



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



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 AUTUMN WINTER DRINKS																				
COCKTAILS																				
SIGNATURE																				
CHOCOLATE ORANGE NEGRONI	NO	NO							Y				Y							
POMEGRANATE GIN SOUR	NO	NO						Y					Y							
THE BAKEWELL	NO	NO							Y				Y							
CHOC A BLOCK	NO	NO					Y		Y											
CLASSIC																				
COSMOPOLITAN	NO	NO																		
MARGARITA	NO	NO																		
MOJITO	YES	NO																		
LONG ISLAND ICED TEA	NO	NO																		
HIGHLAND BRAMBLE	NO	NO																		
TWISTED																				
B+B'S KNEES	NO	NO						Y												
MANGO & PASSION FRUIT MOJITO	YES	NO																		
ORANGE & MAPLE WHISKEY SOUR	YES	NO						Y												
SHORT																				
CHERRY AMARETTO SOUR	YES	NO						Y					Y							
OLD FASHIONED	YES	NO											Y							
NEGRONI	NO	NO											Y							
MARTINI																				
ESPRESSO MARTINI	NO	NO						Y												
PORNSTAR MARTINI	NO	NO											Y							
POPSTAR MARTINI	NO	NO											Y							
FRENCH MARTINI	NO	NO											Y							
TIKI TINI	NO	NO											Y							
SPARKLING																				
FRENCH 75	YES	NO											Y							
APEROL SPRITZ	NO	NO											Y							
LIMONCELLO SPRITZ	YES	YES											Y							
SBAGLIATO	NO	NO											Y							
RASPBERRY POINSETTIA	NO	NO											Y							
VIRGIN																				
PASSION FRUIT SPRITZ	NO	NO																		
VIRGIN MOJITO	YES	NO																		
MOCKTAILS																				
APPLE & RASPBERRY SMASH	YES	YES																		
PASSION & SPICE	YES	NO																		
ORANGE FIZZ	YES	NO																		
CHERRY BAKEWELL	YES	NO											Y						Y	

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			Wheat Products	Rye Products	Barley Products	Oat Products														
SPIRITS																				
GIN																				
TARQUIN'S RHUBARB & RASPBERRY GIN 70CL	YES	YES																		
TARQUIN'S BRITISH BLACKBERRY GIN	YES	NO																		
WHIT NEILL RHUBARB & GINGER 70CL	YES	YES																		
WHITLEY NEILL RASPBERRY	YES	YES																		
GORDONS PINK GIN 70CL	YES	YES																		
BOMBAY SAPPHIRE	YES	YES																		
BOMBAY CITRON PRESSE	YES	YES																		
TANQUERAY SEVILLA ORANGE	YES	YES																		
HENDRICKS 70CL	YES	YES																		
WARNERS LONDON DRY GIN	YES	YES																		
WARNER GIN HONEYBEE	YES	NO																		
EDINBURGH GIN RHUBARB & GINGER (SCOTLAND ONLY)	YES	YES																		
EDINBURGH GIN RASPBERRY LIQUEUR (SCOTLAND ONLY)	YES	YES																		
EDINBURGH GIN CLASSIC DRY (SCOTLAND ONLY)	YES	YES																		
VODKA																				
ABSOLUT ORIGINAL 70CL	YES	YES																		
ABSOLUT VANILIA	NO	NO																		
ABSOLUT RASPBERRI 70CL	YES	YES																		
KETEL ONE VODKA 700ML	NO	NO																		
WHISKY/WHISKEY																				
JAMESON ORANGE 70CL	YES	YES																		
JAMESON IRISH WHISKEY	YES	YES																		
JACK DANIELS NO.7	YES	YES																		
GENTLEMAN JACK	YES	YES																		
WOODFORD RESERVE	YES	YES																		
JOHNNIE WALKER GREEN LABEL	YES	YES																		
GLENFIDDICH MALT 12 YO	YES	YES																		
THE GLENLIVET 12YO	YES	YES																		
TALISKER	NO	NO																		
SHANKYS WHISKEY BLEND	YES	YES																		
RUM																				
MALIBU STRAWBERRY 70CL	YES	NO																		
CAPTAIN MORGAN SPICED RUM	NO	NO																		
CAPTAIN MORGAN DARK RUM	NO	NO																		
CAPTAIN MORGAN WHITE 6X70CL	YES	NO																		
DEAD MANS FINGER SPICED RUM 70CL	YES	YES																		
DEAD MAN'S FINGERS PINEAPPLE	YES	YES																		
MOUNT GAY BLACK BARREL 70CL	YES	YES																		
MOUNT GAY XO	YES	YES																		
DOS MADERAS 5+5 70CL	YES	YES																		
MIXERS	SEE BOTTLE FOR ALLERGENS																			

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			Wheat Products	Rye Products	Barley Products	Oat Products														
SHOTS																				
SIERRA TEQUILA SILVER	YES	YES																		
SIERRA TEQUILA REPOSADO	YES	YES																		
SIERRA ANTIGUO ANEJO	YES	YES																		
ANTICA CLASSIC SAMBUCA	YES	YES																		
ANTICA BLACK SAMBUCA	YES	YES																		
ANTICA RASPBERRY SAMBUCA	YES	YES																		
TEQUILA ROSE	YES	NO							Y											
BOMBS																				
JAGERBOMB	NO	NO																		
SKITTLE BOMB	NO	NO																		
BERRY BOMB	YES	NO																		
WINES																				
SPARKLING																				
CHAMPAGNE BERNARD REMY, CARTE BLANCHE BRUT	YES	YES										Y								
CHAMPAGNE BERNARD REMY, BRUT ROSÉ NV	YES	YES										Y								
PROSECCO, FAVOLA EXTRA DRY	YES	YES										Y								
PROSECCO ROSÉ, SACCHETTO BRUT	YES	YES										Y								
SPARKLING (NORTHERN IRELAND ONLY)																				
LOUIS DORNIER ET FILS BRUT, CHAMPAGNE	YES	YES										Y								
JACK RABBIT, PROSECCO	YES	YES										Y								
JAM SHED, SPARKLING ROSÉ	NO	NO						Y	Y			Y								
VINA POMONA PROSECCO	NO	NO										Y								
ROSÉ PROSECCO	NO	NO										Y								
PROSECCO FOR ONE	NO	NO										Y								
ROSE																				
CÔTES DE PROVENCE, CHÂTEAU DE L'AUMÉRADE, AUMÉRADE STYLE	NO	NO										Y								
PINOT GRIGIO BLUSH, NOVITÀ	NO	NO										Y								
ZINFANDEL BLUSH, ZIN HEAVEN	YES	NO																		
ROSE (NORTHERN IRELAND ONLY)																				
THE NED, ROSÉ	YES	YES										Y								
DIAMARINE, PROVENCE ROSÉ	NO	NO										Y								
MUD HOUSE, SAUVIGNON ROSÉ	NO	NO										Y								
VINO POMONA, ROSATO	NO	NO										Y								
JACK RABBIT WHITE ZINFANDEL 75CL	NO	NO										Y								

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			Wheat Products	Rye Products	Barley Products	Oat Products														
WHITES																				
GAVI DEL COMUNE DI GAVI, SAN SILVESTRO 'FOSSILI'	YES	YES																		Y
SAUVIGNON BLANC, SAINT CLAIR	YES	YES																		Y
VIOGNIER, VIÑA EDMARA	NO	NO						Y												
VERDEJO ORGANIC, MESTA, UCLÉS	YES	NO																		Y
CHARDONNAY UNOAKED, 'FOUNDSTONE', BERTON VINEYARD	NO	NO						Y												Y
PINOT GRIGIO, NOVITÀ	NO	NO																		
SAUVIGNON BLANC, TIERRA ANTICA	YES	NO																		
WHITES (NORTHERN IRELAND ONLY)																				
CÔTES-DU-RHÔNE	NO	NO																		Y
THE NED, SAUVIGNON BLANC	YES	YES																		Y
MUD HOUSE, SAUVIGNON BLANC	NO	NO																		Y
JAM SHED CHARDONNAY	NO	NO						Y	Y	Y										Y
CATARRATTO, PINOT GRIGIO	NO	NO																		Y
ANDREW PEACE CHARDONNAY	YES	NO						Y												Y
VISTAMAR MATINAL, SAUVIGNON BLANC	NO	NO																		Y
DIAMOND BAY, CHENIN BLANC	NO	NO								Y										Y
REDS																				
CABERNET SAUVIGNON, JIM BARRY 'COVER DRIVE'	NO	NO						Y												Y
ZINFANDEL, MAGGIO 'OLD VINES', LODI	YES	YES																		Y
RIOJA RESERVA, BODEGAS ONDARRE	YES	YES																		Y
GARNACHA ORGANIC, MESTA, UCLÉS	NO	NO																		Y
PINOT NOIR, VIÑA EDMARA	YES	NO																		
SHIRAZ, 'FOUNDSTONE', BERTON VINEYARD	YES	YES																		Y
MALBEC, EL CAMINO	YES	YES																		
MERLOT, TIERRA ANTICA	YES	YES																		
REDS (NORTHERN IRELAND ONLY)																				
CÔTES DE BOURG	NO	NO						Y	Y	Y										Y
ZUCCARDI, MALBEC	YES	YES																		Y
CAMPO VIEJO, RIOJA	NO	NO																		Y
FLAGSTONE POETRY, CABERNET SAUVIGNON	NO	NO																		Y
FLAGSTONE POETRY MERLOT	NO	NO																		Y
JAM SHED SHIRAZ	NO	NO						Y	Y											Y
STEAKMAKER MALBEC	YES	YES																		Y
ANDREW PEACE SHIRAZ	YES	YES																		Y
VISTAMAR MATINAL, MERLOT	YES	YES																		Y
LA RIADA, TEMPRANILLO	YES	YES																		Y

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			Wheat Products	Rye Products	Barley Products	Oat Products														
BEERS, CIDERS + LOW ALCOHOL																				
DRAUGHT																				
PRAHAVA 50L	NO	NO	Y		Y															
20L BIRRA MORETT BREWLOCK KEG					Y															
ASAHI SUPER DRY	YES	YES			Y															
BREWDOG IPA 50L SS KEG	YES	YES			Y															
CORONA DRAUGHT 50L	YES	YES			Y															
ASPALL SUFF CYDER 4.5%	YES	YES										Y								
GUINNESS	NO	NO			Y															
HARP (NORTHERN IRELAND ONLY)	YES	YES			Y															
CARLSBERG (NORTHERN IRELAND ONLY)	YES	YES			Y															
ROCKSHORE IRISH LAGER (NORTHERN IRELAND ONLY)					Y															
SMITHWICKS (NORTHERN IRELAND ONLY)					Y															
HOP HOUSE 13 (NORTHERN IRELAND ONLY)	YES	YES			Y															
OPEN GATE BREWERY CITRA IPA (NORTHERN IRELAND ONLY)					Y															
CHASERS																				
JAMESON IRISH WHISKEY	YES	YES																		
JACK DANIELS NO.7	YES	YES																		
GLENFIDDICH MALT 12 YO	YES	YES																		
OTHER BEER & CIDER											SEE BOTTLE FOR ALLERGENS									
DRAUGHT SOFT DRINKS																				
DIET COKE	YES	YES																		
COCA COLA ZERO SUGAR	YES	YES																		
SCHWEPES DIET LEMONADE 12L	YES	YES																		
COCA COLA CLASSIC 12L	YES	YES																		
OTHER SOFT DRINKS											SEE BOTTLE FOR ALLERGENS									

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			Wheat Products	Rye Products	Barley Products	Oat Products														
HOT DRINKS																				
LATTE	YES	NO						Y												
CAPPUCCINO	YES	NO						Y												
FLAT WHITE	YES	NO						Y												
WHITE AMERICANO	YES	NO						Y												
BLACK AMERICANO	YES	YES																		
ESPRESSO	YES	YES																		
DOUBLE ESPRESSO	YES	YES																		
HOT CHOCOLATE	YES	NO						Y												
HOT CHOCOLATE WITH CREAM	YES	NO						Y												
TEA																				
SEMI SKIMMED MILK	YES	NO						Y												
PG TIPS ENGLISH BREAKFAST TEA	YES	YES																		
PG TIPS PEPPERMINT TEA	YES	YES																		
PG TIPS RASPBERRY TEA	YES	YES																		
PG TIPS CAMOMILE TEA	YES	YES																		
PG TIPS GREEN TEA	YES	YES																		
MINOR FIGURES BARISTA OAT	YES	YES				Y														
AFTER DINNER DRINKS																				
TOFFEE NUT LATTE	YES	NO						Y												
BLACK FOREST HOT CHOCOLATE	YES	NO					Y						Y							
IRISH COFFEE	YES	NO						Y												
BALIEYS LATTE	NO	NO						Y												
CALYPSO COFFEE	YES	NO						Y												
ORANGE & MAPLE WHISKEY SOUR	YES	NO						Y												
THE BAKEWELL	NO	NO											Y							
CHOC A BLOCK	NO	NO					Y		Y											
SYRUPS																				
SWEETBIRD SALTED CARAMEL SUGAR FREE SYRUP	YES	YES																		
SWEETBIRD VANILLA SUGAR FREE SYRUP	YES	YES																		
SWEETBIRD SALTED CARAMEL SUGAR FREE SYRUP	YES	YES																		