



*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



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														
<b>ICED COFFEES</b>																				
<b>ICED AMERICANO</b>																				
WHITBREAD ESPRESSO BEANS	YES	YES																		
ODK WHITE SUGAR SYRUP (10065957)	YES	YES																		
<b>ICED AMERICANO</b>	<b>YES</b>	<b>YES</b>																		
<b>ICED LATTE</b>																				
WHITBREAD ESPRESSO BEANS	YES	YES																		
SEMI SKIMMED MILK	YES	NO						Y												
ODK WHITE SUGAR SYRUP (10065957)	YES	YES																		
<b>ICED LATTE</b>	<b>YES</b>	<b>NO</b>						Y												
<b>ICED CARAMEL LATTE</b>																				
WHITBREAD ESPRESSO BEANS	YES	YES																		
SEMI SKIMMED MILK	YES	NO						Y												
MONIN RS SALTED CARAMEL SYRUP 1X	YES	YES																		
CARAMEL FLAVOURED DESSERT SAUCE	YES	NO						Y												
UHT Aerosol Cream	YES	NO						Y												
<b>ICED CARAMEL LATTE</b>	<b>YES</b>	<b>NO</b>						Y												

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. Optional additions are listed separately and must be added to the value for the dish. 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

Nutrition Information Per Portion	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrate (g)	of which Sugars (g)	Protein (g)	Salt (g)
<b>ICED COFFEES</b>								
ICED AMERICANO	140	33	0.2	0.1	7.6	6.7	0.2	0.0
ICED LATTE	530	126	3.4	2.3	17.0	16.1	6.8	0.2
ICED CARAMEL LATTE	658	157	7.7	5.4	14.1	13.4	7.3	0.2