

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)
<b>BREAKFAST &amp; BRUNCH MENU</b>								
STEAK & EGGS	2352	562	29.1	5.9	22.5	2.4	51.6	2.8
THE BAR + BLOCK WORKS	4304	1028	59.7	26.0	64.8	16.1	51.7	4.4
THE BAR + BLOCK WORKS WITH A STEAK	4746	1134	62.5	27.0	65.1	16.3	71.4	5.9
VEGGIE WORKS	3515	840	45.1	15.8	78.7	15.5	24.3	2.9
EGGS YOUR WAY- OMELETTE	2224	531	35.2	14.5	29.9	4.2	22.4	1.0
EGGS YOUR WAY-POACHED	1367	326	13.6	3.8	29.6	3.9	19.9	1.0
EGGS YOUR WAY-FRIED	1606	384	18.9	4.1	29.7	4.0	22.3	0.6
EGGS YOUR WAY-BOILED	1385	331	13.6	3.8	29.6	3.9	19.9	1.0
EGGS YOUR WAY-SCRAMBLED	1947	465	29.1	14.9	30.9	5.1	18.7	0.7
GRANOLA, FRUIT SALAD & TOAST	4350	1039	38.5	18.3	140.4	53.5	24.3	1.6
PORRIDGE	436	104	2.8	1.8	12.9	12.8	6.5	0.2
AVOCADO ON TOAST	1533	366	19.5	4.5	30.9	4.3	14.3	0.9
BUTTERMILK PANCAKES	1667	398	14.9	3.0	49.6	6.8	17.8	2.3
<b>CONTINENTAL BREAKFAST</b>								
<b>ARTISAN BREADS per roll/slice or 100g</b>								
WHITE BLOOMER BREAD	697	166	2.4	0.3	29.9	1.5	5.4	0.6
MALTED BROWN BLOOMER BREAD	702	168	2.0	0.5	29.6	3.9	6.4	0.6
CIABATTA LOAF	1648	394	1.6	0.5	80.0	2.9	12.6	1.4
LARGE POOLISH LOAF	1026	245	0.9	0.1	49.8	0.6	7.9	1.5
MULTICEREAL BAGUETTE	1147	274	4.6	0.6	46.3	0.8	9.7	1.3
<b>SPREADS &amp; PRESERVES per pot or 10g</b>								
MARMITE PORTIONS	PLEASE REFER TO PACKET FOR INFORMATION							
SUNFLOWER SPREAD	207	50	5.5	1.3	0.0	0.0	0.0	0.1
ASSORTED JAM PORTIONS- APRICOT	PLEASE REFER TO PACKET FOR INFORMATION							
ASSORTED JAM PORTIONS- BLACKCURRANT	PLEASE REFER TO PACKET FOR INFORMATION							
ASSORTED JAM PORTIONS- RASPBERRY	PLEASE REFER TO PACKET FOR INFORMATION							
ASSORTED JAM PORTIONS- STRAWBERRY	PLEASE REFER TO PACKET FOR INFORMATION							
HONEY PORTION	274	65	0.0	0.0	16.2	15.0	0.1	0.0
ORANGE MARMALADE PORTIONS	PLEASE REFER TO PACKET FOR INFORMATION							
NUTELLA CHOCOLATE SPREAD PORTIONS	PLEASE REFER TO PACKET FOR INFORMATION							
PEANUT BUTTER	PLEASE REFER TO PACKET FOR INFORMATION							
MAPLE SYRUP PORTIONS	261	62	0.0	0.0	15.5	15.5	0.1	0.2
SALTED BUTTER BLOCK	309	74	8.1	5.2	0.1	0.1	0.1	0.2
<b>PASTRIES per pastry</b>								
RASPBERRY CROISSANT	1353	323	12.8	8.1	44.0	17.0	6.8	0.8
PAIN AU CHOCOLAT	1383	330	18.9	12.1	32.6	9.1	6.5	0.5
CROISSANT	1251	299	17.4	11.5	28.3	6.0	6.6	0.8
HAM N CHEESE CROISSANT	2243	536	30.5	16.8	29.5	3.1	33.6	3.3

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>FRESH FRUIT</b>								
APPLES GREEN	283	68	0.1	0.0	15.0	15.0	0.4	0.0
RED APPLE	288	69	0.1	0.0	15.3	9.4	0.5	0.0
BANANAS	509	122	0.4	0.1	27.4	24.7	1.4	0.0
ORANGE MEDIUM	360	86	0.2	0.0	17.0	17.0	2.2	0.0
FRUIT SALAD	234	56	0.2	0.1	11.8	11.3	0.9	0.1
<b>CEREALS per 30g</b>								
SPECIAL K	471	113	0.5	0.1	23.7	4.5	2.7	0.3
CRUNCHY NUT CORNFLAKES	505	121	1.5	0.3	24.6	10.5	1.8	0.3
CORNFLAKES	475	113	0.3	0.1	25.2	2.4	2.1	0.4
COCO POPS	486	116	0.8	0.3	25.5	10.5	1.5	0.2
<b>YOGHURT per pot</b>								
STRAWBERRY YOGHURT	482	115	4.7	3.1	12.7	12.4	5.5	0.2
VANILLA YOGHURT	402	96	0.0	0.0	16.9	16.8	7.0	0.2
YOGHURT & GRANOLA POTS	593	142	1.8	0.2	21.2	11.6	9.2	0.2
<b>FULL ENGLISH BREAKFAST (per 100g unless stated)</b>								
BEEF HASH	636	152	8.6	5.8	9.7	1.7	7.3	0.6
SMOKED STREAKY BACON per rasher	132	31	2.0	0.6	0.1	0.0	3.2	0.5
PORK SAUSAGES per sausage	539	129	9.8	3.7	4.1	0.7	5.7	0.7
BEANS	381	91	1.4	0.2	12.8	6.8	4.5	0.7
MIXED MUSHROOMS	314	75	4.7	0.4	3.3	0.2	4.7	0.2
PLUM TOMATOES	50	12	0.1	0.1	2.0	1.8	1.1	0.0
FRIED EGGS per egg	452	108	8.5	1.8	0.1	0.1	7.9	0.0
SCRAMBLED EGGS	1051	251	23.7	13.4	1.6	1.6	8.0	0.3
HASH BROWNS per hash	391	93	4.9	2.1	11.9	0.3	0.9	0.2
<b>KIDS</b>								
MINI BAR + BLOCK WORKS	2819	673	41.2	15.5	36.5	8.3	37.0	2.7
BUTTERMILK PANCAKES	1134	271	9.9	2.0	34.4	5.8	11.9	1.5
FRUIT SALAD & TOAST	1676	400	18.3	11.0	49.4	23.5	7.1	1.1
PORRIDGE	855	204	5.0	2.2	28.4	13.5	9.7	0.2