

Bar + Block Steakhouse

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

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 REOPENING MENU								
Main Menu								
Popcorn	245	58	4.4	1.1	3.4	0.0	0.8	0.2
Nibbles								
Honey & Mustard Mini Sausages	1031	246	15.1	5.2	12.0	3.6	15.4	1.4
Grazing Plates								
Korean BBQ Pork Ribs	961	230	11.5	4.3	11.3	9.4	18.3	1.3
Mac & Cheese Bites	1727	413	21.6	6.3	41.0	1.4	13.3	1.1
Cauliflower Wings	1257	300	15.2	1.6	35.4	7.7	4.4	1.8
Salt & Pepper Squid	2593	619	46.0	4.5	33.8	3.0	15.6	8.2
Middles Eastern King Prawns	1709	408	21.5	9.5	28.7	6.2	23.8	2.6
Asian Crispy Beef	1257	300	10.1	3.1	18.2	15.7	33.3	1.2
Trash Can Nachos Sharer	3542	846	38.2	9.9	99.7	14.0	21.3	2.8
Add Pulled Beef Brisket	568	136	6.0	2.5	0.1	0.1	20.3	0.1
House Sharing Block	5304	1267	64.8	22.4	105.9	24.9	60.7	5.5
Style Your Steak								
Classic Cuts								
Rump 8oz with Salad	1727	413	19.3	6.5	10.0	7.6	51.4	1.5
Rump 12oz with Salad	2361	564	25.8	9.4	10.2	7.9	76.0	1.9
Ribeye 8oz with Salad	2121	507	28.0	11.0	11.8	9.2	51.0	1.1
Ribeye 12oz with Salad	2949	704	38.8	16.2	12.7	10.1	75.3	1.2
Sirloin 8oz with Salad	1765	421	21.1	7.5	10.1	7.5	47.0	1.2
Sirloin 12oz with Salad	2416	577	28.5	11.0	10.1	7.6	69.4	1.4
Fillet 8oz with Salad	1862	445	22.9	8.6	10.4	7.8	48.2	1.0
Fillet 12oz with Salad	2562	612	31.1	12.6	10.7	8.1	71.1	1.2
Add Chips	1326	317	12.2	5.3	44.7	0.3	4.7	0.6
Sauces								
Stroganoff	290	69	5.5	3.4	3.2	1.4	1.3	0.7
Mushroom, Red Wine & Pancetta	112	27	0.8	0.2	3.3	1.8	1.4	0.5
Creamy Peppercorn	123	29	0.7	0.4	4.1	2.2	1.5	0.7
Bearnaise	423	101	9.9	6.1	2.1	0.5	0.6	0.4
Blue Cheese	281	67	4.4	2.6	5.0	1.2	1.6	0.9

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Sides								
French Fries	1372	328	13.2	1.0	46.1	0.1	4.7	1.5
Beef Dripping 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	1244	297	19.7	6.6	18.4	1.3	10.5	1.6
Baked Potato	1431	342	10.7	1.1	50.9	4.9	7.0	0.3
Beer-Battered Onion Rings	1172	280	15.0	1.2	31.3	4.2	3.8	0.7
Mac & Cheese	1687	403	24.5	16.8	27.2	1.3	16.9	1.8
Tenderstem Broccoli & Hollandaise	654	156	11.4	4.9	5.4	2.9	6.2	0.4
Garlic Spinach	183	44	2.0	0.3	2.3	0.5	4.0	1.0
Garlic Mushrooms	501	120	11.0	6.6	1.3	0.5	2.9	2.2
Rocket & Parmesan Salad	579	138	12.5	3.3	2.5	1.9	3.8	0.3
House Salad	433	103	6.3	0.6	9.0	7.3	1.9	0.5
Speciality Cuts								
10oz Spiral Cut Fillet with Chips	3932	939	53.1	16.7	48.9	1.7	63.3	1.3
12oz Spiral Cut Ribeye with Chips	7244	1730	132.0	26.7	52.1	4.8	79.6	1.4
Surf & Turf with Chips	3489	833	43.4	22.4	46.0	0.7	62.5	2.7
Steak Sampler with chips	4121	984	45.0	18.2	64.7	3.8	78.3	4.5
Handmade Burgers								
The Mighty Block Burger	6252	1493	78.2	22.7	99.7	12.9	91.9	5.2
The Mighty Block Burger without Bun	5730	1369	80.3	21.6	69.9	16.3	86.2	5.0
Classic 8oz Beef Burger	5366	1282	65.3	19.7	91.8	9.6	76.1	4.6
Classic 8oz Beef Burger without Bun	4844	1157	67.4	18.6	62.0	13.0	70.4	4.4
Add Cheese & Bacon	480	115	9.0	5.0	0.1	0.0	8.3	0.8
Vegan Sloppy Joe Burger	4349	1039	51.5	9.2	103.4	15.0	35.5	3.6
Vegan Sloppy Joe Burger without Bun	3704	885	50.9	8.8	72.8	16.2	29.3	3.5
Tandoori Chicken Burger	4174	997	39.2	5.7	106.4	10.9	49.6	5.8
Tandoori Chicken Burger without Bun	3652	872	41.3	4.6	76.6	14.3	43.8	5.6
Grills								
Smoky Mixed Grill	3775	902	36.0	13.1	48.1	13.5	94.5	3.4
Beer Can Chicken	5261	1257	51.7	9.3	83.0	14.0	111.8	4.5
Chargrilled Lamb Chops	3519	841	54.9	29.6	37.3	17.2	47.6	2.5
Sunday Best- Rump for 1	5395	1289	59.4	27.1	126.3	21.6	60.4	6.0
Add extra meat Per Person	280	67	2.9	1.3	0.0	0.1	10.9	0.2
Sunday Best- Chicken	6744	1611	71.4	28.6	131.2	21.7	106.3	4.9
Salads								
Grilled Veg with Balsamic & Mixed Grains Sml	947	226	13.8	1.4	18.3	5.1	5.4	0.6
Grilled Veg with Balsamic & Mixed Grains Lrg	1807	432	25.6	2.6	36.3	10.0	10.5	1.3
Caesar Salad Small	1346	322	20.0	6.3	3.5	1.7	30.8	1.7
Caesar Salad Large	2271	542	32.0	9.6	6.9	3.4	54.9	3.1
Chargrilled Chicken Salad Small	675	161	6.9	1.2	5.5	5.3	18.2	1.6
Chargrilled Chicken Salad Large	1308	312	13.7	2.4	9.4	9.1	35.9	3.1

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Fish								
Beer-Battered Cod Chips	3959	945	45.2	8.6	85.2	4.9	44.0	3.8
Trio of Fish	2188	523	22.7	7.6	27.7	9.8	50.7	2.7
Puddings								
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	1433	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
Chocolate Torte	1847	441	26.7	19.1	44.5	28.9	4.7	0.5
Melting Chocolate Dome	3643	870	40.7	19.2	111.7	88.3	10.7	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
Meringue Kisses	2498	597	42.6	28.4	47.9	45.9	4.1	0.6
Express Lunch Menu								
Steak Sandwich	4208	1005	49.1	10.0	96.9	6.6	41.6	3.2
Steak & Frites	2834	677	36.8	13.8	47.1	0.6	39.7	3.3
Classic 6oz Beef Burger	4721	1128	55.6	15.7	91.7	9.4	60.3	4.3
Add Cheese	348	83	7.0	4.3	0.0	0.0	5.1	0.4
Buttermilk Chicken Burger	4458	1065	50.4	9.7	112.5	9.8	36.8	4.1
Open Club Sandwich	4145	990	46.0	7.1	95.4	5.6	44.6	4.4
Scampi & Chips	3273	782	38.9	3.1	85.3	3.8	20.3	3.4
Fish Finger Sandwich	3967	947	33.3	3.2	129.0	5.6	28.3	4.8
Grilled Veg with Balsamic & Mixed Grains	1807	432	25.6	2.6	36.3	10.0	10.5	1.3
Halloumi Fries	1244	297	19.7	6.6	18.4	1.3	10.5	1.6
Kids								
To Start								
Veggie Sticks	196	47	1.7	0.7	5.7	5.3	1.5	0.3
Mains								
Mini Steak & Frites	1640	392	14.4	3.6	32.7	3.5	30.4	1.3
Grilled Chicken & Salad	1222	292	9.9	1.7	27.8	5.8	22.5	1.4
Ten Veg Tomato Pasta	2000	478	14.6	5.2	63.5	8.0	12.1	1.1
Beef Burger & Fries	3192	763	29.6	9.6	52.2	2.5	39.5	1.6
Mini Cod & Chips	1628	389	25.7	5.5	63.7	5.5	19.1	1.5
Spaghetti Bolognese	2410	576	16.6	6.8	74.8	8.5	26.1	0.8
House Salad	216	52	3.1	0.3	4.5	3.6	0.9	0.2
Desserts								
Ice Cream	686	164	7.0	3.9	21.7	19.5	3.9	0.1
Fruit Salad	335	80	0.2	0.1	16.7	15.3	1.1	0.0
Pancake with Fruit	757	181	3.2	0.4	31.5	16.8	4.0	0.3

Ingredient/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?	
MAIN MENU																											
NIBBLES																											
POPCORN																										No	No
Popcorn BB CP (10001658)																										Yes	Yes
Beef Dripping (54419)																										No	No
Beef Seasoning (53944, 10002201)																										No	No
HONEY & MUSTARD MINI SAUSAGES	Yes						Yes						Yes			Yes										No	Yes
Honey & Mustard Dressing (10000049)							Yes						Yes													No	Yes
PI Breakfast Pork Sausage (10001400)	Yes															Yes										No	No
GRAZING PLATES																											
KOREAN BBQ PORK RIBS	Yes					Yes																				No	No
Mini Pork Riblets (10001527)																										No	No
Fresh Herbs Coriander (54239)																										Yes	Yes
Korean Spicy BBQ Sauce (54585)	Yes					Yes																				Yes	Yes
Onions Spring Bunch (54250)																										Yes	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
CAULIFLOWER WINGS	Yes																									Yes	Yes
Battered Cauliflower Wings (10001910)	Yes																									Yes	Yes
Fresh Herbs Flat Parsley (54241)																										Yes	Yes
Red Pepper & Harrisa Sauce (10001427)																										Yes	Yes

Ingredient/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 Flat Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Lemon Garlic Mayo (10000623)						Yes																				No	Yes
Lemons (54602, 54722)																										No	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
MIDDLE EASTERN PRAWNS	Yes						Yes		Yes																	No	No
Harissa & Red Pepper Sauce (10001427)																										Yes	Yes
King Prawns Vietnamese (10001555)										Yes																No	No
Flatbread Hand Pressed (54502)	Yes						Yes																			No	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Fresh Herbs Flat Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	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 (54157)																										No	No

Ingredient/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?	
TRASH CAN NACHOS SHARER	Yes		Yes			Yes					Yes	Yes			Yes										No	Yes	
Spicy Beans Vegetarian (10001906)	Yes		Yes			Yes					Yes	Yes														No	Yes
8 Inch Tortilla (54030)	Yes																									Yes	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 (54223)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
White Wine Vinegar (53825)															Yes											Yes	Yes
ADD PULLED BEEF BRISKET																										No	No
Pulled Beef Brisket (54157)																										No	No

Bar + Block Reopening Menus Allergy May 2021

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HOUSE SHARING BLOCK	Yes				Yes	Yes							Yes			Yes									No	No	
Mini Pork Riblets (10001527)																										No	No
Baking Potatoes (10000355)																										Yes	Yes
Buttermilk Chicken Goujons (54586)	Yes					Yes																				No	No
Flatbread Hand Pressed (54502)	Yes					Yes																				No	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Fresh Herbs Flat Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Honey & Mustard Dressing (10000049)						Yes							Yes													No	Yes
Korean Spicy BBQ Sauce (54585)	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

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CLASSIC CUTS steaks are shown without sides and sauce																											
BEEF DRIPPING CHIPS																										No	No
Beef Dripping (54419)																										No	No
Premium Chip (10001031)																										Yes	Yes
HOUSE SALAD													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 (54223)																										Yes	Yes
Pepper Red Cat II (54226, 10000329)																										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
RUMP 8OZ ONLY																										No	No
BB Angus Rump Heart (10002146)																										No	No
Samphire (10068447)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
RUMP 12OZ ONLY																										No	No
BB Angus Rump Heart (10002146)																										No	No
Samphire (10068447)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
RIBEYE 8OZ ONLY																										No	No
BB Angus Ribeye (10002148)																										No	No
Samphire (10068447)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

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RIBEYE 12OZ ONLY																									No	No	
BB Angus Ribeye (10002148)																										No	No
Samphire (10068447)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
SIRLOIN 8OZ ONLY																										No	No
BB Angus Sirloin (10002145)																										No	No
Samphire (10068447)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
SIRLOIN 12OZ ONLY																										No	No
BB Angus Sirloin (10002145)																										No	No
Samphire (10068447)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
FILLET 8OZ ONLY																										No	No
BB Angus Fillet (10002144)																										No	No
Samphire (10068447)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
FILLET 12OZ ONLY																										No	No
BB Angus Fillet (10002144)																										No	No
Samphire (10068447)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Ingredient/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?	
SAUCES																											
STROGANOFF						Yes					Yes	Yes														No	No
Stroganoff Sauce (10001764)						Yes					Yes	Yes														No	No
MUSHROOM, RED WINE & PANCETTA																										No	No
Mushroom Bacon Jus (10000619)																										No	No
CREAMY PEPPERCORN	Yes					Yes					Yes															No	No
Peppercorn Sauce Small (50948)	Yes					Yes					Yes															No	No
BEARNAISE						Yes	Yes									Yes										No	Yes
Hollandaise Sauce (10001762)						Yes	Yes									Yes										No	Yes
Fresh Herbs Tarragon (54246)																										Yes	Yes
BLUE CHEESE						Yes					Yes				Yes											No	No
Moo Blue Sauce (10001776)						Yes					Yes				Yes											No	No
SIDES																											
FRENCH FRIES																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
BEEF DRIPPING TRIPLE-COOKED CHIPS																										No	No
Beef Dripping (54419)																										No	No
Premium Chip (10001031)																										Yes	Yes

Ingredient/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?	
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 (54585)	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	Yes																				No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Halloumi Fries	Yes				Yes	Yes																				No	Yes
BAKED POTATO						Yes	Yes																			No	Yes
Baking Potatoes (10000355)																										Yes	Yes
Fresh Herbs Chives (54238)																										Yes	Yes
Fresh Herbs Flat Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Greek Yoghurt 150G (53510)							Yes																			No	Yes
Lemon Garlic Mayo (10000623)						Yes																				No	Yes
Table Salt (48046, 54744)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
BEER-BATTERED ONION RINGS	Yes																									No	Yes
Beer Battered Onion Rings (10001075)	Yes																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										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

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Ingredient/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?	
TENDERSTEM BROCCOLI & HOLLANDAISE						Yes	Yes									Yes									No	Yes	
Hollandaise Sauce (10001762)						Yes	Yes									Yes										No	Yes
Tender Stem Broccoli (10000524)																										Yes	Yes
GARLIC SPINACH																										Yes	Yes
Spinach (10001511)																										Yes	Yes
Extra Virgin Olive Oil (54377)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
GARLIC MUSHROOMS							Yes																			No	Yes
Fresh Herbs Flat Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Mushroom Cup (54218)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
ROCKET & PARMESAN SALAD							Yes						Yes			Yes										No	No
Parmesan (10001839)							Yes																			No	No
Balsamic Dressing (10000062)																Yes										Yes	Yes
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 (54223)																										Yes	Yes
Pepper Red Cat II (54226, 10000329)																										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Tomato M (54216)																										Yes	Yes

Ingredient/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?		
SPECIALITY CUTS																												
100Z 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 Flat Parsley (54241)																										Yes	Yes	
Fresh Herbs Flat Parsley (54241)																										Yes	Yes	
Garlic Peeled (10068422)																										Yes	Yes	
Garlic Peeled (10068422)																										Yes	Yes	
Onions Red (54223)																										Yes	Yes	
Premium Chip (10001031)																										Yes	Yes	
Samphire (10068447)																										Yes	Yes	
Table Salt (48046, 54744)																										Yes	Yes	
White Wine Vinegar (53825)																Yes										Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes	

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Ingredient/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
Crushed Chillies (54721)																										Yes	Yes
Dried Oregano (10000421)																										Yes	Yes
Fresh Herbs Flat Parsley (54241)																										Yes	Yes
Fresh Herbs Flat Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Onions Red (54223)																										Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Samphire (10068447)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
White Wine Vinegar (53825)																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 Flat Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
MSC Lobster Tails (10001038)									Yes																	No	No
Premium Chip (10001031)																										Yes	Yes
Samphire (10068447)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes

Ingredient/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?	
STEAK SAMPLER WITH CHIPS NO SAUCE	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
Premium Chip (10001031)																										Yes	Yes
Samphire (10068447)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

HANDMADE BURGERS																											
THE MIGHTY BLOCK BURGER	Yes					Yes	Yes							Yes												No	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 (54223)																										Yes	Yes
Onions Red (54223)																										Yes	Yes
Paprika Pepper (48048)																										Yes	Yes
Pickled Cucumber Spears (53016)														Yes												No	Yes
Plain Flour (52330)	Yes																									Yes	Yes
Pulled Beef Brisket (54157)																										No	No
Stealth Fries (52190)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Table Salt (48046, 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

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Ingredient/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 BURGER WITHOUT BUN	Yes					Yes							Yes			Yes									No	No
Semi Skimmed Milk (10001941)						Yes																			No	Yes
Nacho Cheese Sauce (10001897)						Yes																			No	Yes
Burger Trim (10001694)																									No	No
Carrots Medium (54609)																									Yes	Yes
Cucumber Half Slice (54220)																									Yes	Yes
Fat For Burger (10001695)																									No	No
French Dressing (53514)													Yes			Yes									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (54223)																									Yes	Yes
Onions Red (54223)																									Yes	Yes
Onions Red (54223)																									Yes	Yes
Paprika Pepper (48048)																									Yes	Yes
Pepper Red Cat II (54226, 10000329)																									Yes	Yes
Pickled Cucumber Spears (53016)													Yes												No	Yes
Plain Flour (52330)	Yes																								Yes	Yes
Pulled Beef Brisket (54157)																									No	No
Rocket Leaf (54258)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Table Salt (48046, 54744)																									Yes	Yes
Table Salt (48046, 54744)																									Yes	Yes
Tomato M (54216)																									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

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Ingredient/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 8OZ BEEF BURGER	Yes					Yes	Yes						Yes												No	No	
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 (54223)																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Vegan Burger Sauce (10002205)													Yes													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
CLASSIC 8OZ BEEF BURGER WITHOUT BUN													Yes			Yes										No	No
Burger Trim (10001694)																										No	No
Carrots Medium (54609)																										Yes	Yes
Cucumber Half Slice (54220)																										Yes	Yes
Fat For Burger (10001695)																										No	No
French Dressing (53514)												Yes				Yes										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Onions Red (54223)																										Yes	Yes
Pepper Red Cat II (54226, 10000329)																										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Vegan Burger Sauce (10002205)													Yes													Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

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Ingredient/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?	
VEGAN SLOPPY JOE BURGER	Yes	Yes	Yes	Yes	Yes						Yes	Yes													Yes	Yes	
Sloppy Joes Vegan (10001740)			Yes		Yes						Yes															Yes	Yes
Beyond Meat Burger (10001749)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Onions Red (54223)																										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
VEGAN SLOPPY JOE BURGER WITHOUT BUN			Yes		Yes						Yes	Yes				Yes										Yes	Yes
Sloppy Joes Vegan (10001740)			Yes		Yes						Yes															Yes	Yes
Beyond Meat Burger (10001749)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Onions Red (54223)																										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
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 (54223)																										Yes	Yes
Pepper Red Cat II (54226, 10000329)																										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Tomato M (54216)																										Yes	Yes

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Ingredient/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 BURGER	Yes					Yes	Yes						Yes												No	No
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 150G (53510)							Yes																		No	Yes
Lemons (54602, 54722)																									No	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (54223)																									Yes	Yes
Onions Red (54223)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Plain Flour (52330)	Yes																								Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Table Salt (48046, 54744)																									Yes	Yes
Table Salt (48046, 54744)																									Yes	Yes
Table Salt (48046, 54744)																									Yes	Yes
Tandoori Rub (10000048)													Yes												No	Yes
Tandoori Rub (10000048)													Yes												No	Yes
Tomato M (54216)																									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

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TANDOORI CHICKEN BURGER WITHOUT BUN	Yes					Yes	Yes						Yes			Yes									No	No	
Carrots Medium (54609)																										Yes	Yes
Cucumber Half Slice (54220)																										Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
Extra Virgin Olive Oil (54377)																										Yes	Yes
French Dressing (53514)													Yes			Yes										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Greek Yoghurt 150G (53510)							Yes																			No	Yes
Lemons (54602, 54722)																										No	Yes
Lettuce Cos (54222)																										Yes	Yes
Onions Red (54223)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Pepper Red Cat II (54226, 10000329)																										Yes	Yes
Plain Flour (52330)	Yes																									Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Tandoori Rub (10000048)													Yes													No	Yes
Tomato M (54216)																										Yes	Yes
Tomato M (54216)																										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

Bar + Block Reopening Menus Allergy May 2021

Ingredient/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?	
GRILLS																											
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 (54223)																										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
White Wine Vinegar (53825)															Yes											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
BEER CAN CHICKEN	Yes	Yes									Yes															No	No
Beer Can Marinade (10001885)		Yes									Yes															Yes	Yes
Half Chicken with Stock (10001930)																										No	No
Extra Virgin Olive Oil (54377)																										Yes	Yes
Beer Battered Onion Rings (10001075)	Yes																									Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Ingredient/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?	
CHARGRILLED LAMB CHOPS						Yes																			No	No	
Lamb Chops (10001879)																										No	No
Cherry Tomatoes (10000328)																										Yes	Yes
Feta Cheese (10000069)						Yes																				No	Yes
Fresh Herbs Flat 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
Red Pepper & Harrisia Sauce (10001427)																										Yes	Yes

Bar + Block Reopening Menus Allergy May 2021

Ingredient/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?	
SUNDAY BEST																											
SLICED RUMP	Yes					Yes	Yes					Yes														No	No
BB Angus Rump Heart (10002146)																										No	No
BB Angus Rump Heart (10002146)																										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
Peas Grade A (53692)																										Yes	Yes
Potatoes Roast Cut (10002273)																										Yes	Yes
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																			No	Yes
Table Salt (48046, 54744)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Tender Stem 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

Bar + Block Reopening Menus Allergy May 2021

Ingredient/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?	
HALF CHICKEN	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
Peas Grade A (53692)																										Yes	Yes
Potatoes Roast Cut (10002273)																										Yes	Yes
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																			No	Yes
Table Salt (48046, 54744)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Tender Stem 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/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																											
GRILLED VEG WITH BALSAMIC & MIXED GRAINS SML																Yes										Yes	Yes
Balsamic Dressing (10000062)																Yes										Yes	Yes
Mixed Grains NEW																										Yes	Yes
Mushroom Flat (54219)																										Yes	Yes
Onions Red (54223)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Pepper Red Cat II (54226, 10000329)																										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Tender Stem Broccoli (10000524)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
GRILLED VEG WITH BALSAMIC & MIXED GRAINS LGE																Yes										Yes	Yes
Balsamic Dressing (10000062)																Yes										Yes	Yes
Mixed Grains NEW																										Yes	Yes
Mushroom Flat (54219)																										Yes	Yes
Onions Red (54223)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Pepper Red Cat II (54226, 10000329)																										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Tender Stem Broccoli (10000524)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
CAESAR SALAD SML	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
Raw Chicken Fillet (10001118)																										No	No

Bar + Block Reopening Menus Allergy May 2021

Ingredient/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?
CAESAR SALAD LGE	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
Raw Chicken Fillet (10001118)																									No	No
CHARGRILLED CHICKEN SALAD SML																									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
Rocket Leaf (54258)																									Yes	Yes
Table Salt (48046, 54744)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Raw Chicken Fillet (10001118)																									No	No
CHARGRILLED CHICKEN SALAD LGE																									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
Rocket Leaf (54258)																									Yes	Yes
Table Salt (48046, 54744)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Raw Chicken Fillet (10001118)																									No	No

Ingredient/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 Flat Parsley (54241)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Lemons (54602, 54722)																										No	Yes
Mayonnaise Light (54568, 52925)						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 (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
TRIO OF FISH																											
Trio Of Fish (10001904)						Yes	Yes																			No	No
Cherry Tomatoes (10000328)							Yes																			No	No
Extra Virgin Olive Oil (54377)																										Yes	Yes
Fresh Herbs Flat Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Potato Mid (54227, 54255)																										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Whole Green Beans (54291)																										Yes	Yes
Salted Block Butter (10001077)						Yes																				No	Yes

Ingredient/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																											
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
CHOCOLATE TORTE	Yes			Yes	Yes																					Yes	Yes
Vegan Chocolate Tore (10001895)	Yes			Yes	Yes																					Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Fruit Berry Mix (54409)																										Yes	Yes

Ingredient/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?	
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								No	Yes
Chocolate Toffee Sauce (53916)					Yes		Yes									Yes										No	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
MERINGUE KISSES						Yes	Yes																			No	Yes
Meringue Kisses (10001919)						Yes	Yes																			No	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Fruit Berry Mix (54409)																										Yes	Yes
Strawberries (54259)																										Yes	Yes
UHT Whipping Cream (24097)							Yes																			No	Yes

Ingredient/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?	
EXPRESS LUNCH MENU																											
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 (54223)																										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
STEAK & FRITES																											
BB Angus Rump Heart (10002146)						Yes																				No	No
Fresh Herbs Flat Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Table Salt (48046, 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

Ingredient/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 GOZ BEEF BURGER	Yes					Yes	Yes						Yes												No	No
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 (54223)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Table Salt (48046, 54744)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Vegan Burger Sauce (10002205)													Yes												Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
ADD CHEDDAR CHEESE							Yes																		No	Yes
Cheese Slices (51545)							Yes																		No	Yes
BUTTERMILK CHICKEN BURGER	Yes					Yes	Yes						Yes												No	No
Brioche Bun (54523)	Yes					Yes	Yes																		No	Yes
Buttermilk Chicken Goujons (54586)	Yes						Yes																		No	No
Lettuce Cos (54222)																									Yes	Yes
Onions Red (54223)																									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
Cheese Slices (51545)							Yes																		No	Yes

Ingredient/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?	
OPEN CLUB SANDWICH	Yes					Yes	Yes						Yes												No	No	
Avocado (10002275)																										Yes	Yes
Chillies Red (54235)																										Yes	Yes
Flatbread Hand Pressed (54502)	Yes						Yes																			No	Yes
Lettuce Cos (54222)																										Yes	Yes
Limes (54604, 54603)																										No	Yes
Mayonnaise Light (54568, 52925)						Yes							Yes													No	Yes
Onions Red (54223)																										Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Stealth Fries (52190)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Tomato M (54216)																										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
SCAMPI & CHIPS	Yes					Yes			Yes				Yes													No	No
Low Salt Whitby Scampi (10001619)	Yes								Yes																	No	No
Baby Capers (53790)																										Yes	Yes
Fresh Herbs Flat Parsley (54241)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Lemons (54602, 54722)																										No	Yes
Mayonnaise Light (54568, 52925)						Yes							Yes													No	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Pickled Cucumber Spears (53016)													Yes													No	Yes
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

Ingredient/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 FINGER 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 Flat Parsley (54241)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Mayonnaise Light (54568, 52925)						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 (48046, 54744)																										Yes	Yes
White Bloomer 12 Slices (53456)	Yes																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
GRILLED VEGETABLES WITH BALSAMIC & MIXED GRAINS																Yes										Yes	Yes
Balsamic Dressing (10000062)																Yes										Yes	Yes
Mixed Grains NEW																										Yes	Yes
Mushroom Flat (54219)																										Yes	Yes
Onions Red (54223)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Pepper Red Cat II (54226, 10000329)																										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Tender Stem Broccoli (10000524)																										Yes	Yes
Tomato M (54216)																										Yes	Yes

Ingredient/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?	
KIDS																											
VEGGIE STICKS						Yes																				No	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 150G (53510)						Yes																				No	Yes
Lemons (54602, 54722)																										No	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Pepper Red Cat II (54226, 10000329)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
MAINS																											
MINI STEAK & FRITES																										No	No
BB Angus Rump Heart (10002146)																										No	No
Peas Grade A (53692)																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Ingredient/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 CHICKEN & SALAD	Yes					Yes							Yes			Yes									No	No
Cucumber Half Slice (54220)																									Yes	Yes
Cucumber Cat II (54220)																									Yes	Yes
Extra Virgin Olive Oil (54377)																									Yes	Yes
Flatbread Hand Pressed (54502)	Yes					Yes																			No	Yes
French Dressing (53514)													Yes			Yes									Yes	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Garlic Peeled (10068422)																									Yes	Yes
Greek Yoghurt 150G (53510)						Yes																			No	Yes
Lemons (54602, 54722)																									No	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (54223)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Pepper Red Cat II (54226, 10000329)																									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Table Salt (48046, 54744)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Raw Chicken Fillet (10001118)																									No	No
TEN VEG TOMATO PASTA	Yes					Yes					Yes														No	Yes
Tomato Pasta Kids (10001986)	Yes										Yes														Yes	Yes
Flatbread Hand Pressed (54502)	Yes					Yes																			No	Yes
Fresh Herbs Flat Parsley (54241)																									Yes	Yes
Garlic Peeled (10068422)																									Yes	Yes
Salted Block Butter (10001077)						Yes																			No	Yes

Bar + Block Reopening Menus Allergy May 2021

Ingredient/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?	
BEEF BURGER	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
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
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
Beef Dripping (54419)																										No	No
Fresh Herbs Flat Parsley (54241)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Lemons (54602, 54722)																										No	Yes
Mayonnaise Light (54568, 52925)						Yes							Yes													No	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Pickled Cucumber Spears (53016)													Yes													No	Yes
Plain Flour (52330)	Yes																									Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
SPAGHETTI BOLOGNESE	Yes					Yes																				No	No
SPAGHETTI BOLOGNESE	Yes																									No	No
Flatbread Hand Pressed (54502)	Yes					Yes																				No	Yes
Fresh Herbs Flat Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Salted Block Butter (10001077)						Yes																				No	Yes

Ingredient/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?	
DESSERTS																											
ICE CREAM					Yes	Yes										Yes										No	Yes
Chocolate Toffee Sauce (53916)					Yes	Yes										Yes										No	Yes
Vanilla Dairy Ice Cream (54575)						Yes																				No	Yes
FRUIT SALAD																										Yes	Yes
Bananas (10002199)																										Yes	Yes
Strawberries (54259)																										Yes	Yes
PANCAKE WITH FRUIT	Yes					Yes	Yes																			No	Yes
Bananas (10002199)																										Yes	Yes
Fruit Berry Mix (54409)																										Yes	Yes
Reduced Sugar Pancake (10000656)	Yes					Yes	Yes																			No	Yes
Strawberries (54259)																										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 DRINKS MENU																				
DRAUGHT BEER & CIDERS																				
PRAHAVA 50L	NO	NO	Y		Y															
STELLA ARTOIS 50L	YES	YES			Y															
SAN MIGUEL DRAUGHT	YES	YES			Y							Y								
BIERRA MORET 20CL	YES	YES			Y															
CORONA DRAUGHT 50L	YES	YES			Y															
BREW DOG IPA 50L	YES	YES	Y																	
GUINNESS	NO	NO			Y															
ASPALL CYDER 500ML	YES	YES																		
WHISKEY COCKTAILS																				
IRISH GINGER + LIME																				
JAMESON IRISH WHISKEY	YES	YES																		
FEVER TREE GINGER ALE	YES	YES																		
LIMES SMALL	YES	NO																		
IRISH GINGER + LIME																				
YES	NO																			
JD APPLE + TONIC																				
JACK DANIEL'S TENNESSEE APPLE	YES	NO																		
FEVERTREE LIGHT TONIC WATER	YES	YES																		
LIMES SMALL	YES	NO																		
JD APPLE + TONIC	YES	NO																		
CLASSIC COCKTAILS																				
MARTINI'S																				
ESPRESSO																				
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																				
NO	NO																			
FRENCH																				
SMIRNOFF RED	NO	NO																		
CHAMBORD	YES	YES																		
Pineapple Juice	YES	YES																		
LEMONS	YES	NO																		
FRENCH																				
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														
PORNSTAR																				
ABSOLUT VANILLA	NO	NO																		
FUNKIN PASSION F MARTINI12X200ML	YES	YES																		
Galanti Prosecco Spunante 20cl	YES	NO										Y								
PASSIONFRUIT	YES	YES																		
PORNSTAR																				
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																				
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																				
SALTED CARAMEL ESPRESSO																				
ABSOLUT ORIGINAL 70CL	YES	YES																		
MONIN SALTED CARAMEL	YES	YES																		
TIA MARIA	YES	YES																		
MOCHA ITALIA 10X1KG	YES	YES																		
HOT CHOCOLATE POWDER	YES	NO								Y										
SALTED CARAMEL ESPRESSO																				
	YES	NO								Y										
GIN COCKTAILS																				
CLASSIC G&T WITH AN ELDERFLOWER TWIST																				
WARNERS LONDON DRY GIN	YES	YES																		
FEVERTREE LIGHT ELDERFLOWER TONIC	YES	YES																		
LIMES SMALL	YES	NO																		
MINT LEAVES	YES	YES																		
CLASSIC G&T WITH AN ELDERFLOWER TWIST																				
	YES	NO																		
BRAMBLE + TONIC																				
BOMBAY BRAMBLE	YES	YES																		
FEVERTREE LIGHT TONIC WATER	YES	YES																		
BLACKBERRIES	YES	YES																		
MINT LEAVES	YES	YES																		
BRAMBLE + TONIC																				
	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														
GORDON'S LEMON DROP																				
GORDON'S SICILIAN LEMON	YES	YES																		
SCHWEPES LEMONADE 24 X200ML	YES	YES																		
LEMONS	YES	NO																		
FRESH THYME	YES	YES																		
GORDON'S LEMON DROP	YES	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							
VODKA COCKTAILS																				
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																		
VODKA PINK SMASH																				
SMIRNOFF RED	NO	NO																		
SCHWEPES PINK SODA	YES	YES																		
STRAWBERRY	YES	YES																		
VODKA PINK SMASH	NO	NO																		
VODKA BLOOD ORANGE SPRITZ																				
ABSOLUT ORIGINAL 70CL	YES	YES																		
FRESH THYME	YES	YES																		
FEVERTREE BLOOD ORANGE SODA	YES	YES																		
VODKA BLOOD ORANGE SPRITZ	YES	YES																		
VODKA MEXICAN LIME SPRITZ																				
ABSOLUT ORIGINAL 70CL	YES	YES																		
FEVERTREE MEXICAN LIME SODA	YES	YES																		
LIMES SMALL	YES	NO																		
MINT LEAVES	YES	YES																		
VODKA MEXICAN LIME SPRITZ	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														
RUM COCKTAILS																				
CLASSIC CUBA LIBRE																				
CAPTAIN MORGAN WHITE 6X70CL	YES	NO																		
Cocoa Cola 1 x 7L	YES	YES																		
LIMES SMALL	YES	NO																		
CLASSIC CUBA LIBRE																				
YES	NO																			
RUM + GINGER																				
Captain Morgan Tiki 70cl	YES	YES																		
FEVER TREE GINGER ALE	YES	YES																		
LIMES SMALL	YES	NO																		
RUM + GINGER																				
YES	NO																			
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																			
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																			