



Allergy Information Guide Information:

Hello, welcome to our allergy information guide which is designed to help you make decisions on the food and drink that you order. As our menus do not include all ingredients, please use the allergy information guide to choose suitable dishes for you to eat and enjoy. Our allergen information guide declares allergens intentionally added only; **we cannot say that any dish on our menus is "free-from" any allergen**, but only that it does not contain that allergen as an ingredient. Our allergen information sheet **does not** include any “**may contains**” information where provided by our suppliers. Our kitchens also handle numerous ingredients and allergens and whilst we have strict controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be 100% allergen free. There is also significant risk of cross contamination from our fryers.

Please let a member of our team know if you have an allergy or sensitivity to any ingredient even if you have dined with us before.

Our allergen information covers the following major allergens: **Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almond, Brazil, Cashew, Hazelnut, Macadamia (Queensland nut) , Pecan, Pistachio, Walnut) and products thereof.**

We take care in producing this allergy information guide for you and work closely with the suppliers of our products to ensure data is accurate. This information may change at any time so please check with us for up to date information.

KEY FOR BAR + BLOCK STEAKHOUSE ALLERGY INFORMATION GUIDE

Yes The allergen is present

Yes Suitable for ovo-lacto vegetarians/ vegans

No Not suitable for ovo-lacto vegetarians/ vegans



Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
BAR + BLOCK STEAKHOUSE																											
BEEF POPCORN																										No	No
Popcorn BB CP (10001658)																										Yes	Yes
Beef Dripping (54419)																										No	No
Beef Seasoning (53944)																										No	No
NIBBLES																											
GARLIC FLATBREAD	Yes					Yes																				No	No
Beef Seasoning (53944)																										No	No
Flatbread Hand Pressed (54502)	Yes					Yes																				No	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Salted Block Butter (10001077)						Yes																				No	Yes
MAC + CHEESE BITES	Yes				Yes	Yes																				No	Yes
Mac & Cheese Bites (54719)	Yes				Yes	Yes																				No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
HONEY + MUSTARD MINI SAUSAGES	Yes					Yes							Yes			Yes										No	No
Honey & Mustard Dressing (10000049)						Yes							Yes													No	Yes
PI Breakfast Pork Sausage (10001400)	Yes															Yes										No	No
GRAZING PLATES																											
ASIAN CRISPY BEEF					Yes					Yes																No	No
Hoi Sin Sauce Ngci (10001165)					Yes					Yes																Yes	Yes
Chillies Red (54235)																										Yes	Yes
Cornflour (54168)																										Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Pulled Beef Brisket (10003076)																										No	No

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
TANDOORI CHICKEN WINGS	Yes					Yes	Yes						Yes												No	No
Single Joint Chicken Wing (10001902)																									No	No
Fresh Herbs Coriander (54239)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Greek Yoghurt (53510)							Yes																		No	Yes
Onions Red (10002596)																									Yes	Yes
Plain Flour (52330)	Yes																								Yes	Yes
Table Salt (54744)																									Yes	Yes
Tandoori Rub (10002694)													Yes												No	Yes
Tandoori Rub (10002694)													Yes												No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																			No	Yes
STICKY WINGS						Yes	Yes						Yes												No	No
Smokey Chilli Ketchup (10001725)																									Yes	Yes
Single Joint Chicken Wing (10001902)																									No	No
Fresh Herbs Parsley (54241)																									Yes	Yes
Blue Cheese Dressing (10002990)						Yes	Yes						Yes												No	Yes
KOREAN STYLE CHICKEN WINGS	Yes				Yes																				No	No
Single Joint Chicken Wing (10001902)																									No	No
Chillies Red (54235)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Korean Spicy BBQ Sauce (10002574)	Yes				Yes																				Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
JUMBO GARLIC PRAWNS	Yes						Yes		Yes																No	No
Flatbread Hand Pressed (54502)	Yes						Yes																		No	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Garlic Peeled (10068422)																									Yes	Yes
Lemons (54602, 54722)																									No	Yes
Samphire (10068447)																									Yes	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
Jumbo Tiger Prawn (10002807)									Yes																No	No
CAULI WINGS	Yes																								Yes	Yes
Battered Cauliflower Wings (10001910)	Yes																								Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Red Pepper & Harrisa Sauce (10001427)																									Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
SALT + PEPPER SQUID	Yes					Yes				Yes															No	No
Calamari (10000512)	Yes									Yes															No	No
Chillies Red (54235)																									Yes	Yes
Cracked Black Peppercorns (51753)																									Yes	Yes
Extra Virgin Olive Oil (54377)																									Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Garlic Peeled (10068422)																									Yes	Yes
Lemon Garlic Mayo (10000623)						Yes																			No	Yes
Lemons (54602, 54722)																									No	Yes
Table Salt (54744)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
NACHOS SHARER	Yes	Yes				Yes						Yes	Yes		Yes										No	Yes
Spicy Beans Vegetarian (10001906)	Yes	Yes				Yes						Yes	Yes												No	Yes
Nacho Cheese Sauce (10001897)						Yes																			No	Yes
Cheddar (54446)						Yes																			No	Yes
Chillies Red (54235)																									Yes	Yes
Extra Virgin Olive Oil (54377)																									Yes	Yes
Fresh Herbs Basil (54237)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Tortilla Chips (54045)																									Yes	Yes
White Wine Vinegar (10002893)															Yes										Yes	Yes
ADD PULLED BEEF BRISKET																									No	No
Pulled Beef Brisket (10003076)																									No	No

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
HOUSE SHARING BLOCK	Yes				Yes	Yes							Yes			Yes									No	No
Baking Potatoes (10000355)																									Yes	Yes
Buttermilk Chicken Goujons (10002889)	Yes					Yes																			No	No
Single Joint Chicken Wing (10001902)																									No	No
Chillies Red (54235)																									Yes	Yes
Flatbread Hand Pressed (54502)	Yes					Yes																			No	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Garlic Peeled (10068422)																									Yes	Yes
Honey & Mustard Dressing (10000049)							Yes					Yes													No	Yes
Korean Spicy BBQ Sauce (10002574)	Yes				Yes																				Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
PI Breakfast Pork Sausage (10001400)	Yes															Yes									No	No
Rocket Leaf (54258)																									Yes	Yes
Soured Cream Reduced Fat (51047)							Yes																		No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Salted Block Butter (10001077)						Yes																			No	Yes

EXPLORE OUR STEAKS

BUTCHERS BLOCK

CHATEAUBRIAND OCT-JAN	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
CHATEAUBRIAND OCT-JAN						Yes	Yes									Yes									No	No
Spinach (10001511)																									Yes	Yes
Hollandaise Sauce (10001762)						Yes	Yes										Yes								No	Yes
BB Angus Filet (10002144)																									No	No
Beef Dripping (54419)																									No	No
Extra Virgin Olive Oil (54377)																									Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Fresh Herbs Tarragon (54246)																									Yes	Yes
Garlic Peeled (10068422)																									Yes	Yes
Garlic Peeled (10068422)																									Yes	Yes
Mushroom Cup (54218)																									Yes	Yes
Premium Chip (10001031)																									Yes	Yes
Samphire (10068447)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Whole Green Beans (54291)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
Salted Block Butter (10001077)							Yes																		No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?		
10OZ SPIRAL CUT SIRLOIN STEAK JAN-MAR																Yes									No	No		
Baking Potatoes (10000355)																										Yes	Yes	
BB Angus Sirloin (10002145)																										No	No	
Beef Dripping (54419)																										No	No	
Chillies Red (54235)																										Yes	Yes	
Crushed Chillies (54721)																										Yes	Yes	
Dried Oregano (10000421)																										Yes	Yes	
Fresh Herbs Parsley (54241)																										Yes	Yes	
Fresh Herbs Parsley (54241)																										Yes	Yes	
Garlic Peeled (10068422)																										Yes	Yes	
Garlic Peeled (10068422)																										Yes	Yes	
Onions Red (10002596)																										Yes	Yes	
Samphire (10068447)																										Yes	Yes	
Table Salt (54744)																										Yes	Yes	
White Wine Vinegar (10002893)																Yes										Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes	
CLASSIC CUTS																												
HOUSE SALAD																Yes											Yes	Yes
Carrots Medium (54609)																											Yes	Yes
Cucumber Half Slice (54220)																											Yes	Yes
French Dressing (53514)																Yes											Yes	Yes
Lettuce Cos (54222)																											Yes	Yes
Onions Red (10002596)																											Yes	Yes
Pepper Red (54226, 10000329)																											Yes	Yes
Rocket Leaf (54258)																											Yes	Yes
Tomato M (54216)																											Yes	Yes
CHIPS																											No	No
Beef Dripping (54419)																											No	No
Premium Chip (10001031)																											Yes	Yes
MUSHROOM + RED WINE SAUCE																											No	No
Mushroom Bacon Jus (10000619)																											No	No
PEPPERCORN SAUCE	Yes																										No	No
Peppercorn Sauce Small (50948)	Yes						Yes					Yes															No	No

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
BEARNAISE SAUCE						Yes	Yes									Yes									No	Yes	
Hollandaise Sauce (10001762)						Yes	Yes									Yes										No	Yes
Fresh Herbs Tarragon (54246)																									Yes	Yes	
BLUE CHEESE SAUCE						Yes	Yes						Yes												No	Yes	
Blue Cheese Dressing (10002990)						Yes	Yes					Yes													No	Yes	
CLASSIC CUTS ALL SIZES WITHOUT SIDES & SAUCE																									No	No	
BB Angus Rump Heart (10002146)																									Yes	Yes	
Samphire (10068447)																									Yes	Yes	
Table Salt (54744)																									Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
SPECIALITY CUTS																											
10OZ SPIRAL CUT FILLET WITH CHIPS																Yes										No	No
BB Angus Fillet (10002144)																										No	No
Beef Dripping (54419)																										No	No
Chillies Red (54235)																									Yes	Yes	
Crushed Chillies (54721)																									Yes	Yes	
Dried Oregano (10000421)																									Yes	Yes	
Fresh Herbs Parsley (54241)																									Yes	Yes	
Fresh Herbs Parsley (54241)																									Yes	Yes	
Garlic Peeled (10068422)																									Yes	Yes	
Garlic Peeled (10068422)																									Yes	Yes	
Onions Red (10002596)																									Yes	Yes	
Premium Chip (10001031)																									Yes	Yes	
Samphire (10068447)																									Yes	Yes	
Table Salt (54744)																									Yes	Yes	
White Wine Vinegar (10002893)																Yes									Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
12OZ SPIRAL CUT RIBEYE WITH CHIPS																Yes									No	No
BB Angus Ribeye (10002148)																									No	No
Beef Dripping (54419)																									No	No
Chillies Red (54235)																									Yes	Yes
Chillies Red (54235)																									Yes	Yes
Crushed Chillies (54721)																									Yes	Yes
Crushed Chillies (54721)																									Yes	Yes
Dried Oregano (10000421)																									Yes	Yes
Dried Oregano (10000421)																									Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Garlic Peeled (10068422)																									Yes	Yes
Garlic Peeled (10068422)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Premium Chip (10001031)																									Yes	Yes
Samphire (10068447)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
White Wine Vinegar (10002893)																Yes									Yes	Yes
White Wine Vinegar (10002893)																Yes									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
SURF + TURF WITH CHIPS							Yes		Yes																No	No
BB Angus Sirloin (10002145)																									No	No
Beef Dripping (54419)																									No	No
Fresh Herbs Parsley (54241)																									Yes	Yes
Garlic Peeled (10068422)																									Yes	Yes
Premium Chip (10001031)																									Yes	Yes
Samphire (10068447)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
Jumbo Tiger Prawn (10002807)									Yes																No	No

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
BONE IN STEAK WITH CHIPS																Yes									No	No	
T - Bone Steak (10001880)																										No	No
Beef Dripping (54419)																										No	No
Chillies Red (54235)																										Yes	Yes
Crushed Chillies (54721)																										Yes	Yes
Dried Oregano (10000421)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Samphire (10068447)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
White Wine Vinegar (10002893)																Yes										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
STEAK SAMPLER WITH CHIPS NO SAUCE	Yes	Yes																								No	No
BB Angus Fillet (10002144)																										No	No
BB Angus Rump Heart (10002146)																										No	No
BB Angus Sirloin (10002145)																										No	No
Beef Dripping (54419)																										No	No
Beer Battered Onion Rings (10001075)	Yes	Yes																								Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Samphire (10068447)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
STEAK SIDES																											
FRENCH FRIES																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
BEEF DRIPPING TRIPLE-COOKED CHUNKY CHIPS																										No	No
Beef Dripping (54419)																										No	No
Premium Chip (10001031)																										Yes	Yes

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DIRTY FRIES	Yes				Yes		Yes																		No	Yes
Nacho Cheese Sauce (10001897)							Yes																		No	Yes
Chillies Red (54235)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Korean Spicy BBQ Sauce (10002574)	Yes				Yes																				Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
HALLOUMI FRIES	Yes						Yes																		No	Yes
Semi Skimmed Milk (10001941)							Yes																		No	Yes
Batter Mix (51665)	Yes																								Yes	Yes
Halloumi (10000614, 54384)							Yes																		No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
BEER-BATTERED ONION RINGS	Yes		Yes																						No	Yes
Beer Battered Onion Rings (10001075)	Yes		Yes																						Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
ROCKET + PARMESAN SALAD							Yes					Yes			Yes										No	No
Parmesan (10001839)							Yes																		No	No
French Dressing (53514)												Yes			Yes										Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
HOUSE SALAD												Yes			Yes										Yes	Yes
Cucumber Half Slice (54220)																									Yes	Yes
French Dressing (53514)												Yes			Yes										Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
GARLIC SPINACH																									Yes	Yes
Spinach (10001511)																									Yes	Yes
Extra Virgin Olive Oil (54377)																									Yes	Yes
Garlic Peeled (10068422)																									Yes	Yes
Table Salt (54744)																									Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
GARLIC MUSHROOMS						Yes																			No	Yes	
Fresh Herbs Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Mushroom Cup (54218)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Salted Block Butter (10001077)						Yes																				No	Yes
MAC + CHEESE	Yes					Yes																				No	Yes
Cheddar (54446)						Yes																				No	Yes
Mac & Cheese (10001009)	Yes					Yes																				No	Yes
UHT Whipping Cream (24097)						Yes																				No	Yes
CHARCOAL GRILLED CORN ON THE COB						Yes																				No	No
Parmesan (10001839)						Yes																				No	No
Smokey Chilli Ketchup (10001725)																										Yes	Yes
Corn On Cob Bites (10002478)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
MASH + RED WINE SAUCE						Yes									Yes											No	No
Malbec Sauce (53250)						Yes									Yes											No	No
Mash Potato (51094)						Yes																				No	Yes
UHT Whipping Cream (24097)						Yes																				No	Yes
Salted Block Butter (10001077)						Yes																				No	Yes
COS WEDGE WITH CAESAR	Yes	Yes				Yes	Yes						Yes													No	No
Parmesan (10001839)						Yes	Yes						Yes													No	No
Caesar Dressing Red Cal (54032)						Yes	Yes						Yes													No	Yes
Ciabatta Loaf (10000902)	Yes	Yes																								Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Salted Block Butter (10001077)						Yes																				No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
COS WEDGE WITH BLUE CHEESE	Yes	Yes				Yes	Yes						Yes												No	No
Parmesan (10001839)							Yes																		No	No
Ciabatta Loaf (10000902)	Yes	Yes																							Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																									No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
Blue Cheese Dressing (10002990)						Yes	Yes						Yes												No	Yes
BAKED POTATO						Yes	Yes																		No	Yes
Baking Potatoes (10000355)																									Yes	Yes
Fresh Herbs Chives (54238)																									Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Garlic Peeled (10068422)																									Yes	Yes
Greek Yoghurt (53510)							Yes																		No	Yes
Lemon Garlic Mayo (10000623)						Yes																			No	Yes
Table Salt (54744)																									Yes	Yes
Salted Block Butter (10001077)						Yes																			No	Yes
HANDMADE BURGERS																										
CLASSIC 6OZ BEEF	Yes					Yes	Yes						Yes												No	No
Onions Red (10002596)																									Yes	Yes
Brioche Bun (54523)	Yes					Yes	Yes																		No	Yes
Burger Trim (10001694)																									No	No
Fat For Burger (10001695)																									No	No
Lettuce Cos (54222)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Vegan Burger Sauce (10002205)												Yes													Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
ADD CHEESE & BACON						Yes																			No	No
Smoked Dry Cured Streaky Bacon (54125)																									No	No
Cheese Slices (51545)						Yes																			No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
CLASSIC 6OZ BEEF WITHOUT BUN													Yes			Yes									No	No
Onions Red (10002596)																									Yes	Yes
Burger Trim (10001694)																									No	No
Fat For Burger (10001695)																									No	No
Lettuce Cos (54222)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Vegan Burger Sauce (10002205)												Yes													Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Carrots Medium (54609)																									Yes	Yes
Cucumber Half Slice (54220)																									Yes	Yes
French Dressing (53514)												Yes				Yes									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
THE MIGHTY BLOCK	Yes					Yes	Yes					Yes													No	No
Onions Red (10002596)																									Yes	Yes
Semi Skimmed Milk (10001941)							Yes																		No	Yes
Nacho Cheese Sauce (10001897)							Yes																		No	Yes
Brioche Bun (54523)	Yes					Yes	Yes																		No	Yes
Burger Trim (10001694)																									No	No
Fat For Burger (10001695)																									No	No
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Paprika Pepper (48048)																									Yes	Yes
Pickled Cucumber Spears (53016)												Yes													No	Yes
Plain Flour (52330)	Yes																								Yes	Yes
Pulled Beef Brisket (10003076)																									No	No
Stealth Fries (52190)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Vegan Burger Sauce (10002205)												Yes													Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
THE MIGHTY BLOCK WITHOUT BUN	Yes						Yes						Yes			Yes									No	No
Onions Red (10002596)																									Yes	Yes
Semi Skimmed Milk (10001941)							Yes																		No	Yes
Nacho Cheese Sauce (10001897)							Yes																		No	Yes
Burger Trim (10001694)																									No	No
Fat For Burger (10001695)																									No	No
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Paprika Pepper (48048)																									Yes	Yes
Pickled Cucumber Spears (53016)												Yes													No	Yes
Plain Flour (52330)	Yes																								Yes	Yes
Pulled Beef Brisket (10003076)																									No	No
Stealth Fries (52190)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Vegan Burger Sauce (10002205)												Yes													Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Carrots Medium (54609)																									Yes	Yes
Cucumber Half Slice (54220)																									Yes	Yes
French Dressing (53514)												Yes				Yes									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Tomato M (54216)																									Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
TANDOORI CHICKEN	Yes					Yes	Yes						Yes												No	No
Onions Red (10002596)																									Yes	Yes
Brioche Bun (54523)	Yes					Yes	Yes																		No	Yes
Cucumber Cat II (54220)																									Yes	Yes
Extra Virgin Olive Oil (54377)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Garlic Peeled (10068422)																									Yes	Yes
Greek Yoghurt (53510)							Yes																		No	Yes
Lemons (54602, 54722)																									No	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Plain Flour (52330)	Yes																								Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Tandoori Rub (10002694)													Yes												No	Yes
Tandoori Rub (10002694)												Yes													No	Yes
Tomato M (54216)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																			No	Yes
Raw Chicken Fillet (10001118)																									No	No

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
TANDOORI CHICKEN WITHOUT BUN	Yes					Yes	Yes						Yes			Yes									No	No
Onions Red (10002596)																									Yes	Yes
Cucumber Cat II (54220)																									Yes	Yes
Extra Virgin Olive Oil (54377)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Garlic Peeled (10068422)																									Yes	Yes
Greek Yoghurt (53510)						Yes																			No	Yes
Lemons (54602, 54722)																									No	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Plain Flour (52330)	Yes																								Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Tandoori Rub (10002694)													Yes												No	Yes
Tandoori Rub (10002694)													Yes												No	Yes
Tomato M (54216)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																			No	Yes
Raw Chicken Fillet (10001118)																									No	No
Carrots Medium (54609)																									Yes	Yes
Cucumber Half Slice (54220)																									Yes	Yes
French Dressing (53514)													Yes			Yes									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Tomato M (54216)																									Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
GARDEN GOURMET® SLOPPY JOE	Yes	Yes	Yes	Yes	Yes							Yes	Yes												Yes	Yes	
Onions Red (10002596)																									Yes	Yes	
Sloppy Joes Vegan (10001740)			Yes		Yes							Yes													Yes	Yes	
Lettuce Cos (54222)																									Yes	Yes	
Stealth Fries (52190)																									Yes	Yes	
Tomato M (54216)																									Yes	Yes	
Vegan Bun (54701)	Yes	Yes		Yes																					Yes	Yes	
Vegan Burger Sauce (10002205)													Yes												Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
Vegan Sliced Cheese																									Yes	Yes	
Garden Gourmet Vegan Burger (10002832)	Yes		Yes		Yes																				Yes	Yes	
GARDEN GOURMET® SLOPPY JOE WITHOUT BUN	Yes		Yes		Yes							Yes	Yes			Yes									Yes	Yes	
Onions Red (10002596)																									Yes	Yes	
Sloppy Joes Vegan (10001740)			Yes		Yes							Yes													Yes	Yes	
Lettuce Cos (54222)																									Yes	Yes	
Stealth Fries (52190)																									Yes	Yes	
Tomato M (54216)																									Yes	Yes	
Vegan Burger Sauce (10002205)													Yes												Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
Vegan Sliced Cheese																									Yes	Yes	
Garden Gourmet Vegan Burger (10002832)	Yes		Yes		Yes																				Yes	Yes	
Carrots Medium (54609)																									Yes	Yes	
Cucumber Half Slice (54220)																									Yes	Yes	
French Dressing (53514)													Yes			Yes									Yes	Yes	
Lettuce Cos (54222)																									Yes	Yes	
Onions Red (10002596)																									Yes	Yes	
Pepper Red (54226, 10000329)																									Yes	Yes	
Rocket Leaf (54258)																									Yes	Yes	
Tomato M (54216)																									Yes	Yes	
FOR UPGRADES PLEASE SEE SIDES																											

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
FISH																											
BEER-BATTERED COD + CHIPS	Yes	Yes				Yes	Yes	Yes						Yes												No	No
MSC Cod Fillets (10001500)								Yes																		No	No
Baby Capers (53790)																										Yes	Yes
Batter Mix (51665)	Yes																									Yes	Yes
Beef Dripping (54419)																										No	No
Doom Bar (900208)			Yes																							No	No
Fresh Herbs Parsley (54241)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Lemons (54602, 54722)																										No	Yes
Mayonnaise Light (54568)						Yes						Yes														No	Yes
Mushy Peas Minty (54536)							Yes																			No	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Pickled Cucumber Spears (53016)														Yes												No	Yes
Plain Flour (52330)	Yes																									Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Samphire (10068447)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
CHARGILLED SALMON						Yes	Yes	Yes								Yes										No	No
Hollandaise Sauce (10001762)						Yes	Yes									Yes										No	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Potato Mid (54227, 54255)																										Yes	Yes
Samphire (10068447)																										Yes	Yes
Skin-On Salmon Portions (10000657, 10000603)								Yes																		No	No
Tenderstem Broccoli (10000524)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
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GRILLS

CHARCOALED CHK ONLY (Add ons below and next pg)																									No	No
Half Chicken with Stock (10001930)																									No	No
Rocket Leaf (54258)																									Yes	Yes
ADD BBQ SAUCE	Yes				Yes																			Yes	Yes	
Korean Spicy BBQ Sauce (10002574)	Yes				Yes																			Yes	Yes	
ADD BEER CAN MARINADE			Yes									Yes												Yes	Yes	
Beer Can Marinade (10001885)			Yes									Yes												Yes	Yes	
ADD BEEF DRIPPING CHIPS																								No	No	
Beef Dripping (54419)																								No	No	
Premium Chip (10001031)																								Yes	Yes	
ADD FRENCH FRIES																								Yes	Yes	
Stealth Fries (52190)																								Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																								Yes	Yes	
ADD BAKED POTATO						Yes	Yes																	No	Yes	
Baking Potatoes (10000355)						Yes	Yes																	Yes	Yes	
Fresh Herbs Chives (54238)																								Yes	Yes	
Fresh Herbs Parsley (54241)																								Yes	Yes	
Garlic Peeled (10068422)																								Yes	Yes	
Greek Yoghurt (53510)							Yes																	No	Yes	
Lemon Garlic Mayo (10000623)					Yes																			No	Yes	
Table Salt (54744)																								Yes	Yes	
Salted Block Butter (10001077)							Yes																	No	Yes	
ADD MASH							Yes																	No	Yes	
Mash Potato (51094)							Yes																	No	Yes	
UHT Whipping Cream (24097)							Yes																	No	Yes	
Salted Block Butter (10001077)							Yes																	No	Yes	
ADD SWEET POTATO FRIES																								Yes	Yes	
Sweet Potato Fries (10001032)																								Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																								Yes	Yes	
ADD HOUSE SALAD												Yes				Yes								Yes	Yes	
Cucumber Half Slice (54220)																								Yes	Yes	
French Dressing (53514)												Yes				Yes								Yes	Yes	
Lettuce Cos (54222)																								Yes	Yes	
Onions Red (10002596)																								Yes	Yes	
Pepper Red (54226, 10000329)																								Yes	Yes	
Rocket Leaf (54258)																								Yes	Yes	
Tomato M (54216)																								Yes	Yes	
ADD ROCKET & PARMESAN SALAD							Yes					Yes				Yes								No	No	
Parmesan (10001839)							Yes																	No	No	
French Dressing (53514)												Yes				Yes								Yes	Yes	
Rocket Leaf (54258)																								Yes	Yes	

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
ADD GRILLED CORN						Yes																			No	No
Parmesan (10001839)						Yes																			No	No
Smokey Chilli Ketchup (10001725)																									Yes	Yes
Corn On Cob Bites (10002478)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
ADD SMOKEY COWBOY BEANS	Yes		Yes			Yes						Yes	Yes												No	Yes
Spicy Beans Vegetarian (10001906)	Yes		Yes			Yes						Yes	Yes												No	Yes
ADD LOADED COS WEDGE WITH CAESAR	Yes	Yes				Yes	Yes						Yes												No	No
Parmesan (10001839)							Yes																		No	No
Caesar Dressing Red Cal (54032)						Yes	Yes						Yes												No	Yes
Ciabatta Loaf (10000902)	Yes	Yes																							Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																									No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
ADD LOADED COS WEDGE WITH BLUECHEESE	Yes	Yes				Yes	Yes						Yes												No	No
Parmesan (10001839)							Yes																		No	No
Ciabatta Loaf (10000902)	Yes	Yes																							Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																									No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
Blue Cheese Dressing (10002990)						Yes	Yes						Yes												No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
SMOKY MIXED GRILL	Yes		Yes				Yes					Yes	Yes			Yes									No	No
Lamb Chops (10001879)																									No	No
Beer Can Marinade (10001885)			Yes									Yes													Yes	Yes
Pork Hot Dog (10001934)																Yes									No	No
Spicy Beans Vegetarian (10001906)	Yes		Yes				Yes					Yes	Yes												No	Yes
Half Chicken with Stock (10001930)																									No	No
Baking Potatoes (10000355)																									Yes	Yes
BB Angus Rump Heart (10002146)																									No	No
Extra Virgin Olive Oil (54377)																									Yes	Yes
Extra Virgin Olive Oil (54377)																									Yes	Yes
Fresh Herbs Basil (54237)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
White Wine Vinegar (10002893)																Yes									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
MINTED LAMB CHOPS							Yes																		No	No
Lamb Chops (10001879)																									No	No
Cherry Tomatoes (10000328)																									Yes	Yes
Feta Cheese (10000069)							Yes																		No	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Garlic Peeled (10068422)																									Yes	Yes
Mint Sauce (51730)																									Yes	Yes
Potato Mid (54227, 54255)																									Yes	Yes
Whole Green Beans (54291)																									Yes	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
Red Pepper & Harrisia Sauce (10001427)																									Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
SALADS																											
MIXED GRAIN VEG SALAD													Yes			Yes										Yes	Yes
French Dressing (53514)													Yes			Yes										Yes	Yes
Mixed Grains (10002577)																										Yes	Yes
Mushroom Flat (54219)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Tenderstem Broccoli (10000524)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
CHARGRILLED CHICKEN CAESAR SALAD	Yes	Yes				Yes	Yes						Yes													No	No
Parmesan (10001839)							Yes																			No	No
Caesar Dressing Red Cal (54032)						Yes	Yes						Yes													No	Yes
Ciabatta Loaf (10000902)	Yes	Yes																								Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Raw Chicken Fillet (10001118)																										No	No
CHARGRILLED CHICKEN SALAD																										No	No
Cherry Tomatoes (10000328)																										Yes	Yes
Extra Virgin Olive Oil (54377)																										Yes	Yes
Fresh Herbs Basil (54237)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Lettuce Cos (54222)																										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Raw Chicken Fillet (10001118)																										No	No

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
SIDES PLEASE SEE STEAK SIDE SECTION																										

SUNDAY BEST

ROAST BEEF	Yes				Yes	Yes							Yes													No	No
BB Angus Sirloin (10002145)																										No	No
Beef Dripping (54419)																										No	No
Carrots Medium (54609)																										Yes	Yes
Cauliflower Cheese (52862)						Yes	Yes																			No	Yes
Cheddar (54446)							Yes																			No	Yes
Garlic Peeled (10068422)																										Yes	Yes
Gravy (52858)													Yes													No	No
Honey Glazed Parsnips (10000099)	Yes																									No	Yes
Lovelli Rosso (900562)																	Yes									No	No
Peas Grade A (53692)																										Yes	Yes
Potatoes Roast Cut (10002599)																										No	Yes
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																			No	Yes
Table Salt (54744)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Tenderstem Broccoli (10000524)																										Yes	Yes
UHT Whipping Cream (24097)							Yes																			No	Yes
Whole Green Beans (54291)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Salted Block Butter (10001077)											Yes															No	Yes
Salted Block Butter (10001077)											Yes															No	Yes
Salted Block Butter (10001077)											Yes															No	Yes
ADD EXTRA SLICE OF BEEF																										No	No
BB Angus Sirloin (10002145)																										No	No

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
ROAST CHICKEN	Yes					Yes	Yes					Yes				Yes									No	No	
Half Chicken with Stock (10001930)																										No	No
Beef Dripping (54419)																										No	No
Carrots Medium (54609)																										Yes	Yes
Cauliflower Cheese (52862)						Yes	Yes																			No	Yes
Cheddar (54446)							Yes																			No	Yes
Garlic Peeled (10068422)																										Yes	Yes
Gravy (52858)												Yes														No	No
Honey Glazed Parsnips (10000099)	Yes																									No	Yes
Lovelli Rosso (900562)																Yes										No	No
Peas Grade A (53692)																										Yes	Yes
Potatoes Roast Cut (10002599)																										No	Yes
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																			No	Yes
Table Salt (54744)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Tenderstem Broccoli (10000524)																										Yes	Yes
UHT Whipping Cream (24097)							Yes																			No	Yes
Whole Green Beans (54291)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
PUDDINGS																											
NEW YORK STYLE CHEESECAKE	Yes			Yes		Yes	Yes																			No	Yes
Dark Cherry Compote (10001731)																										Yes	Yes
Baked Cheesecake (10001824)	Yes			Yes		Yes	Yes																			No	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
ZESTY LEMON TART	Yes					Yes	Yes																			No	No
Lemon Tart (10001770)	Yes					Yes	Yes																			No	No
Fresh Herbs Mint (54242)																										Yes	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes
TRIPLE CHOCOLATE BROWNIE	Yes				Yes	Yes	Yes									Yes										No	Yes
Chocolate Toffee Sauce (53916)					Yes		Yes									Yes										No	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Triple Chocolate Brownie (10001489)	Yes				Yes	Yes	Yes																			No	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes
ETON MESS SUNDAE						Yes	Yes																			No	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Fruit Berry Mix (54409)																										Yes	Yes
Ripple Pavlova (10000627)						Yes																				No	Yes
Strawberries (54259)																										Yes	Yes
UHT Whipping Cream (24097)							Yes																			No	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes
STICKY TOFFEE PUDDING	Yes					Yes	Yes																			No	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Sticky Toffee Pudding (54179)	Yes					Yes	Yes																			No	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes
VEGAN CHOCOLATE TORTE	Yes			Yes	Yes																					Yes	Yes
Vegan Chocolate Torte (10001895)	Yes			Yes	Yes																					Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Fruit Berry Mix (54409)																										Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
APPLE & BLACKBERRY CRUMBLE			Yes			Yes																			No	Yes
Apple & Blackberry Compote (10002814)																									Yes	Yes
Crumble Topping (10001739)			Yes																						Yes	Yes
Custard - Ready To Serve (53399)						Yes																			No	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Vanilla Dairy Ice Cream (54575)						Yes																			No	Yes
MELTING CHOCOLATE DOME	Yes			Yes	Yes	Yes	Yes									Yes									No	Yes
Crumble Topping (10001739)			Yes																						Yes	Yes
Dulche De Leche (10001768)						Yes																			No	Yes
Chocolate Dome (10001760)				Yes																					No	Yes
Chocolate Toffee Sauce (53916)				Yes		Yes										Yes									No	Yes
Triple Chocolate Brownie (10001489)	Yes			Yes	Yes	Yes																			No	Yes
Vanilla Dairy Ice Cream (54575)						Yes																			No	Yes
CHOCOLATE CHURROS SUNDAE	Yes				Yes	Yes	Yes									Yes									No	Yes
Chocolate Toffee Sauce (53916)					Yes		Yes									Yes									No	Yes
Churros (10000784)	Yes																								Yes	Yes
Triple Chocolate Brownie (10001489)	Yes			Yes	Yes	Yes																			No	Yes
UHT Whipping Cream (24097)						Yes																			No	Yes
Vanilla Dairy Ice Cream (54575)						Yes																			No	Yes
SIGNATURE CHOCOLATE + HAZELNUT DOME	Yes				Yes	Yes	Yes									Yes	Yes								No	Yes
Hazelnut Dome (10001900)	Yes				Yes	Yes	Yes									Yes	Yes								No	Yes
Chocolate Toffee Sauce (53916)					Yes		Yes									Yes									No	Yes
Fresh Herbs Mint (54242)																									Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
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KIDS
TO START

VEGGIE STICKS																										No	Yes
Carrots Medium (54609)							Yes																			Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
Extra Virgin Olive Oil (54377)																										Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Greek Yoghurt (53510)							Yes																			No	Yes
Lemons (54602, 54722)																										No	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Table Salt (54744)																										Yes	Yes

BUILD YOUR OWN MAINS

MINI STEAK + FRIES																										No	No
BB Angus Rump Heart (10002146)																										No	No
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

CHARGILLED CHICKEN + FLATBREAD																										No	No
Cucumber Cat II (54220)							Yes				Yes															Yes	Yes
Extra Virgin Olive Oil (54377)																										Yes	Yes
Flatbread Hand Pressed (54502)							Yes				Yes															No	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Greek Yoghurt (53510)											Yes															No	Yes
Lemons (54602, 54722)																										No	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Raw Chicken Fillet (10001118)																										No	No

TEN VEG TOMATO PASTA																										No	Yes
Tomato Pasta Kids (10001986)							Yes																			Yes	Yes
Flatbread Hand Pressed (54502)							Yes																			No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
MINI COD + CHIPS	Yes					Yes		Yes					Yes												No	No
MSC Cod Fillets (10001500)								Yes																	No	No
Baby Capers (53790)																									Yes	Yes
Batter Mix (51665)	Yes																								Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Lemons (54602, 54722)																									No	Yes
Lemons (54602, 54722)																									No	Yes
Mayonnaise Light (54568)						Yes							Yes												No	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Pickled Cucumber Spears (53016)													Yes												No	Yes
Plain Flour (52330)	Yes																								Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
BEEF BURGER WITH FRIES	Yes					Yes																			No	No
Burger Buns Kids (54107)	Yes					Yes																			No	Yes
Burger Trim (10001694)																									No	No
Fat For Burger (10001695)																									No	No
Lettuce Cos (54222)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
SPAGHETTI BOLOGNESE	Yes					Yes																			No	No
Flatbread Hand Pressed (54502)	Yes					Yes																			No	Yes
Spaghetti Bolognese (10002485)	Yes																								No	No

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
PICK TWO YUMMY SIDES																										

MINI CORN ON THE COB																										Yes	Yes
Corn On Cob Bites (10002478)																										Yes	Yes
BAKED BEANS																										Yes	Yes
Baked Beans in Tomato Sauce (10001944)																										Yes	Yes
PEAS																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
VEGGIE STICKS																										Yes	Yes
Carrots Medium (54609)																										Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
HOUSE SALAD																										Yes	Yes
Cucumber Half Slice (54220)												Yes				Yes										Yes	Yes
French Dressing (53514)												Yes				Yes										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Tomato M (54216)																										Yes	Yes

SWAP YOUR SPUDS

FRENCH FRIES																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
MASHED POTATO																										No	Yes
Mash Potato (51094)							Yes																			No	Yes
Semi Skimmed Milk (10001941)							Yes																			No	Yes

DESSERTS

ICE CREAM																										No	Yes
Chocolate Toffee Sauce (53916)						Yes	Yes									Yes										No	Yes
Reduced Sugar Ice Cream Kids (10002011)						Yes	Yes									Yes										No	Yes

FRUIT SALAD																										Yes	Yes
Del Monte Fresh Fruit (52205)																										Yes	Yes
Strawberries (54259)																										Yes	Yes

PANCAKE WITH FRUIT																										No	Yes
Bananas (10002199)	Yes					Yes	Yes																			Yes	Yes
Fruit Berry Mix (54409)																										Yes	Yes
Reduced Sugar Pancake (10000656)	Yes					Yes	Yes																		No	Yes	
Strawberries (54259)																										Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
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EXPRESS LUNCH MENU

BUTTERMILK CHCKEN BURGER	Yes					Yes	Yes																			No	No	
Onions Red (10002596)													Yes														Yes	Yes
Brioche Bun (54523)	Yes					Yes	Yes																				No	Yes
Buttermilk Chicken Goujons (10002889)	Yes						Yes																				No	No
Lettuce Cos (54222)																											Yes	Yes
Stealth Fries (52190)																											Yes	Yes
Tomato M (54216)																											Yes	Yes
Vegan Burger Sauce (10002205)												Yes															Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																											Yes	Yes
Cheese Slices (51545)						Yes																					No	Yes

CLASSIC 6OZ BEEF BURGER	Yes					Yes	Yes																				No	No
Onions Red (10002596)													Yes														Yes	Yes
Brioche Bun (54523)	Yes					Yes	Yes																				No	Yes
Burger Trim (10001694)																											No	No
Fat For Burger (10001695)																											No	No
Lettuce Cos (54222)																											Yes	Yes
Stealth Fries (52190)																											Yes	Yes
Table Salt (54744)																											Yes	Yes
Tomato M (54216)																											Yes	Yes
Vegan Burger Sauce (10002205)												Yes															Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																											Yes	Yes
ADD CHEESE						Yes																					No	Yes
Cheese Slices (51545)						Yes																					No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
FISH + CHIP SANDWICH	Yes		Yes			Yes	Yes	Yes					Yes												No	No
MSC Cod Fillets (10001500)								Yes																	No	No
Baby Capers (53790)																									Yes	Yes
Batter Mix (51665)	Yes																								Yes	Yes
Doom Bar (900208)			Yes																						No	No
Fresh Herbs Parsley (54241)																									Yes	Yes
Lemons (54602, 54722)																									No	Yes
Mayonnaise Light (54568)						Yes						Yes													No	Yes
Mushy Peas Minty (54536)							Yes																		No	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Pickled Cucumber Spears (53016)													Yes												No	Yes
Plain Flour (52330)	Yes																								Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
White Bloomer 12 Slices (53456)	Yes																								Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
STEAK + FRITES							Yes																		No	No
BB Angus Rump Heart (10002146)																									No	No
Fresh Herbs Parsley (54241)																									Yes	Yes
Garlic Peeled (10068422)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
STEAK SANDWICH	Yes					Yes	Yes																		No	No
BB Angus Rump Heart (10002146)																									No	No
Flatbread Hand Pressed (54502)	Yes							Yes																	No	Yes
Lemon Garlic Mayo (10000623)						Yes																			No	Yes
Onions Red (10002596)																									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cheese Slices (51545)							Yes																		No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
SCAMPI + CHIPS	Yes					Yes			Yes				Yes												No	No
Low Salt Whitby Scampi (10001619)	Yes								Yes																No	No
Baby Capers (53790)																									Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Lemons (54602, 54722)																									No	Yes
Lemons (54602, 54722)																									No	Yes
Mayonnaise Light (54568)						Yes							Yes												No	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Pickled Cucumber Spears (53016)													Yes												No	No
Samphire (10068447)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
OPEN CLUB SANDWICH	Yes					Yes	Yes						Yes		Yes										No	No
Avocado (10001861)																									Yes	Yes
Chillies Red (54235)																									Yes	Yes
Flatbread Hand Pressed (54502)	Yes							Yes																	No	Yes
Lettuce Cos (54222)																									Yes	Yes
Mayonnaise Light (54568)						Yes							Yes												No	Yes
Onions Red (10002596)																									Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																									No	No
Stealth Fries (52190)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
White Wine Vinegar (10002893)																Yes									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																			No	Yes
Raw Chicken Fillet (10001118)																									No	No
VEGETABLE SALAD													Yes			Yes									Yes	Yes
French Dressing (53514)													Yes			Yes									Yes	Yes
Mixed Grains (10002577)																									Yes	Yes
Mushroom Flat (54219)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Tenderstem Broccoli (10000524)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
SIDES																											
FRENCH FRIES																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
BEEF DRIPPING TRIPLE-COOKED CHUNKY CHIPS																										No	No
Beef Dripping (54419)																										No	No
Premium Chip (10001031)																										Yes	Yes
DIRTY FRIES	Yes				Yes	Yes																				No	Yes
Nacho Cheese Sauce (10001897)						Yes																				No	Yes
Chillies Red (54235)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Korean Spicy BBQ Sauce (10002574)	Yes				Yes																					Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
HALLOUMI FRIES	Yes					Yes																				No	Yes
Semi Skimmed Milk (10001941)						Yes																				No	Yes
Batter Mix (51665)	Yes																									Yes	Yes
Halloumi (10000614, 54384)						Yes																				No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
MASH + RED WINE SAUCE						Yes										Yes										No	No
Malbec Sauce (53250)						Yes										Yes										No	No
Mash Potato (51094)						Yes																				No	Yes
UHT Whipping Cream (24097)						Yes																				No	Yes
Salted Block Butter (10001077)						Yes																				No	Yes
BAKED POTATO						Yes	Yes																			No	Yes
Baking Potatoes (10000355)																										Yes	Yes
Fresh Herbs Chives (54238)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Greek Yoghurt (53510)							Yes																			No	Yes
Lemon Garlic Mayo (10000623)						Yes																				No	Yes
Table Salt (54744)																										Yes	Yes
Salted Block Butter (10001077)						Yes																				No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
BEER-BATTERED ONION RINGS	Yes		Yes																						No	Yes	
Beer Battered Onion Rings (10001075)	Yes		Yes																							Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
GARLIC SPINACH																										Yes	Yes
Spinach (10001511)																										Yes	Yes
Extra Virgin Olive Oil (54377)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
GARLIC MUSHROOMS							Yes																			No	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Mushroom Cup (54218)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
COS WEDGE WITH CAESAR	Yes	Yes				Yes	Yes						Yes													No	No
Parmesan (10001839)							Yes																			No	No
Caesar Dressing Red Cal (54032)						Yes	Yes						Yes													No	Yes
Ciabatta Loaf (10000902)	Yes	Yes																								Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Blue Cheese Dressing (10002990)						Yes	Yes						Yes													No	Yes
COS WEDGE WITH BLUE CHEESE	Yes	Yes				Yes	Yes						Yes													No	No
Parmesan (10001839)							Yes																			No	No
Ciabatta Loaf (10000902)	Yes	Yes																								Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Blue Cheese Dressing (10002990)						Yes	Yes						Yes													No	Yes
CHARCOAL GRILLED CORN ON THE COB							Yes																			No	No
Parmesan (10001839)							Yes																			No	No
Smokey Chilli Ketchup (10001725)																										Yes	Yes
Corn On Cob Bites (10002478)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
ROCKET + PARMESAN SALAD							Yes						Yes			Yes									No	No
Parmesan (10001839)							Yes																		No	No
French Dressing (53514)													Yes			Yes									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
HOUSE SALAD													Yes			Yes									Yes	Yes
Cucumber Half Slice (54220)																									Yes	Yes
French Dressing (53514)													Yes			Yes									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
MAC + CHEESE	Yes						Yes																		No	Yes
Cheddar (54446)							Yes																		No	Yes
Mac & Cheese (10001009)	Yes						Yes																		No	Yes
UHT Whipping Cream (24097)							Yes																		No	Yes
SWEET POTATO FRIES																									Yes	Yes
Sweet Potato Fries (10001032)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
BAR SNACKS																										
GARLIC FLATBREAD	Yes					Yes																			No	No
Beef Seasoning (53944)																									No	No
Flatbread Hand Pressed (54502)	Yes					Yes																			No	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Garlic Peeled (10068422)																									Yes	Yes
Salted Block Butter (10001077)						Yes																			No	Yes
HONEY + MUSTARD MINI SAUSAGES	Yes					Yes							Yes			Yes									No	No
Honey & Mustard Dressing (10000049)						Yes							Yes												No	Yes
PI Breakfast Pork Sausage (10001400)	Yes															Yes									No	No
MAC + CHEESE BITES	Yes				Yes	Yes																			No	Yes
Mac & Cheese Bites (54719)	Yes				Yes	Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
TANDOORI CHICKEN WINGS	Yes					Yes	Yes						Yes												No	No
Single Joint Chicken Wing (10001902)																									No	No
Fresh Herbs Coriander (54239)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Greek Yoghurt (53510)							Yes																		No	Yes
Onions Red (10002596)																									Yes	Yes
Plain Flour (52330)	Yes																								Yes	Yes
Table Salt (54744)																									Yes	Yes
Tandoori Rub (10002694)													Yes												No	Yes
Tandoori Rub (10002694)													Yes												No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																			No	Yes
STICKY WINGS						Yes	Yes						Yes												No	No
Smokey Chilli Ketchup (10001725)																									Yes	Yes
Single Joint Chicken Wing (10001902)																									No	No
Fresh Herbs Parsley (54241)																									Yes	Yes
Blue Cheese Dressing (10002990)						Yes	Yes						Yes												No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
KOREAN STYLE CHICKEN WINGS	Yes				Yes																				No	No	
Single Joint Chicken Wing (10001902)																										No	No
Chillies Red (54235)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Korean Spicy BBQ Sauce (10002574)	Yes				Yes																					Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
ASIAN CRISPY BEEF					Yes						Yes															No	No
Hoi Sin Sauce Ngci (10001165)					Yes						Yes															Yes	Yes
Chillies Red (54235)																										Yes	Yes
Cornflour (54168)																										Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Pulled Beef Brisket (10003076)																										No	No
JUMBO GARLIC PRAWNS	Yes						Yes		Yes																	No	No
Flatbread Hand Pressed (54502)	Yes						Yes																			No	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Samphire (10068447)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Jumbo Tiger Prawn (10002807)									Yes																	No	No
NACHOS SHARER	Yes	Yes				Yes						Yes	Yes			Yes										No	Yes
Spicy Beans Vegetarian (10001906)	Yes	Yes				Yes						Yes	Yes													No	Yes
Nacho Cheese Sauce (10001897)						Yes																				No	Yes
Cheddar (54446)						Yes																				No	Yes
Chillies Red (54235)																										Yes	Yes
Extra Virgin Olive Oil (54377)																										Yes	Yes
Fresh Herbs Basil (54237)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Tortilla Chips (54045)																										Yes	Yes
White Wine Vinegar (10002893)																Yes										Yes	Yes
ADD PULLED BEEF BRISKET																										No	No
Pulled Beef Brisket (10003076)																										No	No

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
SALT + PEPPER SQUID	Yes					Yes				Yes															No	No	
Calamari (10000512)	Yes									Yes																No	No
Chillies Red (54235)																										Yes	Yes
Cracked Black Peppercorns (51753)																										Yes	Yes
Extra Virgin Olive Oil (54377)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Lemon Garlic Mayo (10000623)						Yes																				No	Yes
Lemons (54602, 54722)																										No	Yes
Table Salt (54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
CAULI WINGS	Yes																									Yes	Yes
Battered Cauliflower Wings (10001910)	Yes																									Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Red Pepper & Harrisa Sauce (10001427)																										Yes	Yes
HOUSE SHARING BLOCK	Yes				Yes	Yes						Yes			Yes											No	No
Baking Potatoes (10000355)																										Yes	Yes
Buttermilk Chicken Goujons (10002889)	Yes					Yes																				No	No
Single Joint Chicken Wing (10001902)																										No	No
Chillies Red (54235)																										Yes	Yes
Flatbread Hand Pressed (54502)	Yes					Yes																				No	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Honey & Mustard Dressing (10000049)						Yes						Yes														No	Yes
Korean Spicy BBQ Sauce (10002574)	Yes				Yes																					Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
PI Breakfast Pork Sausage (10001400)	Yes														Yes											No	No
Rocket Leaf (54258)																										Yes	Yes
Soured Cream Reduced Fat (51047)						Yes																				No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Salted Block Butter (10001077)						Yes																				No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
THE MIGHTY BLOCK	Yes					Yes	Yes						Yes												No	No
Onions Red (10002596)																									Yes	Yes
Semi Skimmed Milk (10001941)						Yes																			No	Yes
Nacho Cheese Sauce (10001897)						Yes																			No	Yes
Brioche Bun (54523)	Yes					Yes	Yes																		No	Yes
Burger Trim (10001694)																									No	No
Fat For Burger (10001695)																									No	No
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Paprika Pepper (48048)																									Yes	Yes
Pickled Cucumber Spears (53016)													Yes												No	Yes
Plain Flour (52330)	Yes																								Yes	Yes
Pulled Beef Brisket (10003076)																									No	No
Stealth Fries (52190)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Vegan Burger Sauce (10002205)													Yes												Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
CLASSIC 6OZ BEEF	Yes					Yes	Yes						Yes												No	No
Onions Red (10002596)																									Yes	Yes
Brioche Bun (54523)	Yes					Yes	Yes																		No	Yes
Burger Trim (10001694)																									No	No
Fat For Burger (10001695)																									No	No
Lettuce Cos (54222)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Vegan Burger Sauce (10002205)													Yes												Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
ADD CHEESE & BACON						Yes																			No	No
Smoked Dry Cured Streaky Bacon (54125)																									No	No
Cheese Slices (51545)						Yes																			No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
GARDEN GOURMET® SLOPPY JOE	Yes	Yes	Yes	Yes	Yes							Yes	Yes												Yes	Yes
Onions Red (10002596)																									Yes	Yes
Sloppy Joes Vegan (10001740)			Yes		Yes							Yes													Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Vegan Bun (54701)	Yes	Yes		Yes																					Yes	Yes
Vegan Burger Sauce (10002205)													Yes												Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Vegan Sliced Cheese																									Yes	Yes
Garden Gourmet Vegan Burger (10002832)	Yes		Yes		Yes																				Yes	Yes
TANDOORI CHICKEN	Yes					Yes	Yes						Yes												No	No
Onions Red (10002596)						Yes	Yes																		Yes	Yes
Brioche Bun (54523)	Yes					Yes	Yes																		No	Yes
Cucumber Cat II (54220)																									Yes	Yes
Extra Virgin Olive Oil (54377)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Garlic Peeled (10068422)																									Yes	Yes
Greek Yoghurt (53510)							Yes																		No	Yes
Lemons (54602, 54722)																									No	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Plain Flour (52330)	Yes																								Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Tandoori Rub (10002694)													Yes												No	Yes
Tandoori Rub (10002694)													Yes												No	Yes
Tomato M (54216)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																			No	Yes
Raw Chicken Fillet (10001118)																									No	No

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
FRENCH FRIES																									Yes	Yes	
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
HALLOUMI FRIES	Yes						Yes																			No	Yes
Semi Skimmed Milk (10001941)							Yes																			No	Yes
Batter Mix (51665)	Yes																									Yes	Yes
Halloumi (10000614, 54384)							Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
BEEF DRIPPING TRIPLE-COOKED CHUNKY CHIPS																										No	No
Beef Dripping (54419)																										No	No
Premium Chip (10001031)																										Yes	Yes
DIRTY FRIES	Yes				Yes	Yes	Yes																			No	Yes
Nacho Cheese Sauce (10001897)							Yes																			No	Yes
Chillies Red (54235)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Korean Spicy BBQ Sauce (10002574)	Yes				Yes																					Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
BEER-BATTERED ONION RINGS	Yes	Yes																								No	Yes
Beer Battered Onion Rings (10001075)	Yes	Yes																								Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
UNLIMITED COOKED BREAKFAST																											
Unsmoked Back Bacon (10001540)																										No	No
PI Breakfast Pork Sausage (10001400)	Yes														Yes											No	No
Garden Gourmet® Sensational™ Sausage					Yes																					yes	Yes
EGGS SCRAMBLED						Yes	Yes																			No	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Semi Skimmed Milk (10001941)							Yes																			No	Yes
Table Salt (48046, 54744)																										Yes	Yes
UHT Whipping Cream (24097)							Yes																			No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
EGGS FRIED						Yes																				No	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
EGGS POACHED						Yes																				No	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
EGGS BOILED						Yes																				No	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
HASH BROWNS																										Yes	Yes
Hash Browns (10000446, 10001329)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Black Pudding (53673)	Yes		Yes																							No	No
CLOSED CUP MUSHROOMS																										Yes	Yes
Mushroom Cup (54218)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
GRILLED TOMATOES																									Yes	Yes	
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Baked Beans In Tomato Sauce (10001944)																										Yes	Yes
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UNLIMITED CONTINENTAL																												
BAKERY																												
Croissant 20 (51768)	Yes					Yes	Yes																				No	Yes
Mini Pain Aux Chocolat (10000935)	Yes				Yes	Yes	Yes																				No	Yes
Chocolate Muffin (10002736)	Yes				Yes	Yes	Yes																				No	Yes
Blueberry Muffin (10002737)	Yes					Yes	Yes																				No	Yes
Plain Bagel	Yes	Yes	Yes																								Yes	Yes
Sourdough Crumpet (53706)	Yes																										Yes	Yes
White Sandwich Tin Bread (51367)	Yes																										Yes	Yes
Malted Brown Sandwich Tin Bread (51368)	Yes		Yes																								Yes	Yes
Gluten Free Bread Slice (54731)						Yes																					No	Yes
Reduced Sugar Pancake (10000656)	Yes					Yes	Yes																				No	Yes

PRESERVE, SPREADS & JAMS																												
Nutella Choc Spread Portions (53496)					Yes		Yes										Yes										No	Yes
Orange Marmalade Portions (52229)																											Yes	Yes
Honey Portions (52228)																											No	Yes
Assorted Jam Portions (10001621)																											Yes	Yes
Marmite Portions (45570)	Yes	Yes	Yes	Yes						Yes																	Yes	Yes
Maple Syrup Sachets (53662)																											Yes	Yes
Peanut Butter (54052)													Yes														Yes	Yes
Larderfresh Sunflower Spread (47177)																											Yes	Yes
Salted Butter Ptns (54661)						Yes																					No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?		
FRUITS																												
Bananas (10002199)																										Yes	Yes	
Apples Green (54605)																											Yes	Yes
Clementine (10002624)																											No	Yes
Fruit Berry Mix (54409)																											Yes	Yes
Del Monte Fresh Fruit (52205)																											Yes	Yes
YOGHURTS & CEREALS																												
Natural Yoghurt							Yes																				No	Yes
Strawberry Yoghurt							Yes																				No	Yes
Kelloggs Muesli Fruit (10000339)	Yes	Yes	Yes	Yes			Yes								Yes												No	Yes
Coco Pops Bag Pack (53882)			Yes																								No	Yes
Cornflakes (50790)			Yes																								No	Yes
Weetabix (51114)	Yes		Yes																								Yes	Yes
Granola Quaker Oat Raisin (10000937)	Yes			Yes																							No	Yes
Special K (10000837)	Yes		Yes																								No	Yes
Rice Krispies Bag Pak (51195)			Yes																								No	Yes
PORRIDGE WITH COWS MILK																												
Oats2Go Porridge Sachets (10000838)				Yes			Yes																				No	Yes
Semi Skimmed Milk (10001941)							Yes																				No	Yes
PORRIDGE WITH SOYA MILK DRINK																												
Oats2Go Porridge Sachets (10000838)				Yes	Yes																						Yes	Yes
Alpro Soya Drink (54298, 60213)					Yes																						Yes	Yes
MILKS																												
Semi Skimmed Milk (10001941)							Yes																				No	Yes
Whole Milk (10001942)							Yes																				No	Yes
Alpro Soya drink (54298, 60213)					Yes																						Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?		
	UNLIMITED DRINKS																											
TEA & COFFEES	See manufacturers websites																											
Demerra Sachet Sugar Brown (10002462)																											Yes	Yes
Sweet & Low (26181)																											No	Yes
White Sugar Sachets (10002463)																											Yes	Yes
Sunpride Apple Juice (10002729)																											Yes	Yes
Sunpride Cranberry Juice Drink (10002728)																											Yes	Yes
Sunpride Orange Juice (10002730)																											Yes	Yes

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals Containing Gluten				Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
			Wheat Products	Rye Products	Barley Products	Oat Products														
BAR + BLOCK STEAKHOUSE AUTUMN DRINKS																				
OUR SPIRIT + MIXER FAVOURITES																				
GIN-GIN																				
GIN-GER SPRITZ																				
WARNERS LONDON DRY GIN	YES	YES																		
FEVERTREE GINGER ALE	YES	YES																		
LIMES SMALL	YES	NO																		
MINT LEAVES	YES	YES																		
GIN-GER SPRITZ	YES	NO																		
RHUBARB + GINGER																				
WARNER EDWARDS RHUBARB GIN 70CL	YES	YES																		
FEVERTREE LIGHT ORANGE GINGR ALE 200ML	YES	YES																		
ORANGE MEDIUM	YES	NO																		
FRESH HERBS ROSEMARY	YES	YES																		
RHUBARB + GINGER	YES	NO																		
BLACKCURRANT ROYALE																				
TANQUERAY BLACKCURRANT ROYALE	YES	YES																		
FEVERTREE LIGHT TONIC WATER	YES	YES																		
MINT LEAVES	YES	YES																		
BLACKBERRIES	YES	YES																		
BLACKCURRANT ROYALE	YES	YES																		
SLOE GIN + GINGER																				
WARNERS SLOE GIN	YES	YES																		
FEVERTREE LIGHT ORANGE GINGR ALE 200ML	YES	YES																		
FRESH HERBS ROSEMARY	YES	YES																		
LEMONS	YES	NO																		
SLOE GIN + GINGER	YES	NO																		
VERY VODKA FUSIONS																				
BLOOD ORANGE SPRITZ																				
SMIRNOFF RED	NO	NO																		
FEVERTREE BLOOD ORANGE SODA	YES	YES																		
ORANGE MEDIUM	YES	NO																		
FRESH HERBS ROSEMARY	YES	YES																		
BLOOD ORANGE SPRITZ	NO	NO																		

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals Containing Gluten				Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
			Wheat Products	Rye Products	Barley Products	Oat Products														
VODKA PINK SMASH																				
SMIRNOFF RED	NO	NO																		
SCHWEPES PINK SODA	YES	YES																		
ORANGE MEDIUM	YES	NO																		
LIMES	YES	NO																		
VODKA PINK SMASH																				
NO	NO																			
THE CLASSIC																				
KETEL ONE VODKA 700ML	NO	NO																		
COCA COLA SIGNTR SPICY MIX 200ML	YES	YES																		
LIMES SMALL	YES	NO																		
THE CLASSIC																				
NO	NO																			
VERY VANILLA SODA																				
ABSOLUT VANILLA	NO	NO																		
AMERICAN CREAM SODA 24 X 330ML	YES	YES																		
STRAWBERRY	YES	YES																		
MINT LEAVES	YES	YES																		
VERY VANILLA SODA																				
NO	NO																			
RUM-BELIEVABLE																				
CLASSIC CUBA LIBRE																				
CAPTAIN MORGAN WHITE 6X70CL	YES	NO																		
COCA COLA CLASSIC	YES	YES																		
LIMES SMALL	YES	NO																		
CLASSIC CUBA LIBRE																				
YES	NO																			
TWIST & SPICE																				
CAPTAIN MORGAN SPICED RUM	NO	NO																		
COCA COLA SIGNTR SPICY MIX 200ML	YES	YES																		
LIMES SMALL	YES	NO																		
TWIST & SPICE																				
NO	NO																			
IT'S A KRAKEN ONE																				
KRAKEN RUM 70CL	YES	YES																		
FEVERTREE LIGHT ORANGE GINGR ALE 200ML	YES	YES																		
ORANGE MEDIUM	YES	NO																		
IT'S A KRAKEN ONE																				
YES	NO																			

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals Containing Gluten				Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
			Wheat Products	Rye Products	Barley Products	Oat Products														
WHISKEY BUSINESS																				
SPICED UP																				
JACK DANIELS No.7	YES	YES																		
FEVER TREE GINGER ALE	YES	YES																		
LIMES SMALL	YES	NO																		
SPICED UP																				
TALISKER TWIST	YES	NO																		
TALISKER TWIST																				
TALISKER	NO	NO																		
FEVERTREE LIGHT ORANGE GINGR ALE 200ML	YES	YES																		
ORANGE MEDIUM	YES	NO																		
TALISKER TWIST																				
TALISKER TWIST	NO	NO																		
B+B FAVOURITES																				
ESPRESSO MARTINI																				
ABSOLUT VANILLA	NO	NO																		
TIA MARIA	YES	YES																		
ODK WHITE SUGAR SYRUP (10065957)	YES	YES																		
NESCAFE AZERA COFFEE	YES	YES																		
MOCHA ITALIA 10X1KG	YES	YES																		
ESPRESSO MARTINI																				
ESPRESSO MARTINI	NO	NO																		
SALTED CARAMEL ESPRESSO MARTINI																				
ABSOLUT ORIGINAL 70CL	YES	YES																		
MONIN SALTED CARAMEL	YES	YES																		
TIA MARIA	YES	YES																		
MOCHA ITALIA 10X1KG	YES	YES																		
HOT CHOCOLATE POWDER	YES	NO																		
SALTED CARAMEL ESPRESSO MARTINI																				
SALTED CARAMEL ESPRESSO MARTINI	YES	NO																		
FRENCH MARTINI																				
SMIRNOFF RED	NO	NO																		
CHAMBORD	YES	YES																		
Pineapple Juice	YES	YES																		
LEMONS	YES	NO																		
FRENCH MARTINI																				
FRENCH MARTINI	NO	NO																		
PORNSTAR MARTINI																				
ABSOLUT VANILLA	NO	NO																		
FUNKIN PASSION F MARTINI12X200ML	YES	YES																		
Galanti Prosecco Spunante 20cl	YES	NO																		
PASSIONFRUIT	YES	YES																		
PORNSTAR MARTINI																				
PORNSTAR MARTINI	NO	NO																		

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals Containing Gluten				Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
			Wheat Products	Rye Products	Barley Products	Oat Products														
POPSTAR MARTINI																				
ABSOLUT VANILLA	NO	NO																		
CHAMBORD	YES	YES																		
ODK NATURAL STRAWBERRY PUREE	YES	YES																		
SUNPRIDE CRANBERRY JUICE DRINK	YES	YES																		
Pineapple Juice	YES	YES																		
Galanti Prosecco Spunante 20cl	YES	NO											Y							
STRAWBERRY	YES	YES																		
POPSTAR MARTINI																				
	NO	NO											Y							
COSMOPOLITAN																				
SMIRNOFF RED	NO	NO																		
DE KUYPER TRIPLE SEC	NO	NO																		
LIMES	YES	NO																		
SUNPRIDE CRANBERRY JUICE DRINK	YES	YES																		
ORANGE MEDIUM	YES	NO																		
COSMOPOLITAN																				
	NO	NO																		
RHUBARB GIN FIZZ																				
WARNER EDWARDS RHUBARB GIN 70CL	YES	YES																		
LEMONS	YES	NO																		
SUNPRIDE CRANBERRY JUICE DRINK	YES	YES																		
Galanti Prosecco Spunante 20cl	YES	NO											Y							
ORANGE MEDIUM	YES	NO																		
RHUBARB GIN FIZZ																				
	YES	NO											Y							
STRAWBERRY MOJITO																				
Captain Morgan Tiki 70cl	YES	YES																		
LIMES SMALL	YES	NO																		
MINT LEAVES	YES	YES																		
ODK NATURAL STRAWBERRY PUREE	YES	YES																		
SODA WATER 24X200ML	YES	YES																		
MINT LEAVES	YES	YES																		
STRAWBERRY	YES	YES																		
ODK WHITE SUGAR SYRUP (10065957)	YES	YES																		
STRAWBERRY MOJITO																				
	YES	NO																		

Product Description	Dietary Choices		Allergens Present																		
	Suitable for Vegetarians	Suitable for Vegans	Cereals Containing Gluten				Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)	
			Wheat Products	Rye Products	Barley Products	Oat Products															
CLASSIC CAPTAIN MOJITO																					
Captain Morgan Tiki 70cl	YES	YES																			
LIMES SMALL	YES	NO																			
MINT LEAVES	YES	YES																			
ODK WHITE SUGAR SYRUP (10065957)	YES	YES																			
SODA WATER 24X200ML	YES	YES																			
MINT LEAVES	YES	YES																			
CLASSIC CAPTAIN MOJITO	YES	NO																			
WHISKEY SOUR																					
BULLEIT BOURBON	YES	YES																			
LEMONS	YES	NO																			
ODK WHITE SUGAR SYRUP (10065957)	YES	YES																			
ORANGE MEDIUM	YES	NO																			
WHISKEY SOUR	YES	NO																			
MOCKTAILS																					
TIKI MOKI																					
ODK Faleum Syrup (10068291)	YES	YES																	Y	ALMOND	
PINEAPPLE JUICE 6X1LTR	YES	YES																			
SUNPRIDE ORANGE JUICE 1.5L	YES	YES																			
LEMONS SMALL	YES	NO																			
MINT LEAVES	YES	YES																			
PINEAPPLE WEDGE	YES	YES																			
TIKI MOKI	YES	NO																	Y		
CHERRY BAKEWELL																					
ODK Cherry Puree (10068292)	YES	YES																			
ODK Amaretto Syrup (10068293)	YES	YES																	Y	ALMOND	
SUNPRIDE CRANBERRY JUICE DRINK	YES	YES																			
LEMONS	YES	NO																			
MINT LEAVES	YES	YES																			
COCKTAIL CHERRIES WITH STEM	YES	YES										Y									
CHERRY BAKEWELL	YES	NO										Y							Y		
BEERS + CIDERS FROM THE TAP																					
PRAHAVA 50L	NO	NO	Y			Y															
STELLA ARTOIS 50L	YES	YES				Y															
SAN MIGUEL DRAUGHT	YES	YES				Y						Y									
CORONA DRAUGHT 50L	YES	YES				Y															
CAMDEN HELLS 6.6G	No	No	Y			Y															
CAMDEN WIT P ALE 24X330ML (BB)	NO	NO	Y			Y															
GUINNESS	NO	NO				Y															
ASPALL CYDER 500ML	YES	YES																			

The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
BAR + BLOCK STEAKHOUSE								
NIBBLES								
BEEF POPCORN	245	58	4.4	1.1	3.4	0.0	0.8	0.2
GRILLED FLATBREAD	1656	395	18.6	7.3	46.1	2.8	9.5	1.7
MAC + CHEESE BITES	1727	413	21.6	6.3	41.0	1.4	13.3	1.1
HONEY + MUSTARD MINI SAUSAGES	1609	384	23.5	7.9	19.7	6.8	23.2	2.1
GRAZING PLATES								
JUMBO GARLIC PRAWNS	2662	636	47.7	27.9	26.5	2.6	24.7	2.0
TANDOORI CHICKEN WINGS	2578	616	38.5	6.2	23.1	5.2	42.3	1.9
10 SHARER TANDOORI CHICKEN WINGS	5152	1231	76.9	12.4	46.2	10.4	84.5	3.8
15 SHARER TANDOORI CHICKEN WINGS	5978	1428	86.5	16.0	37.2	8.6	121.1	5.7
STICKY WINGS	1843	440	26.2	5.3	12.9	9.3	37.9	1.8
10 SHARER STICKY WINGS	3684	880	52.4	10.6	25.7	18.7	75.8	3.7
15 SHARER STICKY WINGS	4152	992	59.9	11.5	35.9	27.9	76.7	4.1
ASIAN CRISPY BEEF	2641	631	38.1	3.7	31.1	15.5	40.2	0.9
KOREAN STYLE CHICKEN WINGS	1584	378	19.2	4.4	13.7	7.4	37.5	2.2
10 SHARER KOREAN STYLE CHICKEN WINGS	3164	756	38.4	8.8	27.3	14.8	74.9	4.3
15 SHARER KOREAN STYLE CHICKEN WINGS	4745	1133	57.6	13.2	41.0	22.2	112.3	6.5
CAULI WINGS	1257	300	15.2	1.6	35.4	7.7	4.4	1.8
SALT + PEPPER SQUID	1993	476	35.8	2.9	24.4	1.7	13.4	3.3
NACHOS SHARER-	3019	721	34.2	7.9	82.2	11.3	15.5	2.1
ADD PULLED BEEF BRISKET	563	134	5.8	2.4	0.1	0.0	20.5	0.3
HOUSE SHARING BLOCK	6359	1519	79.7	25.6	112.6	26.1	85.3	6.9
EXPLORE OUR STEAKS								
BUTCHERS BLOCK								
CHATEAUBRIAND WITH CHIPS	5708	1363	76.7	39.5	56.3	5.4	106.8	9.5
10OZ SPIRAL CUT SIRLOIN	3056	730	41.0	10.2	29.6	2.3	59.3	2.9

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
CLASSIC CUTS								
ADD HOUSE SALAD	456	109	6.3	0.6	10.0	8.2	2.0	0.5
ADD CHIPS	1326	317	12.2	5.3	44.7	0.3	4.7	0.6
ADD MUSHROOM + RED WINE SAUCE	112	27	0.8	0.2	3.3	1.8	1.4	0.5
ADD PEPPERCORN SAUCE	123	29	0.7	0.4	4.1	2.2	1.5	0.7
ADD BEARNAISE SAUCE	590	141	13.8	8.5	2.9	0.6	0.8	0.6
ADD BLUE CHEESE SAUCE	1058	253	25.9	3.2	3.4	2.2	1.4	0.7
RUMP 8OZ ONLY-	1294	309	13.1	5.9	1.1	0.4	49.6	3.0
RUMP 12OZ ONLY-	1927	460	19.6	8.8	1.1	0.5	74.1	3.4
RIBEYE 8OZ ONLY-	1688	403	21.7	10.4	2.8	1.9	49.1	2.6
RIBEYE 12OZ ONLY-	2516	601	32.5	15.5	3.7	2.9	73.4	2.8
SIRLOIN 8OZ ONLY-	1332	318	14.9	6.9	1.1	0.2	45.2	2.7
SIRLOIN 12OZ ONLY-	1983	474	22.2	10.3	1.2	0.3	67.5	3.0
FILLET 8OZ ONLY-	1430	341	16.6	8.0	1.4	0.6	46.3	2.6
FILLET 12OZ ONLY-	2130	509	24.8	12.0	1.7	0.8	69.3	2.7
SPECIALITY CUTS								
10OZ SPIRAL CUT FILLET WITH CHIPS	3934	940	53.2	16.7	48.9	1.7	63.4	3.3
12OZ SPIRAL CUT RIBEYE WITH CHIPS	6982	1668	125.5	26.3	51.7	4.6	79.3	3.4
SURF + TURF WITH CHIPS	3448	824	41.6	21.4	47.2	1.0	62.8	4.0
BONE IN STEAK WITH CHIPS	5945	1420	99.2	36.5	46.8	1.1	81.1	3.8
STEAK SAMPLER WITH CHIPS NO SAUCE	3936	940	42.0	16.4	61.7	3.0	77.3	4.0
STEAK SIDES								
MAC + CHEESE	1687	403	24.5	16.8	27.2	1.3	16.9	1.8
HANDMADE BURGERS								
THE MIGHTY BLOCK	5771	1378	73.0	18.8	99.2	14.2	75.9	5.1
THE MIGHTY BLOCK WITHOUT BUN	5400	1290	75.7	17.9	75.6	19.0	71.2	5.0
TANDOORI CHICKEN	5075	1212	55.7	6.4	119.8	14.9	52.0	5.7
TANDOORI CHICKEN WITHOUT BUN	4704	1123	58.4	5.6	96.2	19.7	47.3	5.6
CLASSIC 6OZ BEEF	4687	1119	57.0	15.6	87.3	9.5	59.4	4.2
ADD CHEESE & BACON	480	115	9.0	5.0	0.1	0.0	8.3	0.8
CLASSIC 8OZ BEEF WITHOUT BUN	4316	1031	59.7	14.7	63.7	14.3	54.8	4.1
GARDEN GOURMET @ SLOPPY JOE	4370	1044	51.7	11.5	105.4	16.8	32.7	4.1
GARDEN GOURMET @ SLOPPY JOE WITHOUT BUN	3748	895	51.1	11.1	75.9	19.0	26.6	4.0
FISH								
BEER-BATTERED COD + CHIPS	4086	976	46.4	8.5	90.7	6.2	45.4	3.9
CHARGRILLED SALMON	3759	898	60.9	24.0	33.6	9.9	51.9	1.6

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
GRILLS								
CHARCOALED HALF CHICKEN ONLY-	2934	701	27.6	7.2	7.1	0.6	104.8	1.9
CHARCOALED WHOLE CHICKEN ONLY-	5853	1398	55.2	14.3	13.8	1.1	209.4	3.7
ADD BEER CAN MARINADE	301	72	1.4	0.2	14.3	11.2	0.5	0.8
ADD KOREAN SPICY BBQ SAUCE	399	95	0.8	0.1	21.4	14.1	0.5	1.6
ADD BEEF DRIPPING CHIPS	1326	317	12.2	5.3	44.7	0.3	4.7	0.6
ADD STEALTH FRIES	1372	328	13.2	1.0	46.1	0.1	4.7	1.5
ADD BAKED POTATO	1124	269	10.7	1.1	35.2	3.9	5.4	0.3
ADD MASH	2417	577	45.0	28.6	35.5	2.4	5.4	1.7
ADD SWEET POTATO FRIES	1216	290	15.0	1.5	35.7	12.7	1.1	0.7
ADD HOUSE SALAD	439	105	6.3	0.6	9.2	7.5	1.9	0.5
ADD ROCKET & PARMESAN SALAD	579	138	12.5	3.3	2.5	1.9	3.8	0.3
ADD GRILLED CORN	654	156	5.3	2.4	16.1	7.3	7.8	0.3
ADD SMOKEY COWBOY BEANS	1256	300	4.0	0.4	50.2	24.2	8.4	1.6
ADD LOADED COS WEDGE WITH CAESAR	1680	401	28.8	6.8	19.0	4.7	15.1	2.1
ADD LOADED COS WEDGE WITH BLUE CHEESE	1876	448	34.2	7.8	19.0	5.1	14.6	1.9
SMOKY MIXED GRILL	4783	1142	54.2	19.7	52.5	16.2	109.4	4.5
MINTED LAMB CHOPS	3770	900	60.2	33.2	39.6	17.6	48.3	2.6
SALADS								
BALSAMIC VEG SALAD	1676	400	21.1	1.8	37.8	10.7	11.2	1.5
CAESAR SALAD	2631	628	36.1	10.6	17.2	3.8	56.6	3.3
CHARGRILLED CHICKEN SALAD	1310	313	13.7	2.3	9.5	9.1	36.0	3.1
SIDES								
FRENCH FRIES	1372	328	13.2	1.0	46.1	0.1	4.7	1.5
BEEF DRIPPING TRIPLE-COOKED CHUNKY CHIPS	1326	317	12.2	5.3	44.7	0.3	4.7	0.6
DIRTY FRIES	1799	430	17.9	1.9	59.3	8.2	6.2	2.6
HALLOUMI FRIES	2113	505	41.4	17.7	4.3	1.3	28.0	3.0
BAKED POTATO	1124	269	10.7	1.1	35.2	3.9	5.4	0.3
BEER-BATTERED ONION RINGS	1172	280	15.0	1.2	31.3	4.2	3.8	0.7
GARLIC SPINACH	179	43	2.0	0.3	2.3	0.5	4.0	1.0
GARLIC MUSHROOMS	500	119	11.0	6.6	1.3	0.5	2.9	2.2
CHARCOAL GRILLED CORN ON THE COB	654	156	5.3	2.4	16.1	7.3	7.8	0.3
MASH + MALBEC SAUCE	2572	614	46.4	29.5	40.2	4.9	6.5	2.2
COS WEDGE WITH CAESAR	1680	401	28.8	6.8	19.0	4.7	15.1	2.1
COS WEDGE WITH BLUE CHEESE	1876	448	34.2	7.8	19.0	5.1	14.6	1.9
ROCKET + PARMESAN	384	92	6.9	2.4	3.5	2.6	3.8	0.5
HOUSE SALAD	439	105	6.3	0.6	9.2	7.5	1.9	0.5
SWEET POTATO FRIES	1216	290	15.0	1.5	35.7	12.7	1.1	0.7
SUNDAY BEST								
BEEF	5246	1253	64.7	31.6	107.7	18.8	57.0	5.9
ADD AN EXTRA SLICE	288	69	3.3	1.5	0.0	0.0	9.9	0.1
CHICKEN	7300	1744	82.5	34.2	114.3	19.1	132.0	5.4

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
PUDDINGS								
NEW YORK STYLE CHEESECAKE	1964	469	17.3	8.9	68.9	51.5	9.2	0.4
ZESTY LEMON TART	1983	474	23.1	12.3	59.5	39.4	6.4	0.6
TRIPLE CHOCOLATE BROWNIE	2735	653	25.7	13.7	93.2	73.8	9.0	0.3
ETON MESS SUNDAE	1431	342	18.9	12.2	35.3	33.8	7.0	0.2
STICKY TOFFEE PUDDING	3019	721	37.6	17.2	87.1	63.5	7.7	0.5
VEGAN CHOCOLATE TORTE	1847	441	26.7	19.1	44.5	28.9	4.7	0.5
APPLE & BLACKBERRY CRUMBLE WITH CUSTARD	2549	609	15.8	8.5	105.3	70.0	8.2	0.2
APPLE & BLACKBERRY CRUMBLE WITH ICE CREAM	2413	576	15.7	8.6	98.3	66.7	7.2	0.1
MELTING CHOCOLATE DOME	3618	864	39.4	18.4	112.5	89.0	10.9	0.4
CHOCOLATE CHURROS SUNDAE	3411	815	39.6	17.3	99.5	54.8	12.9	0.5
SIGNATURE CHOCOLATE + HAZELNUT DOME	2224	531	39.7	21.6	37.2	25.0	5.3	0.2

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
EXPRESS LUNCH MENU								
BUTTERMILK CHICKEN BURGER	4266	1019	49.9	9.4	105.6	9.8	33.7	3.9
CLASSIC 6OZ BEEF BURGER	4687	1119	57.0	15.6	87.3	9.5	59.4	4.2
ADD CHEESE	348	83	7.0	4.3	0.0	0.0	5.1	0.4
FISH & CHIP SANDWICH	3889	929	33.1	3.0	126.8	6.1	27.4	4.8
STEAK + FRITES	2832	676	36.8	14.3	47.2	0.6	39.7	3.4
STEAK SANDWICH	4144	990	46.4	9.8	98.7	6.7	42.0	3.3
SCAMPI + CHIPS	3275	782	38.9	3.1	85.4	3.9	20.3	3.4
OPEN CLUB SANDWICH	4118	983	45.0	7.0	95.4	5.6	44.6	4.4
BALSAMIC VEGETABLE SALAD	1676	400	21.1	1.8	37.8	10.7	11.2	1.5
SIDES								
FRENCH FRIES	1372	328	13.2	1.0	46.1	0.1	4.7	1.5
BEEF DRIPPING TRIPLE-COOKED CHUNKY CHIPS	1326	317	12.2	5.3	44.7	0.3	4.7	0.6
DIRTY FRIES	1799	430	17.9	1.9	59.3	8.2	6.2	2.6
HALLOUMI FRIES	2113	505	41.4	17.7	4.3	1.3	28.0	3.0
MASH + MALBEC SAUCE	2572	614	46.4	29.5	40.2	4.9	6.5	2.2
BAKED POTATO	1124	269	10.7	1.1	35.2	3.9	5.4	0.3
BEER-BATTERED ONION RINGS	1172	280	15.0	1.2	31.3	4.2	3.8	0.7
GARLIC SPINACH	179	43	2.0	0.3	2.3	0.5	4.0	1.0
GARLIC MUSHROOMS	500	119	11.0	6.6	1.3	0.5	2.9	2.2
COS WEDGE WITH CAESAR	1680	401	28.8	6.8	19.0	4.7	15.1	2.1
COS WEDGE WITH BLUE CHEESE	1876	448	34.2	7.8	19.0	5.1	14.6	1.9
CHARCOAL GRILLED CORN ON THE COB	654	156	5.3	2.4	16.1	7.3	7.8	0.3
ROCKET + PARMESAN	384	92	6.9	2.4	3.5	2.6	3.8	0.5
HOUSE SALAD	439	105	6.3	0.6	9.2	7.5	1.9	0.5
MAC + CHEESE	1687	403	24.5	16.8	27.2	1.3	16.9	1.8

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
BAR SNACKS								
GARLIC FLATBREAD	1656	395	18.6	7.3	46.1	2.8	9.5	1.7
HONEY + MUSTARD MINI SAUSAGES	1609	384	23.5	7.9	19.7	6.8	23.2	2.1
MAC + CHEESE BITES	1727	413	21.6	6.3	41.0	1.4	13.3	1.1
TANDOORI CHICKEN WINGS	2578	616	38.5	6.2	23.1	5.2	42.3	1.9
10 SHARER TANDOORI CHICKEN WINGS	5152	1231	76.9	12.4	46.2	10.4	84.5	3.8
15 SHARER TANDOORI CHICKEN WINGS	5978	1428	86.5	16.0	37.2	8.6	121.1	5.7
STICKY WINGS	1843	440	26.2	5.3	12.9	9.3	37.9	1.8
10 SHARER STICKY WINGS	3684	880	52.4	10.6	25.7	18.7	75.8	3.7
15 SHARER STICKY WINGS	4152	992	59.9	11.5	35.9	27.9	76.7	4.1
KOREAN STYLE CHICKEN WINGS	1584	378	19.2	4.4	13.7	7.4	37.5	2.2
10 SHARER KOREAN STYLE CHICKEN WINGS	3164	756	38.4	8.8	27.3	14.8	74.9	4.3
15 SHARER KOREAN STYLE CHICKEN WINGS	4745	1133	57.6	13.2	41.0	22.2	112.3	6.5
ASIAN CRISPY BEEF	2641	631	38.1	3.7	31.1	15.5	40.2	0.9
JUMBO GARLIC PRAWNS	2662	636	47.7	27.9	26.5	2.6	24.7	2.0
NACHOS SHARER-	3019	721	34.2	7.9	82.2	11.3	15.5	2.1
ADD PULLED BEEF BRISKET	563	134	5.8	2.4	0.1	0.0	20.5	0.3
SALT + PEPPER SQUID	1993	476	35.8	2.9	24.4	1.7	13.4	3.3
CAULI WINGS	1257	300	15.2	1.6	35.4	7.7	4.4	1.8
HOUSE SHARING BLOCK	6359	1519	79.7	25.6	112.6	26.1	85.3	6.9
THE MIGHTY BLOCK	5430	1297	66.7	18.2	94.2	13.8	75.0	5.1
THE MIGHTY BLOCK WITHOUT BUN	5059	1208	69.4	17.4	70.6	18.6	70.3	5.0
CLASSIC 6OZ BEEF	4687	1119	57.0	15.6	87.3	9.5	59.4	4.2
ADD CHEESE & BACON	480	115	9.0	5.0	0.1	0.0	8.3	0.8
CLASSIC 8OZ BEEF WITHOUT BUN	4316	1031	59.7	14.7	63.7	14.3	54.8	4.1
GARDEN GOURMET® SLOPPY JOE	4370	1044	51.7	11.5	105.4	16.8	32.7	4.1
GARDEN GOURMET® SLOPPY JOE WITHOUT BUN	3748	895	51.1	11.1	75.9	19.0	26.6	4.0
TANDOORI CHICKEN	5075	1212	55.7	6.4	119.8	14.9	52.0	5.7
TANDOORI CHICKEN WITHOUT BUN	4704	1123	58.4	5.6	96.2	19.7	47.3	5.6
FRENCH FRIES	1372	328	13.2	1.0	46.1	0.1	4.7	1.5
HALLOUMI FRIES	2113	505	41.4	17.7	4.3	1.3	28.0	3.0
BEEF DRIPPING TRIPLE-COOKED CHUNKY CHIPS	1326	317	12.2	5.3	44.7	0.3	4.7	0.6
DIRTY FRIES	1799	430	17.9	1.9	59.3	8.2	6.2	2.6
BEER-BATTERED ONION RINGS	1172	280	15.0	1.2	31.3	4.2	3.8	0.7

The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
B&B KIDS MENU								
TO START								
VEGGIE STICKS	116	28	0.6	0.1	3.8	3.5	1.3	0.2
BUILD YOUR OWN MAINS								
MINI STEAK & FRITES	1223	292	12.2	3.4	19.8	0.2	26.6	1.0
GRILLED CHICKEN & SALAD	1242	297	9.2	1.1	29.1	6.3	23.0	1.4
TEN VEG TOMATO PASTA	1576	376	7.7	0.9	62.2	7.8	11.8	1.0
MINI COD & CHIPS	1747	417	21.2	1.6	41.3	2.0	14.2	1.7
BEEF BURGER	2498	597	27.6	9.5	44.9	1.8	38.6	1.4
SPAGHETTI BOLOGNESE	2077	496	9.7	2.5	73.4	8.3	25.8	0.6
PICK TWO YUMMY SIDES								
MINI CORN ON THE COB	100	24	0.6	0.1	2.9	0.8	1.1	0.0
BAKED BEANS	174	41	0.1	0.0	6.7	2.7	2.5	0.3
PEAS	197	47	0.4	0.1	6.3	3.3	3.1	0.0
VEGGIE STICKS	67	16	0.1	0.0	2.8	2.7	0.4	0.0
HOUSE SALAD	229	55	3.2	0.3	4.9	4.1	1.1	0.2
SWAP YOUR SPUDS								
CHIPS	588	140	5.7	0.4	19.8	0.1	2.0	0.6
MASHED POTATO	459	110	3.8	2.3	15.7	1.0	2.3	0.5
DESSERTS								
ICE CREAM	620	148	6.3	3.4	16.8	14.6	4.5	0.2
FRUIT SALAD	232	55	0.1	0.1	12.1	12.1	0.6	0.1
PANCAKE WITH FRUIT	781	187	3.2	0.4	34.3	19.4	4.2	0.3

The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
PREMIER INN BREAKFAST MENU								
UNLIMITED COOKED BREAKFAST per item or as specified								
Bacon	207	49	3.0	1.2	0.1	0.1	5.4	0.8
BREAKFAST SAUSAGE	479	114	7.4	2.6	2.9	0.6	8.7	0.5
GARDEN GOURMET SAUSAGE	293	70	4.1	1.8	1.6	0.4	5.5	0.4
EGGS SCRAMBLED per 100g	1028	245	22.6	12.1	1.1	1.1	9.6	0.2
EGGS FRIED	452	108	8.5	1.8	0.1	0.1	7.9	0.0
EGGS POACHED	332	79	5.8	1.7	0.0	0.0	6.8	0.2
EGG BOILED	341	82	5.8	1.7	0.0	0.0	6.8	0.2
HASH BROWNS	420	100	5.3	2.2	12.8	0.3	1.0	0.3
Black Pudding per slice	509	122	8.1	3.0	5.5	0.1	6.6	0.9
CLOSED CUP MUSHROOMS per 100g	244	58	5.4	0.4	0.3	0.2	1.5	0.3
GRILLED TOMATO per half	117	28	2.1	0.2	1.6	1.6	0.4	0.0
BEANS per 100g	310	74	0.2	0.0	11.9	4.8	4.4	0.5
UNLIMITED CONTINENTAL								
BAKERY per item								
CROISSANT	850	203	12.1	7.7	19.4	3.1	3.8	0.3
MINI PAIN AU CHOCOLAT	821	196	11.1	7.2	19.7	6.2	3.6	0.3
CHOC CHIP MUFFIN	1134	271	13.1	2.6	35.5	17.3	2.5	0.2
BLUEBERRY MUFFIN	1047	250	11.3	1.1	34.3	17.6	2.4	0.2
PLAIN BAGEL	1062	254	1.4	0.2	50.0	4.5	9.0	0.7
SOURDOUGH CRUMPETS	366	88	0.4	0.1	17.6	0.8	2.9	0.6
WHITE SANDWICH BREAD	378	90	1.0	0.2	16.9	1.0	3.0	0.3
MALTED SANDWICH BREAD	379	91	0.8	0.1	16.5	0.7	3.5	0.3
GLUTEN FREE BREAD SLICE	353	84	1.7	0.1	13.7	0.3	2.2	0.4
REDUCED SUGAR PANCAKE	402	96	3.0	0.4	14.3	1.0	2.7	0.3

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
PRESERVE, SPREADS & JAM per item								
NUTELLA CHOCOLATE SPREAD PORTIONS	338	81	4.6	1.6	8.6	8.4	0.9	0.0
ORANGE MARMALADE PORTIONS	140	33	0.0	0.0	8.3	8.1	0.0	0.0
HONEY PORTION	274	65	0.0	0.0	16.2	15.0	0.1	0.0
MIXED JAM CASE	141	34	0.0	0.0	8.3	7.0	0.0	0.0
MARMITE PORTIONS	87	21	0.0	0.0	2.4	0.1	2.7	0.9
MAPLE SYRUP PORTIONS	262	63	0.1	0.0	15.3	15.3	0.1	0.2
PEANUT BUTTER	337	81	6.0	1.2	2.4	1.4	3.5	0.1
SUNFLOWER SPREAD	178	43	4.7	1.1	0.0	0.0	0.0	0.1
SALTED BUTTER PORTIONS	192	46	5.0	3.2	0.0	0.0	0.0	0.1
FRUITS per items								
BANANA MED LARGE	785	188	0.5	0.2	42.5	38.2	2.2	0.1
APPLES GREEN	283	68	0.1	0.0	15.0	15.0	0.4	0.0
EASY PEELERS	192	46	0.1	0.0	10.8	10.8	1.1	0.0
FRUIT BERRY MIX	117	28	0.0	0.0	5.9	5.8	1.1	0.0
FRUIT SALAD	209	50	0.1	0.0	10.8	10.8	0.6	0.0
YOGHURTS & CEREALS per item or as specified								
GREEK STYLE YOGHURT	327	78	0.0	0.0	8.1	8.1	11.4	0.3
STRAWBERRY YOGHURT	482	115	4.7	3.1	12.7	12.4	5.5	0.2
KELLOGG'S MUESLI FRUIT per 45g	695	166	2.3	0.4	30.2	8.1	4.2	0.0
COCO POPS per 30g	482	115	0.6	0.3	25.2	5.1	1.9	0.2
CORNFLAKES per 30g	475	113	0.3	0.1	25.2	2.4	2.1	0.3
WEETABIX per 2 biscuits	568	136	0.8	0.2	25.9	1.7	4.5	0.1
GRANOLA QUAKER OAT RAISIN per 30g	525	125	2.8	0.4	21.3	6.9	2.4	0.0
SPECIAL K per 30g	471	113	0.5	0.1	23.7	4.5	2.7	0.3
RICE KRISPIES per 30g	482	115	0.5	0.1	25.5	2.4	2.1	0.3
PORRIDGE WITH COWS MILK as made	1413	337	9.3	4.0	44.4	14.6	16.4	0.3
PORRIDGE WITH SOYA MILK DRINK as made	1357	324	10.2	1.6	38.4	8.0	16.4	0.2
MILKS per 100ml								
MILK SEMI SKIMMED 4 X 2LTR	194	46	1.6	1.1	4.7	4.7	3.3	0.1
WHOLE MILK	270	64	3.6	2.3	4.6	4.6	3.4	0.1
SOYA DRINK	176	42	1.9	0.3	2.7	2.5	3.3	0.1
UNLIMITED DRINKS Per 100ml or Sachet								
TEAS	SEE MANUFACTURERS WEBSITES OR PACK							
COFFEES	SEE COSTA COFFEE WEBSITE FOR SPECIFIC DRINKS							
SILVERSPOON DEM SACHETS	58	14	0.0	0.0	3.5	3.5	0.0	0.0
SWEET N LOW	15	4	0.0	0.0	0.9	0.0	0.0	0.0
SILVERSPOON WHT SACHETS	59	14	0.0	0.0	3.5	3.5	0.0	0.0
APPLE JUICE	197	47	0.0	0.0	11.2	11.2	0.1	0.0
CRANBERRY JUICE DRINK	84	20	0.0	0.0	4.5	4.5	0.0	0.0
ORANGE JUICE	193	46	0.0	0.0	10.4	10.4	0.5	0.0