



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 as ingredients may be substituted or changed at short notice.

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.**

Items that are added as a choice, upgrade or addition must be checked and the allergen information considered in addition to the main meal.

Our vegan dishes are made to a vegan recipe but we cannot guarantee that they are suitable for those with MILK or EGG allergies. Please speak to your server if you any dietary requirements.

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 AND BLOCK AW 2023 NGCI MENU								
SMALL PLATES								
CANADIAN KING SCALLOPS	1059	253	21.0	13.2	5.2	2.0	10.7	0.8
BUTTER CHICKEN WINGS	2465	589	42.8	16.7	10.9	5.5	39.5	2.1
ASIAN CRISPY BEEF	2496	596	38.2	3.7	22.2	15.5	40.3	0.9
MAINS								
BEEF DRIPPING CHIPS	1675	400	19.7	9.5	53.0	0.3	4.6	0.2
HOUSE SALAD SIDE	483	115	7.3	1.2	8.7	6.4	2.4	0.4
FILLET 12OZ ONLY	2130	509	24.8	12.0	1.7	0.8	69.3	0.7
FILLET 8OZ ONLY	1430	341	16.6	8.0	1.4	0.6	46.3	0.6
RIBEYE 14OZ ONLY	2934	701	38.0	18.1	4.2	3.4	85.7	0.9
RIBEYE 10OZ ONLY	2106	503	27.2	13.0	3.3	2.4	61.4	0.7
SIRLOIN 12OZ ONLY	2214	529	23.3	10.9	6.5	1.5	78.9	0.7
SIRLOIN 8OZ ONLY	1486	355	15.6	7.3	4.6	1.0	52.8	0.6
RUMP 12OZ ONLY	1927	460	19.6	8.8	1.1	0.5	74.1	1.4
RUMP 8OZ ONLY	1294	309	13.1	5.9	1.1	0.4	49.6	1.0
UPGRADE ANY STEAK WITH 2 GARLIC KING PRAWNS ADD	638	152	10.5	6.5	1.6	0.3	13.0	0.6
UPGRADE ANY STEAK WITH 2 GARLIC CANADIAN SCALLOPS	537	128	10.4	6.5	2.0	0.2	6.7	0.4
UPGRADE ANY STEAK WITH BOTH 2 KING PRAWNS + 2 CANADIAN SCALLOPS	1174	280	20.8	13.1	3.5	0.5	19.7	1.0
14OZ SPIRAL CUT ANGUS RIBEYE WITH CHIPS	6176	1475	98.0	30.3	58.8	4.4	90.8	3.1
10OZ SPIRAL CUT ANGUS FILLET WITH CHIPS	4470	1068	65.7	21.2	57.1	1.6	63.2	2.9
STEAK SAMPLER WITH CHIPS NO SAUCE	3777	902	42.4	20.2	56.1	1.3	79.1	1.2

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
STEAK SAUCES								
MUSHROOM + RED WINE SAUCE	65	16	0.4	0.1	2.2	0.8	0.7	0.5
CHIMICHURRI SAUCE	783	187	20.2	1.4	0.8	0.3	0.3	0.0
SHORT RIB	5234	1250	96.6	38.0	34.9	12.2	59.1	4.1
CHICKEN SOUVLAKI	2362	564	23.1	6.3	13.9	12.1	73.0	3.0
NGCI BURGER BUN	698	167	3.6	0.4	25.9	3.2	4.2	0.7
HOUSE SALAD SIDE	483	115	7.3	1.2	8.7	6.4	2.4	0.4
CLASSIC CHEESEBURGER WITH FRIES AND BUN	4261	1018	53.4	14.2	75.0	8.6	54.9	3.6
DOUBLE UP YOUR PATTY ADD	1929	461	29.1	12.2	0.5	0.5	47.4	0.8
ADD 2 DRY-CURED OAK-SMOKED STREAKY BACON	263	63	4.0	1.3	0.2	0.1	6.5	0.9
RED PEPPER & HARISSA CHICKEN BURGER WITH FRIES AND BUN	3224	770	27.9	7.0	81.1	14.4	45.8	5.4
CHIMICHURRI MIXED VEGETABLES	3085	737	45.4	3.9	55.9	22.8	18.3	1.1
ADD AN 4OZ* SIRLOIN	735	175	7.8	3.7	1.9	0.5	26.4	0.2
ADD A CHARGRILLED SALMON FILLET	1363	325	18.8	3.5	0.5	0.2	38.6	0.3
ADD A CHICKEN BREAST	649	155	2.5	0.6	0.1	0.5	32.7	1.1
BAR + BLOCK HOUSE SALAD	958	229	14.5	2.3	17.1	12.5	4.7	0.7
ADD AN 4OZ* SIRLOIN	735	175	7.8	3.7	1.9	0.5	26.4	0.2
ADD A CHARGRILLED SALMON FILLET	1363	325	18.8	3.5	0.5	0.2	38.6	0.3
ADD A CHICKEN BREAST	649	155	2.5	0.6	0.1	0.5	32.7	1.1
SIDES								
FRENCH FRIES	1073	256	8.7	0.7	43.4	0.5	2.6	1.6
BEEF DRIPPING TRIPLE-COOKED CHUNKY CHIPS	1675	400	19.7	9.5	53.0	0.3	4.6	0.2
HOUSE SALAD	483	115	7.3	1.2	8.7	6.4	2.4	0.4
BAKED POTATO	951	227	0.3	0.3	48.1	3.1	4.9	0.1
GARLIC MUSHROOMS	500	119	11.0	6.6	1.3	0.5	2.9	2.2
GARLIC SPINACH	179	43	2.0	0.3	2.3	0.5	4.0	1.0
DESSERTS								
ETON MESS SUNDAE	1649	394	18.9	12.2	49.2	46.8	6.5	0.3
AFFOGATO	442	106	3.7	2.2	14.7	8.3	3.1	0.1
VEGAN OPTION AFFOGATO AVAILABLE	491	117	4.0	3.0	18.4	7.4	1.6	0.1
CARAMELISED BANOFFEE CHEESECAKE	2514	600	17.4	8.2	99.7	78.1	10.4	0.7

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
SUNDAY ROAST NGCI								
ROAST BEEF SIRLOIN	4284	1023	43.1	20.6	105.8	20.5	51.3	1.7
ADD AN EXTRA SLICE OF BEEF	322	77	3.4	1.6	0.8	0.2	11.6	0.1
ROAST CHICKEN	5225	1248	55.1	21.5	103.5	20.2	80.5	3.6
ROAST LAMB RUMP	4536	1083	40.7	19.5	103.5	20.1	71.7	2.1
ADD AN EXTRA SLICE OF LAMB	305	73	1.9	0.9	0.1	0.1	13.8	0.2
ULTIMATE ROAST	5852	1398	60.4	24.0	104.4	20.4	105.9	3.8
ADD AN EXTRA SLICE OF BEEF AND LAMB	627	150	5.4	2.5	0.9	0.3	25.3	0.2
KIDS NGCI								
VEGGIE STICKS + DIPS	142	34	1.0	0.1	4.1	3.8	1.7	0.2
MAINS								
CHICKEN BREAST WITH FRIES	784	187	5.0	0.6	18.7	0.4	17.5	1.3
MINI STEAK + FRITES	1098	262	10.3	3.2	18.7	0.4	25.9	1.1
2 MINI CORN ON THE COBS	200	48	1.1	0.2	5.7	1.5	2.2	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	65	16	0.2	0.0	2.4	2.3	0.6	0.0
HOUSE SALAD	483	115	7.3	1.2	8.7	6.4	2.4	0.4
DESSERTS								
FRUIT SALAD	222	53	0.1	0.0	11.4	11.4	0.7	0.0
ICE CREAM	642	153	6.9	4.6	18.3	14.2	4.3	0.1

Dish/ Ingredient Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
BAR AND BLOCK NGCI MENU AW23 ALLERGY DATA																										
NGCI SMALL PLATES																										
CANADIAN KING SCALLOPS																										
MSC Canadian Scallops (10001110)							Yes			Yes															No	No
Samphire (10068447)										Yes															Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Garlic Peeled (10068422)																									Yes	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
Lemons (54602, 54722)																									No	Yes
BUTTER CHICKEN WINGS																										
Single Joint Chicken Wing (10004051)							Yes																		No	No
Butter Sauce (10004100)							Yes																		No	No
Fresh Herbs Coriander (54239)																									Yes	Yes
ASIAN CRISPY BEEF																										
Hoi Sin Sauce Ngci (10001165)				Yes						Yes															No	No
Fresh Herbs Coriander (54239)				Yes						Yes															Yes	Yes
Cornflour (54168)																									Yes	Yes
Pulled Beef Brisket (10003076)																									No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cucumber Cat II (10003878)																									Yes	Yes
Chillies Red (54235)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
NGCI MAINS																										
BEEF DRIPPING CHIPS																										
Beef Dripping (54419)																									No	No
Premium Chip (10001031)																									Yes	Yes
HOUSE SALAD SIDE																										
Cucumber Cat II (10003878)												Yes			Yes										Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Cherry Tomatoes (10000328)																									Yes	Yes
Avocado (10001861)																									Yes	Yes
French Dressing (53514)												Yes			Yes										Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Sweetcorn (10004024)																									Yes	Yes
FILLET ALL SIZES																										
BB Angus Fillet (10002144)																									No	No
Samphire (10068447)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
RIBEYE ALL SIZES																										
BB Angus Ribeye (10002148)																									No	No
Samphire (10068447)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
SIRLOIN ALL SIZES																										
BB Angus Sirloin (10002145)																									No	No
Samphire (10068447)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
RUMP ALL SIZES																										
BB Angus Rump Heart (10002146)																									No	No
Samphire (10068447)																									Yes	Yes
Table Salt (54744)																									Yes	Yes

Dish/ Ingredient Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
UPGRADE ANY STEAK WITH 2 GARLIC KING PRAWNS																											
Samphire (10068447)						Yes			Yes																No	No	
Jumbo Tiger Prawn (10004094)									Yes																	Yes	Yes
Fresh Herbs Parsley (54241)																										No	No
Garlic Peeled (10068422)																										Yes	Yes
Salted Block Butter (10001077)						Yes																				No	Yes
UPGRADE ANY STEAK WITH 2 GARLIC CANADIAN SCALLOPS																											
Samphire (10068447)						Yes			Yes																	No	No
MSC Canadian Scallops (10001110)									Yes																	Yes	Yes
Fresh Herbs Parsley (54241)																										No	No
Garlic Peeled (10068422)																										Yes	Yes
Salted Block Butter (10001077)						Yes																				No	Yes
UPGRADE ANY STEAK WITH BOTH 2 KING PRAWNS + 2 CANADIAN SCALLOPS																											
Samphire (10068447)						Yes			Yes	Yes																No	No
MSC Canadian Scallops (10001110)									Yes																	Yes	Yes
Jumbo Tiger Prawn (10004094)									Yes																	No	No
Fresh Herbs Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Salted Block Butter (10001077)						Yes																				No	Yes
140Z SPIRAL CUT ANGUS RIBEYE WITH CHIPS																											
Samphire (10068447)															Yes											No	No
Table Salt (54744)																										Yes	Yes
BB Angus Ribeye (10002148)																										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Beef Dripping (54419)																										No	No
Premium Chip (10001031)																										Yes	Yes
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
White Wine Vinegar (10002893)															Yes											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
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
White Wine Vinegar (10002893)															Yes											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Dish/ Ingredient Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
100Z SPIRAL CUT ANGUS FILLET WITH CHIPS																											
Samphire (10068447)															Yes										No	No	
Table Salt (54744)																										Yes	Yes
Beef Dripping (54419)																										No	No
Premium Chip (10001031)																										Yes	Yes
BB Angus Fillet (10002144)																										No	No
Garlic Peeled (10068422)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
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
White Wine Vinegar (10002893)															Yes											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
STEAK SAMPLER WITH CHIPS																											
BB Angus Fillet (10002144)																										No	No
BB Angus Rump Heart (10002146)																										No	No
BB Angus Sirloin (10002145)																										No	No
Samphire (10068447)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Beef Dripping (54419)																										No	No
Premium Chip (10001031)																										Yes	Yes
STEAK SAUCES																											
MUSHROOM + RED WINE SAUCE																											
Mushroom Bacon Jus (10000619)																										No	No
																										No	No
CHIMICHURRI SAUCE																											
Chillies Red (54235)															Yes											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
White Wine Vinegar (10002893)															Yes											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
SHORT RIB																											
Bone In Rib						Yes				Yes					Yes											No	No
Chillies Red (54235)										Yes																No	No
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
White Wine Vinegar (10002893)															Yes											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Potato Mid (54227, 54255)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes

Dish/ Ingredient Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
CHICKEN SOUVLAKI						Yes							Yes		Yes									No	No	
Fresh Herbs Mint (54242)																									Yes	Yes
Extra Virgin Olive Oil (54377)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Fresh Herbs Rosemary (54244)																									Yes	Yes
Raw Chicken Fillet (10004054)																									No	No
Feta Cheese (10000069)							Yes																		No	Yes
French Dressing (53514)													Yes			Yes									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Cherry Tomatoes (10000328)																									Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Lemons (54602, 54722)																									No	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
Mint Sauce (51730)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Cucumber Cat II (10003878)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
CLASSIC CHEESEBURGER WITH CHIPS NO BUN													Yes												No	No
Table Salt (54744)																									Yes	Yes
Burger Sauce 74 (10004097)													Yes												Yes	Yes
Burger Trim (10001694)																									No	No
Fat For Burger (10001695)																									No	No
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
ADD NGCI BURGER BUN						Yes																			No	Yes
NGCI Burger Bun (10004004)						Yes																			No	Yes
ADD HOUSE SALAD													Yes			Yes									Yes	Yes
Cucumber Cat II (10003878)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Cherry Tomatoes (10000328)																									Yes	Yes
Avocado (10001861)																									Yes	Yes
French Dressing (53514)													Yes			Yes									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Sweetcorn (10004024)																									Yes	Yes
DOUBLE UP YOUR PATTY																									No	No
Burger Trim (10001694)																									No	No
Fat For Burger (10001695)																									No	No
ADD TWO DRY-CURED OAK-SMOKED STREAKY BACON																									No	No
Streaky Bacon Smoked Dry Cured (10002410)																									No	No

Dish/ Ingredient Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
RED PEPPER & HARISSA CHICKEN BURGER WITH FRIES AND BUN						Yes	Yes																	No	No	
Feta Cheese (10000069)							Yes																		No	Yes
Rocket Leaf (54258)																									Yes	Yes
Red Pepper & Harissa Sauce (10001427)																									Yes	Yes
Red Pepper & Harissa Sauce (10001427)																									Yes	Yes
Raw Chicken Fillet (10004054)																									No	No
NGCI Burger Bun (10004004)						Yes																			No	Yes
Onions Red (10002596)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
CHIMICHURRI MIXED VEGETABLES															Yes										Yes	Yes
Corn On Cob Bites (10002478)																									Yes	Yes
Potato Mid (54227, 54255)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Red Pepper & Harissa Sauce (10001427)																									Yes	Yes
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
White Wine Vinegar (10002893)															Yes										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Mushroom Flat (54219)																									Yes	Yes
Tender Stem Broccoli (10003634)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
ADD A CHARGILLED SALMON FILLET							Yes																		No	No
Skin-On Salmon Portions (10000657)							Yes																		No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
ADD AN 4OZ* SIRLOIN																									No	No
BB Angus Sirloin (10002145)																									Yes	Yes
Table Salt (54744)																									No	No
ADD A CHICKEN BREAST																									No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Raw Chicken Fillet (10004054)																									No	No

Dish/ Ingredient Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
BAR + BLOCK HOUSE SALAD																										
Avocado (10001861)													Yes		Yes										Yes	Yes
French Dressing (53514)													Yes		Yes										Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Sweetcorn (10004024)																									Yes	Yes
Cucumber Cat II (10003878)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Cherry Tomatoes (10000328)																									Yes	Yes
ADD A CHARGILLED SALMON FILLET																										
Skin-On Salmon Portions (10000657)							Yes																		No	No
Rapeseed Oil 100 Abv 2X10L (10002276)							Yes																		Yes	Yes
ADD AN 4OZ* SIRLOIN																										
BB Angus Sirloin (10002145)																									No	No
Table Salt (54744)																									Yes	Yes
ADD A CHICKEN BREAST																										
Rapeseed Oil 100 Abv 2X10L (10002276)																									No	No
Raw Chicken Fillet (10004054)																									Yes	Yes
NGCI SIDES																										
MUSHROOM + RED WINE SAUCE																										
Mushroom Bacon Jus (10000619)																									No	No
CHIMICHURRI SAUCE																										
Chillies Red (54235)																Yes									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
White Wine Vinegar (10002893)																Yes									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
FRENCH FRIES																										
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
BEEF DRIPPING TRIPLE-COOKED CHUNKY CHIPS																										
Beef Dripping (54419)																									No	No
Premium Chip (10001031)																									Yes	Yes
HOUSE SALAD																										
Avocado (10001861)													Yes		Yes										Yes	Yes
French Dressing (53514)													Yes		Yes										Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Sweetcorn (10004024)																									Yes	Yes
Cucumber Cat II (10003878)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Cherry Tomatoes (10000328)																									Yes	Yes

Dish/ Ingredient Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
BAKED POTATO																											
Baking Potatoes (10000355)							Yes																		No	Yes	
Fresh Herbs Thyme (54247)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
GARLIC MUSHROOMS																											
Mushroom Cup (54218)							Yes																			No	Yes
Table Salt (54744)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
GARLIC SPINACH																											
Spinach (10001511)																										Yes	Yes
Extra Virgin Olive Oil (54377)																										Yes	Yes
Garlic Peeled (10068422)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
NGCI DESSERTS																											
ETON MESS SUNDAE																											
Fruit Berry Mix (10003254)						Yes	Yes																			No	Yes
Meringue Nests (54613)						Yes																				Yes	Yes
UHT Whipping Cream (24097)							Yes																			No	Yes
Vanilla Dairy Ice Cream (10003957)							Yes																			No	Yes
Strawberries (54259)																										Yes	Yes
AFFOGATO																											
Vanilla Dairy Ice Cream (10003957)							Yes																			No	Yes
Grand Cafe RFA R&G Filter Coffee (10003147)							Yes																			No	Yes
VEGAN OPTION AFFOGATO AVAILABLE																											
Vegan Ice Cream (10002813)																										Yes	Yes
Grand Cafe RFA R&G Filter Coffee (10003147)																										Yes	Yes
CARAMELISED BANOFFEE CHEESECAKE																											
Baked Cheesecake (10003082)						Yes	Yes																			No	Yes
Icing Sugar (43917)						Yes	Yes																			Yes	Yes
Caramel Sauce NEW (10003675)							Yes																			No	Yes
Bananas (10002199)																										Yes	Yes

Dish/ Ingredient Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	is the product suitable for Vegans?	is the Product suitable for Vegetarians?
NGCI SUNDAY ROAST																										
ROAST BEEF SIRLOIN						Yes					Yes				Yes										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Carrots Medium (54609)																									Yes	Yes
Salted Block Butter (10001077)						Yes																			No	Yes
Honey Glazed Parsnips (10003226)																									No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Beef Dripping (54419)																									No	No
Garlic Peeled (10068422)																									Yes	Yes
Potatoes Roast Cut (10003725)																									Yes	Yes
Peas Grade A (53692)																									Yes	Yes
Tender Stem Broccoli (10003634)																									Yes	Yes
BB Angus Sirloin (10002145)																									No	No
Table Salt (54744)																									Yes	Yes
Gravy (10002919)											Yes														No	No
Salted Block Butter (10001077)						Yes						Yes													No	Yes
VINA ARROBA TEMPRANILLO RED (10003308)															Yes										No	No
ADD AN EXTRA SLICE OF BEEF																										
BB Angus Sirloin (10002145)																									No	No
Table Salt (54744)																									Yes	Yes
ROAST CHICKEN						Yes					Yes				Yes										No	No
Roasted Half Chicken (10003102)																									No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Carrots Medium (54609)																									Yes	Yes
Salted Block Butter (10001077)						Yes																			No	Yes
Honey Glazed Parsnips (10003226)																									No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Beef Dripping (54419)																									No	No
Garlic Peeled (10068422)																									Yes	Yes
Potatoes Roast Cut (10003725)																									Yes	Yes
Peas Grade A (53692)																									Yes	Yes
Tender Stem Broccoli (10003634)																									Yes	Yes
Gravy (10002919)											Yes														No	No
Salted Block Butter (10001077)						Yes						Yes													No	Yes
VINA ARROBA TEMPRANILLO RED (10003308)															Yes										No	No

Dish/ Ingredient Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
ROAST LAMB RUMP																										
Lamb Rump (10001883)						Yes					Yes				Yes										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Carrots Medium (54609)																									Yes	Yes
Salted Block Butter (10001077)						Yes																			No	Yes
Honey Glazed Parsnips (10003226)																									No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Beef Dripping (54419)																									No	No
Garlic Peeled (10068422)																									Yes	Yes
Potatoes Roast Cut (10003725)																									Yes	Yes
Peas Grade A (53692)																									Yes	Yes
Tender Stem Broccoli (10003634)																									Yes	Yes
Gravy (10002919)											Yes														No	No
Salted Block Butter (10001077)						Yes																			No	Yes
VINA ARROBA TEMPRANILLO RED (10003308)															Yes										No	No
ADD AN EXTRA SLICE OF LAMB																										
Lamb Rump (10001883)																									No	No
Table Salt (54744)																									No	No
ULTIMATE ROAST																										
Lamb Rump (10001883)						Yes					Yes				Yes										No	No
Roasted Half Chicken (10003102)																									No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Carrots Medium (54609)																									Yes	Yes
Salted Block Butter (10001077)						Yes																			No	Yes
Honey Glazed Parsnips (10003226)																									No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Beef Dripping (54419)																									No	No
Garlic Peeled (10068422)																									Yes	Yes
Potatoes Roast Cut (10003725)																									Yes	Yes
Peas Grade A (53692)																									Yes	Yes
Tender Stem Broccoli (10003634)																									Yes	Yes
BB Angus Sirloin (10002145)																									No	No
Table Salt (54744)																									Yes	Yes
Gravy (10002919)											Yes														No	No
Salted Block Butter (10001077)						Yes																			No	Yes
VINA ARROBA TEMPRANILLO RED (10003308)															Yes										No	No
ADD AN EXTRA SLICE OF BEEF AND LAMB																										
Lamb Rump (10001883)																									No	No
Table Salt (54744)																									Yes	Yes
BB Angus Sirloin (10002145)																									No	No
Table Salt (54744)																									Yes	Yes
KIDS NGCI																										
KIDS NGCI STARTERS																										
VEGGIE STICKS + DIPS																										
Pepper Red (54226, 10000329)						Yes																			No	Yes
Carrots Medium (54609)																									Yes	Yes
Cucumber Cat II (10003878)																									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
Mint Sauce (51730)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Cucumber Cat II (10003878)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes

Dish/ Ingredient Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	is the product suitable for Vegans?	is the Product suitable for Vegetarians?
KIDS NGCI MAINS																										
CHICKEN BREAST WITH FRIES																									No	No
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Raw Chicken Fillet (10004054)																									No	No
MINI STEAK + FRITES																									No	No
BB Angus Rump Heart (10002146)																									No	No
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
KIDS NGCI SIDES																										
2 MINI CORN ON THE COBS																									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 (10003878)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
HOUSE SALAD													Yes			Yes									Yes	Yes
Cucumber Cat II (10003878)													Yes			Yes									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Cherry Tomatoes (10000328)																									Yes	Yes
Avocado (10001861)																									Yes	Yes
French Dressing (53514)													Yes			Yes									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Sweetcorn (10004024)																									Yes	Yes
KIDS NGCI DESSERTS																										
FRUIT SALAD																									Yes	Yes
Del Monte Fresh Fruit (52205)																									Yes	Yes
Strawberries (54259)																									Yes	Yes
ICE CREAM					Yes	Yes																			No	Yes
Chocolate Toffee Sauce (53916)					Yes	Yes																			No	Yes
Reduced Sugar Ice Cream Kids (10002011)					Yes	Yes																			No	Yes