub>CC</sub>	✓ <sub>CC</sub>				✓ <sub>CC</sub>		✓ <sub>CC</sub>	✓ <sub>CC</sub>								
<b>SWEETS</b>																	
Double Choc Chunk Cookie		✓						✓									
Blackforest Berry Cookie		✓						✓									
Cookie Dough Ice-cream		✓						✓									
<b>SAUCES</b>																	
Green Goddess															✓	✓	
Cilantro-Chipotle															✓		
Herb-Ranch															✓	✓	
Basil Pesto															✓		
Buffalo															✓	✓	
Tzatziki								✓							✓		
Harissa Yoghurt								✓									
Garlic Aioli															✓		
Mayo																	
Ketchup															✓	✓	
Burger Sauce				✓											✓	✓	
Mustard				✓													
Neat Signature Sauce															✓	✓	