

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 + BLOCK STEAKHOUSE MAIN MENU								
NIBBLES								
HOUSE BREADS	2985	713	35.3	13.8	82.3	2.1	14.4	3.1
HONEY & MUSTARD MINI SAUSAGES	1031	246	15.1	5.2	12.0	3.6	15.4	1.4
GRAZING PLATES								
KOREAN BBQ PORK RIBS	1000	239	11.1	4.2	14.4	14.2	18.3	0.9
SALT & PEPPER SQUID	2411	576	46.9	3.6	24.5	1.7	13.4	3.3
MAC & CHEESE BITES	1704	407	21.3	6.2	40.5	1.4	13.1	1.1
MINI OVEN-BAKED CAMEMBERT	3381	808	41.3	25.0	65.8	1.0	41.1	3.8
CAULIFLOWER WINGS	1257	300	15.2	1.6	35.4	7.7	4.4	1.8
MIDDLE EASTERN KING PRAWNS	1730	413	22.4	10.1	27.9	6.1	24.1	2.6
TRASH CAN NACHOS SHARER	3558	850	38.9	10.0	99.0	13.7	21.4	2.8
ADD PULLED BEEF BRISKET	4126	985	44.9	12.5	99.1	13.8	41.7	2.9
ASIAN CRISPY BEEF	1406	336	10.1	3.1	27.0	15.7	33.3	1.2
WILD-CAUGHT CANADIAN SCALLOPS	1557	372	27.9	14.8	14.6	1.0	14.8	1.4
HOUSE SHARING BLOCK	5079	1213	62.8	22.7	100.5	34.0	57.7	4.5
STYLE YOUR STEAK								
CLASSIC CUTS SHOWN WITH SALAD ONLY								
RUMP 8OZ WITH SALAD	1770	423	20.2	6.5	11.1	8.6	51.0	3.5
RUMP 12OZ WITH SALAD	2418	577	26.8	9.5	11.1	8.8	76.1	3.9
RIBEYE 8OZ WITH SALAD	2179	520	29.0	11.1	12.8	10.2	51.1	3.1
RIBEYE 12OZ WITH SALAD	3011	719	39.8	16.3	13.7	11.1	75.5	3.2
SIRLOIN 8OZ WITH SALAD	1823	435	22.1	7.6	11.1	8.4	47.2	3.2
SIRLOIN 12OZ WITH SALAD	2474	591	29.4	11.0	11.2	8.5	69.5	3.4
FILLET 8OZ WITH SALAD	1921	459	23.8	8.7	11.4	8.8	48.3	3.0
FILLET 12OZ WITH SALAD	2624	627	32.1	12.7	11.7	9.0	71.3	3.2
BEEF DRIPPING CHIPS	1328	317	12.2	5.3	44.8	0.4	4.7	0.6
SAUCES								
STROGNOFF SAUCE	290	69	5.5	3.4	3.2	1.4	1.3	0.7
MUSHROOM, RED WINE AND PANCETTA	113	27	0.8	0.2	3.4	1.8	1.5	0.5
TRIO OF PEPPERCORN	88	21	0.5	0.3	2.9	1.6	1.1	0.5
BEARNAISE	414	99	9.7	6.0	2.0	0.4	0.6	0.4
BLUE CHEESE	281	67	4.4	2.6	5.0	1.2	1.6	0.9

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SIDES								
FRENCH FRIES	1372	328	13.2	1.0	46.1	0.1	4.7	1.5
BEEF-DRIPPING TRIPLE-COOKED CHUNKY CHIPS	1328	317	12.2	5.3	44.8	0.4	4.7	0.6
DIRTY FRIES	1865	446	18.3	2.0	62.3	13.1	6.5	2.3
HALLOUMI FRIES	1796	429	35.2	15.0	3.6	1.1	23.8	2.5
BAKED POTATO	1124	269	10.7	1.1	35.2	3.9	5.4	0.3
CREAMY MASHED POTATO	2417	577	45.0	28.6	35.5	2.4	5.4	1.7
MAC & CHEESE	1675	400	24.4	16.7	26.9	1.3	16.8	1.8
BEER BATTERED ONION RINGS	1172	280	15.0	1.2	31.3	4.2	3.8	0.7
TENDERSTEAM BROCCOLI & HOLLANDAISE	633	151	10.9	4.6	5.3	2.9	6.2	0.4
GARLIC SPINACH	183	44	2.0	0.3	2.3	0.5	4.0	1.0
GARLIC MUSHROOMS	501	120	11.0	6.6	1.3	0.5	2.9	2.2
ROCKET AND PARMESAN SALAD	579	138	12.5	3.3	2.5	1.9	3.8	0.3
HOUSE SALAD	456	109	6.3	0.6	10.0	8.2	2.0	0.5
SPECIALITY CUTS								
10OZ SPIRAL CUT FILLET WITH BEEF DRIPPING CHIPS	3324	794	37.6	15.6	48.1	1.3	63.0	3.3
TIRA DE ANCHO WITH BEEF DRIPPING CHIPS	6968	1664	124.8	26.2	52.0	4.7	79.5	3.4
SURF & TURF WITH BEEF DRIPPING CHIPS	3580	855	45.7	22.9	46.1	0.7	62.5	4.7
STEAK SAMPLER WITH CHIPS ONLY (SAUCES SEE ABOVE)	3916	935	41.9	16.3	61.3	3.0	76.7	3.9
ARGENTINE PICANHA WITH BEEF DRIPPING CHIPS	3442	822	45.5	9.6	37.1	4.6	66.9	3.5
BUTCHERS BLOCK	3804	909	53.3	19.1	45.5	10.1	60.7	3.5
HANDMADE BURGERS								
THE MIGHTY BLOCK BURGER	6229	1488	77.9	22.9	98.7	12.2	92.1	5.3
THE MIGHTY BLOCK BURGER WITHOUT BUN	5730	1369	80.1	21.8	69.9	16.5	86.5	5.1
CLASSIC 8OZ	5303	1267	64.0	19.6	91.0	8.7	76.2	4.6
CLASSIC 8OZ WITHOUT BUN	4805	1148	66.2	18.6	62.2	13.0	70.5	4.4
CLASSIC 8OZ WITH CHEESE & BACON	5783	1381	73.0	24.6	91.1	8.8	84.5	5.5
CLASSIC 8OZ WITH CHEESE & BACON WITHOUT BUN	5285	1262	75.2	23.5	62.3	13.1	78.8	5.3
VEGAN SLOPPY JOE BURGER	4294	1026	50.3	9.1	102.5	14.1	35.6	3.6
VEGAN SLOPPY JOE BURGER WITHOUT BUN	3672	877	49.8	8.7	73.0	16.3	29.5	3.6
TANDOORI CHICKEN BURGER	3669	876	30.2	5.5	96.7	8.4	50.2	6.1
TANDOORI CHICKEN BURGER WITHOUT BUN	3171	757	32.4	4.4	67.9	12.7	44.5	5.9
SURF & TURF BURGER	5429	1297	64.8	16.7	93.1	9.0	79.9	6.0
SURF & TURF BURGER WITHOUT BUN	4931	1178	67.0	15.6	64.3	13.4	74.2	5.8
GRILLS								
SMOKY MIXED GRILL	5216	1246	73.9	25.3	41.3	15.5	102.5	4.8
BEER CAN CHICKEN	6466	1544	91.5	20.5	77.3	13.6	100.3	5.1
CRISPY DUCK LEG	4682	1118	85.3	40.7	42.7	6.9	42.0	4.4
CHARGRILLED LAMB CHOPS	3483	832	55.8	30.2	33.7	14.3	47.4	2.1
SUNDAY BEST- PICANHA for 1	6179	1476	77.4	34.2	130.5	18.7	62.5	7.3
EXTRA BEEF	560	134	5.7	2.6	0.1	0.1	21.7	0.4
SUNDAY BEST- CHICKEN for 1	8123	1940	111.1	38.8	131.0	18.4	99.8	6.5
SALADS								
FLASH-COOKED STEAK SALAD SMALL	955	228	9.7	4.6	12.6	9.8	22.3	1.7
FLASH-COOKED STEAK SALAD LARGE	1745	417	17.2	8.9	20.8	15.9	44.3	2.3
LAYERED HOUSE SALAD	1086	259	6.5	0.6	41.7	14.1	6.6	1.0
ADD RUMP STEAK	628	150	6.4	2.9	0.1	0.2	24.3	0.4
ADD CHICKEN BREAST	649	155	2.5	0.6	0.1	0.5	32.7	1.1
ADD GRILLED SALMON FILLET	1201	287	14.3	2.0	0.2	0.2	39.3	0.3
ADD GRILLED HALLOUMI	1476	352	27.4	17.6	0.1	0.1	24.6	2.4
CAESAR SALAD SMALL	1539	368	18.9	5.3	14.9	1.8	32.8	1.9
CAESAR SALAD LARGE	2673	638	31.6	8.9	28.5	2.3	58.1	3.6

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	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
FISH & VEG								
CHILLI NON-CARNE	2741	655	23.6	4.5	84.0	23.5	19.9	2.3
BEER-BATTERED COD & CHIPS	4052	968	46.1	8.3	87.8	6.0	45.6	2.7
TRIO OF FISH	2515	601	30.7	12.5	28.2	9.9	51.8	2.9
GRILLED SALMON	2853	682	44.6	20.0	22.9	6.6	45.6	1.4
PUDDINGS								
ZESTY LEMON TART	1977	472	22.8	12.1	58.8	38.5	6.3	0.6
TRIPLE CHOCOLATE BROWNIE	2730	652	25.5	13.6	92.4	72.9	8.8	0.3
ETON MESS SUNDAE	1417	338	18.3	11.8	33.1	31.4	6.5	0.2
APPLE & BLACKBERRY CRUMBLE WITH CUSTARD	2548	609	15.8	6.7	105.3	70.0	8.2	0.2
FRUIT SALAD	833	199	4.5	3.9	35.5	34.9	2.1	0.2
STICKY TOFFEE PUDDING	3013	720	37.4	17.0	86.3	62.6	7.6	0.5
MELTING CHOCOLATE DOME	3637	869	40.5	19.1	110.9	87.4	10.6	0.4
CHOCOLATE CHURROS SUNDAE	3395	811	39.0	17.0	97.2	52.3	12.5	0.5
CHOCOLATE & HAZELNUT DOME	2213	528	38.2	20.3	39.6	34.9	5.1	0.2
MERINGUE KISSES	765	183	11.9	7.5	17.4	16.7	1.4	0.1