



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.

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.**

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



Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat containing gluten - rye	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?
FATHER'S DAY MENU NEW DISHES- Please see Sunday roast allergy for other dishes																										
WICKED WHISKEY CHICKEN WINGS			Yes										Yes												No	No
Single Joint Chicken Wing (10001902)																									No	No
Fresh Herbs Parsley (54241)																									Yes	Yes
Jack Daniels (630063, 630071)																									Yes	Yes
Signature BBQ Sauce (10003022)			Yes										Yes												Yes	Yes
THE DOUBLE MIGHTY BLOCK BURGER	Yes					Yes	Yes						Yes												No	No
Onions Red (10002596)																									Yes	Yes
Semi Skimmed Milk (10001941)							Yes																		No	Yes
Nacho Cheese Sauce (10001897)							Yes																		No	Yes
Brioche Bun (54523)	Yes					Yes	Yes																		No	Yes
Burger Trim (10001694)																									No	No
Fat For Burger (10001695)																									No	No
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Paprika Pepper (48048)																									Yes	Yes
Pickled Cucumber Spears (53016)													Yes												No	Yes
Plain Flour (52330)	Yes																								Yes	Yes
Pulled Beef Brisket (10003076)																									No	No
Table Salt (54744)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Vegan Burger Sauce (10002205)													Yes												Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
ADD FRIES																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
ADD HOUSE SALAD													Yes			Yes									Yes	Yes
Cherry Tomatoes (10000328)																									Yes	Yes
Cucumber Half Slice (54220)																									Yes	Yes
French Dressing (53514)													Yes			Yes									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes

Ingredient/Dish 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?
PREMIUM STEAK SAMPLER	Yes		Yes										Yes												No	No
BB Angus Fillet (10002144)																									No	No
BB Angus Rump Heart (10002146)																									No	No
BB Angus Sirloin (10002145)																									No	No
Beef Dripping (54419)																									No	No
Beer Battered Onion Rings (10001075)	Yes		Yes																						Yes	Yes
Premium Chip (10001031)																									Yes	Yes
Samphire (10068447)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Signature B&B Sauce (10003284)													Yes												Yes	Yes