

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)
MAIN MENU								
NIBBLES								
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
GRAZING PLATES								
KOREAN BBQ PORK RIBS	990	236	11.0	4.2	14.4	14.1	18.1	0.9
SALT & PEPPER SQUID	2017	482	36.2	3.0	24.8	1.8	13.5	3.5
PULLED BEEF TACOS	1983	474	22.7	8.9	44.4	7.6	19.1	1.6
MIDDLE EASTERN KING PRAWNS	1701	406	21.5	9.5	28.6	6.2	25.1	3.0
MAC & CHEESE BITES	1647	393	22.1	8.1	35.6	1.4	12.1	1.5
AROMATIC CRISPY MUSHROOM PANCAKES	1062	254	4.4	0.5	45.0	13.0	6.8	0.8
MUSSELS MARINIERE	606	145	13.2	8.8	3.5	0.6	2.8	0.4
ASIAN CRISPY BEEF	1257	300	10.1	3.1	18.2	15.7	33.3	1.2
CHEESE & JALAPENO STUFFED DIPPERS	1441	344	19.3	8.9	27.4	5.5	14.0	1.3
HOUSE SHARING BLOCK	5223	1247	61.6	20.8	110.8	39.8	57.7	4.7
SALADS								
SALT BEEF SALAD SMALL	1356	324	17.2	5.3	10.9	7.0	30.3	1.7
SALT BEEF SALAD LARGE	2270	542	28.0	8.8	19.0	11.9	52.2	3.1
CHARGRILLED CHICKEN SALAD SMALL	626	149	6.6	1.2	4.2	4.2	17.6	1.6
CHARGRILLED CHICKEN SALAD LARGE	1206	288	13.1	2.3	6.7	6.8	34.6	3.1
BURRATA SALAD SMALL	1436	343	29.5	13.8	4.9	3.8	13.9	0.5
BURRATA SALAD LARGE	2197	525	47.6	16.5	8.3	6.6	14.9	0.8
FISH + VEG								
THAI GREEN CURRY	3499	836	34.8	24.6	107.1	27.2	16.9	1.6
BEER-BATTERED COD & CHIPS	3200	764	38.3	7.5	70.1	5.6	31.6	3.1
HOT-SMOKED SALMON	2427	580	27.8	4.0	30.9	11.9	48.3	0.4
GRILLED TUNA	1413	338	16.4	2.5	12.1	10.8	34.6	3.1

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
STEAKS								
HALLOUMI FRIES	1796	429	35.2	15.0	3.6	1.1	23.8	2.5
BAKED POTATO	1125	269	10.6	1.0	35.5	4.2	5.4	0.3
CLASSIC CUTS								
RUMP 8OZ WITH CHIPS	2638	630	21.2	8.3	46.5	1.2	60.8	4.1
RUMP 8OZ WITH SALAD	1760	420	15.0	3.7	11.5	8.9	58.0	4.0
RUMP 12OZ WITH CHIPS	3263	779	25.2	9.8	46.8	1.5	88.7	4.8
RUMP 12OZ WITH SALAD	2384	569	19.0	5.2	11.9	9.3	85.9	4.6
RIBEYE 8OZ WITH CHIPS	3057	730	35.0	15.8	47.6	2.3	53.9	3.2
RIBEYE 8OZ WITH SALAD	2178	520	28.8	11.1	12.7	10.0	51.1	3.1
RIBEYE 12OZ WITH CHIPS	3889	929	45.8	20.9	48.5	3.2	78.3	3.4
RIBEYE 12OZ WITH SALAD	3010	719	39.6	16.3	13.6	11.0	75.5	3.3
SIRLOIN 8OZ WITH CHIPS	2697	644	28.0	12.3	45.9	0.6	49.9	3.4
SIRLOIN 8OZ WITH SALAD	1819	434	21.9	7.6	11.0	8.3	47.1	3.2
SIRLOIN 12OZ WITH CHIPS	3351	800	35.4	15.7	46.0	0.7	72.3	3.6
SIRLOIN 12OZ WITH SALAD	2473	591	29.3	11.1	11.1	8.4	69.5	3.4
FILLET 8OZ WITH CHIPS	2795	668	29.8	13.4	46.2	0.9	51.1	3.2
FILLET 8OZ WITH SALAD	1917	458	23.6	8.8	11.3	8.7	48.3	3.0
FILLET 12OZ WITH CHIPS	3498	836	38.1	17.4	46.5	1.2	74.1	3.4
FILLET 12OZ WITH SALAD	2620	626	31.9	12.8	11.6	8.9	71.3	3.2
SPECIALITY CUTS								
10OZ SPIRAL CUT FILLET WITH CHIPS	3342	798	38.0	15.7	48.1	1.3	63.0	3.3
10OZ SPIRAL CUT FILLET WITH SALAD	2463	588	31.8	11.0	13.2	9.1	60.3	3.1
DECONSTRUCTED BEEF WELLINGTON WITH CHIPS	5904	1410	79.6	39.0	92.8	6.1	76.0	3.9
DECONSTRUCTED BEEF WELLINGTON WITH SALAD	5026	1200	73.5	34.3	57.9	13.8	73.2	3.7
SURF & TURF WITH CHIPS	3489	833	43.4	22.5	46.1	0.7	62.5	4.7
SURF & TURF WITH SALAD	2611	624	37.2	17.8	11.2	8.5	59.8	4.5
TIRA DE ANCHO WITH CHIPS	7677	1834	137.8	29.4	52.5	5.2	92.3	3.5
TIRA DE ANCHO WITH SALAD	6799	1624	131.6	24.8	17.6	12.9	89.5	3.4
ARGENTINE PICHANA	3498	836	40.8	6.1	38.1	5.5	76.0	2.1
BUTCHER'S BLOCK- BEEF RIB	3057	730	46.2	15.8	26.9	6.7	49.6	1.7
SAUCES								
FIERY BLACK SAUCE	92	22	0.1	0.1	4.7	3.3	0.3	1.7
CHIMICHURRI	1305	312	33.6	2.3	1.3	0.6	0.5	0.0
MUSHROOM, RED WINE & PANCETTA	283	68	2.7	0.9	8.0	5.9	2.9	1.0
TRIO OF PEPPERCORN	88	21	0.5	0.3	2.9	1.6	1.1	0.5
BEARNAISE	500	119	10.5	6.5	2.5	0.2	0.8	0.9

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	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
SIDES								
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
HISPA CABBAGE	932	223	13.6	8.2	14.5	14.1	6.0	3.3
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
GARLIC SPINACH	292	70	3.0	0.4	2.9	0.9	8.1	1.1
APPLE SLAW	755	180	2.0	2.3	29.0	15.5	8.4	0.7
BAKED POTATO	1125	269	10.6	1.0	35.5	4.2	5.4	0.3
GARLIC MUSHROOMS	494	118	10.7	6.6	1.3	0.5	2.9	2.2
GREEK SALAD	527	126	8.9	4.4	5.6	4.8	5.2	1.0
HOUSE SALAD	449	107	6.0	0.7	9.9	8.1	1.9	0.5
MIXED TOMATO SALAD	308	74	4.0	0.5	7.3	6.6	1.1	0.3
GRILLS								
MIXED GRILL	5153	1231	60.9	17.5	69.0	10.8	98.3	5.3
PORK CHOP	2980	712	44.4	21.2	29.0	7.2	49.1	2.7
LEMON & THYME CHICKEN	6195	1480	97.0	20.9	50.1	1.3	98.8	4.3
LAMB SOUVLAKI	2123	507	21.0	8.8	18.4	15.6	60.1	2.8
HANDMADE BURGERS								
THE MIGHTY BLOCK BURGER	6159	1471	75.2	27.0	97.5	11.0	95.1	5.6
THE MIGHTY BLOCK BURGER WITHOUT BUN	5204	1243	71.1	25.3	58.7	7.1	87.5	5.0
CLASSIC 8OZ BEEF BURGER	5306	1267	64.0	19.7	91.3	9.0	76.2	4.6
CLASSIC 8OZ BEEF BURGER WITHOUT BUN	4352	1039	59.9	17.9	52.5	5.1	68.6	4.0
CLASSIC BURGER WITH CHEESE & BACON	5918	1413	75.0	25.3	91.5	9.1	87.8	5.9
CLASSIC BURGER WITH CHEESE & BACON WITHOUT BUN	4963	1185	70.9	23.6	52.7	5.2	80.1	5.3
HALLOUMI & COURGETTE BURGER	3438	821	34.3	11.9	93.5	9.4	30.5	3.9
HALLOUMI & COURGETTE BURGER WITHOUT BUN	2484	593	30.2	10.2	54.8	5.5	22.8	3.2
TANDOORI CHICKEN BURGER	4045	966	37.4	5.5	104.0	10.6	49.1	5.8
TANDOORI CHICKEN BURGER WITHOUT BUN	3090	738	33.3	3.7	65.2	6.7	41.4	5.1
SURF & TURF BURGER	5553	1326	69.3	16.8	98.4	9.6	71.8	5.7
SURF & TURF BURGER WITHOUT BUN	4599	1098	65.2	15.1	59.7	5.7	64.1	5.0
SUNDAY BEST								
SUNDAY BEST BEEF SHARER for whole dish	9847	2352	98.7	44.6	234.6	42.8	123.6	7.4
SUNDAY BEST CHICKEN SHARER for whole dish	14375	3433	189.1	68.2	235.1	41.8	189.2	9.5

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	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
PUDDINGS								
RHUBARB & CUSTARD SUNDAE	2066	493	26.4	14.8	53.2	40.9	7.5	0.5
TRIPLE CHOCOLATE BROWNIE	3108	742	30.6	14.2	102.0	84.2	12.1	0.3
CHOCOLATE TOFFEE FONDUE SHARER for whole dish	5524	1319	53.4	17.8	192.2	125.0	13.1	0.8
LEMON & CLEMENTINE CHEESECAKE	2169	518	23.7	15.5	69.4	52.2	5.2	0.3
ESPRESSO MARTINI CRÈME BRULÉE	2316	553	43.2	26.6	31.0	30.5	4.7	0.1
CHOCOLATE CHURROS SUNDAE	3489	833	40.2	17.1	99.5	55.1	13.3	0.5
MIXED BERRY PAVLOVA	810	193	10.6	6.9	22.0	21.6	2.2	0.1
STICKY TOFFEE PUDDING	3013	720	37.4	17.0	86.3	62.6	7.6	0.5
FRUIT SALAD	833	199	4.5	3.9	35.5	34.9	2.1	0.2