

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 MENU								
HOUSE BREADS	2105	503	34.3	12.8	59.2	1.6	10.4	2.6
OLIVES	720	172	18.0	2.7	0.0	0.0	1.2	2.8
MIDDLE EASTERN KING PRAWNS	1701	406	21.5	9.5	28.6	6.2	25.1	3.0
PULLED BEEF TACOS	1983	474	22.7	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	1062	254	4.4	0.5	45.0	13.0	6.8	0.8
MAC & CHEESE BITES	1647	393	22.1	8.1	35.6	1.4	12.1	1.5
CHEESE & JALAPENO STUFFED DIPPERS	1441	344	19.3	8.9	27.4	5.5	14.0	1.3
KOREAN BBQ PORK RIBS	990	236	11.0	4.2	14.4	14.1	18.1	0.9
HOUSE SHARING BLOCK	5223	1247	61.6	20.8	110.8	39.8	57.7	4.7
THE MIGHTY BLOCK BURGER	6159	1471	75.2	27.0	97.5	11.0	95.1	5.6
SURF & TURF BURGER	5553	1326	69.3	16.8	98.4	9.6	71.8	5.7
CLASSIC 8OZ BEEF BURGER	5306	1267	64.0	19.7	91.3	9.0	76.2	4.6
CLASSIC BURGER WITH CHEESE & BACON	5918	1413	75.0	25.3	91.5	9.1	87.8	5.9
HALLOUMI & COURGETTE BURGER	3438	821	34.3	11.9	93.5	9.4	30.5	3.9
TANDOORI CHICKEN BURGER	4045	966	37.4	5.5	104.0	10.6	49.1	5.8
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 CHUNKY 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
MAC & CHEESE BITES	1647	393	22.1	8.1	35.6	1.4	12.1	1.5
BAKED POTATO	1125	269	10.6	1.0	35.5	4.2	5.4	0.3