

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 SNACKS								
HOUSE BREADS	2512	600	34.9	13.7	59.6	1.3	10.5	2.8
OLIVES	720	172	18.0	2.7	0.0	0.0	1.2	2.8
MIDDLE EASTERN KING PRAWNS	1709	408	21.4	9.5	28.6	6.2	24.2	2.6
PULLED BEEF TACOS	1987	475	22.9	8.9	44.4	7.6	19.1	1.6
ASIAN CRISPY BEEF	1257	300	10.1	3.1	18.2	15.7	33.3	1.2
SALT & PEPPER SQUID	2017	482	36.2	3.0	24.8	1.8	13.5	3.5
AROMATIC CRISPY MUSHROOM PANCAKES	1504	359	15.6	1.2	43.3	12.8	8.2	0.8
SWAP CRISPY MUSHROOMS FOR AROMATIC CRISPY DUCK LEG	3009	719	24.6	3.4	42.1	12.9	80.8	1.5
KOREAN BBQ PORK RIBS	1000	239	11.1	4.2	14.4	14.2	18.3	0.9
HOUSE SHARING BLOCK	4706	1124	50.0	13.8	106.1	34.9	58.6	4.3
WILD CAUGHT CANADIAN SCALLOPS	1549	370	27.7	14.8	14.6	1.0	14.8	1.4
MINI OVEN BAKED CAMEMBERT	3265	780	41.3	25.0	60.9	0.8	39.4	4.2
THE MIGHTY BLOCK BURGER	6159	1471	75.2	27.0	97.5	11.0	95.1	5.6
THE MIGHTY BLOCK BURGER WITHOUT BUN	5654	1350	77.3	25.9	68.5	15.1	89.4	5.4
SURF & TURF BURGER	6380	1524	81.2	21.2	100.6	9.9	91.9	6.2
SURF & TURF BURGER WITHOUT BUN	5875	1403	83.4	20.2	71.6	14.0	86.2	6.0
CLASSIC 8OZ BEEF BURGER	5306	1267	64.0	19.7	91.3	9.0	76.2	4.6
CLASSIC 8OZ BEEF BURGER WITHOUT BUN	4801	1147	66.2	18.6	62.3	13.1	70.5	4.5
ADD CHEESE & BACON	5918	1413	75.0	25.3	91.5	9.1	87.8	5.9
ADD CHEESE & BACON WITHOUT BUN	5412	1293	77.2	24.2	62.5	13.2	82.1	5.7
GRILLED VEG & BURRATA BURGER	3573	853	42.9	10.6	93.3	10.1	20.2	3.0
GRILLED VEG & BURRATA BURGER WITHOUT BUN	3068	733	45.1	9.5	64.3	14.2	14.5	2.8
TANDOORI CHICKEN BURGER	4045	966	37.4	5.5	104.0	10.6	49.1	5.8
TANDOORI CHICKEN BURGER WITHOUT BUN	3539	845	39.6	4.4	75.0	14.7	43.3	5.6
FRENCH FRIES	1372	328	13.2	1.0	46.1	0.1	4.7	1.5
HALLOUMI FRIES	1796	429	35.2	15.0	3.6	1.1	23.8	2.5
BEEF DRIPPING TRIPLE COOKED CHIPS	1328	317	12.2	5.3	44.8	0.4	4.7	0.6
SWEET POTATO FRIES	1216	290	15.0	1.5	35.7	12.7	1.1	0.7
BEER BATTERED ONION RINGS	1172	280	15.0	1.2	31.3	4.2	3.8	0.7