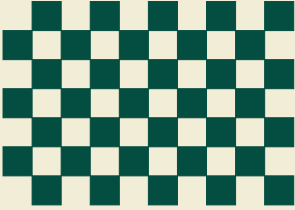


# neat

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>						✓	✓	✓
Superfood Fritti		✓				✓ <sub>CC</sub>		✓								✓	
Neat Burger		✓ <sub>R</sub>						✓	✓ <sub>CC</sub>						✓	✓	✓
Chick'n Sandwich		✓				✓ <sub>CC</sub>		✓	✓ <sub>CC</sub>						✓	✓	
<b>CIABATTAS</b>																	
Spicy Tuna	✓	✓													✓	✓	
Italian Pepper & Stracciatella		✓		✓				✓	✓						✓		
Grilled Chick'n & Basil Pesto		✓		✓					✓ <sub>CC</sub>						✓		
<b>SALADS</b>																	
Spiced Market Falafel		✓ <sub>CC</sub>				✓		✓							✓	✓	
Chick'n Kale Caesar		✓ <sub>R</sub>		✓											✓	✓	
Chopped Seasonal Supergreens	✓	✓						✓							✓	✓	
<b>SIDES</b>																	
Za'atar Skin-on Fries		✓				✓		✓ <sub>CC</sub>									
Seasonal Super Slaw																✓	
Baked Pita Chips + Hummus		✓				✓		✓							✓		
Market Falafel + Tzatziki		✓ <sub>CC</sub>				✓		✓							✓	✓	
Hot Buffalo Chick'n Wings	✓	✓				✓ <sub>CC</sub>		✓							✓	✓	
Acai Superfood Berry Bowl		✓															
<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															✓	✓	

## ADD ONS

gluten free bun	£1
avocado half	£2.5
seasonal slaw	£2
chickpea falafels	£2
pita chips	£1.5
hummus pot	£1.5
feta crumble	£2
stracciatella	£2
grilled chick'n	£3
shiitake mushrooms	£3
crispy chick'n	£3
chick'n wings x2	£3
superfood patty	£3
shroom + bean patty	£3

## DRINKS

water still/sparkling	£2.25
housemade lemonades	£3
ginger/turmeric shots	£4
diet coke	£3.25
san pellegrino	£3.25
coffee	£3
tea	£3
hell's lager	£6
hell's pale ale	£6

## SOMETHING SWEET?

homemade chocolate chip cookies	£2.5
cookie dough ice-cream balls	£3
superfood acai berry bowl	£8.5