



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 Name/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?
Starters																										
MAC & CHEESE BITES	Yes				Yes		Yes																		No	Yes
Mac & Cheese Bites (54719)	Yes				Yes		Yes																		No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
CAULIFLOWER WINGS	Yes																								Yes	Yes
Battered Cauliflower Wings (10001910)	Yes																								Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Red Pepper & Harrisa Sauce (10001427)																									Yes	Yes
VEGAN LOADED NACHOS BB																Yes									Yes	Yes
Chillies Red (54235)																									Yes	Yes
Extra Virgin Olive Oil (54377)																									Yes	Yes
Fresh Herbs Basil (54237)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Tortilla Chips (54045)																									Yes	Yes
White Wine Vinegar (10002893)																Yes									Yes	Yes
Vegan Sliced Cheese																										
Sides																										
SWEET POTATO FRIES																									Yes	Yes
Sweet Potato Fries (10001032)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
BEER BATTERED ONION RINGS	Yes		Yes																						Yes	Yes
Beer Battered Onion Rings (10001075)	Yes		Yes																						Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes

Ingredient Name/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?
GARLIC SPINACH																									Yes	Yes
Spinach (10001511)																									Yes	Yes
Extra Virgin Olive Oil (54377)																									Yes	Yes
Garlic Peeled (10068422)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
HOUSE SALAD													Yes			Yes									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
Tomato M (54216)																									Yes	Yes
HALLOUMI FRIES	Yes						Yes																		No	Yes
Semi Skimmed Milk (10001941)							Yes																		No	Yes
Batter Mix (51665)	Yes																								Yes	Yes
Halloumi (10000614, 54384)							Yes																		No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Mains																										
VEGAN SLOPPY JOES BURGER	Yes	Yes	Yes	Yes	Yes							Yes	Yes												Yes	Yes
Onions Red (10002596)																									Yes	Yes
Sloppy Joes Vegan (10001740)			Yes		Yes						Yes														Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Vegan Bun (54701)	Yes	Yes		Yes																					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
Vegan Sliced Cheese																									Yes	Yes
Garden Gourmet Vegan Burger (10002832)	Yes		Yes		Yes																				Yes	Yes

Ingredient Name/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?
CHIMICHURRI MIXED VEGETABLES with halloumi							Yes									Yes									No	Yes
Chillies Red (54235)																									Yes	Yes
Corn On Cob Bites (10002478)																									Yes	Yes
Crushed Chillies (54721)																									Yes	Yes
Dried Oregano (10000421)																									Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Garlic Peeled (10068422)																									Yes	Yes
Halloumi (10000614, 54384)							Yes																		No	Yes
Mushroom Flat (54219)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Potato Mid (54227, 54255)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Tenderstem Broccoli (10000524)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
White Wine Vinegar (10002893)																Yes									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Red Pepper & Harrisa Sauce (10001427)																									Yes	Yes
MIXED GRAINS VEG SALAD LARGE with halloumi							Yes						Yes			Yes									No	Yes
French Dressing (53514)													Yes			Yes									Yes	Yes
Halloumi (10000614, 54384)							Yes																		No	Yes
Mixed Grains (10002577)																									Yes	Yes
Mushroom Flat (54219)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Tenderstem Broccoli (10000524)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
VEGAN BURGER	Yes	Yes	Yes	Yes	Yes							Yes	Yes												Yes	Yes
Onions Red (10002596)																									Yes	Yes

Ingredient Name/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?
Sloppy Joes Vegan (10001740)			Yes		Yes							Yes													Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Vegan Bun (54701)	Yes	Yes		Yes																					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
Garden Gourmet Vegan Burger (10002832)	Yes		Yes		Yes																				Yes	Yes

Ingredient Name/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?
DESSERTS																										
APPLE & BLACKBERRY CRUMBLE				Yes			Yes																		No	Yes
Apple & Blackberry Compote (10003092)																									Yes	Yes
Crumble Topping (10003089)			Yes																						Yes	Yes
Custard - Ready To Serve (53399)							Yes																		No	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Vanilla Dairy Ice Cream (54575)							Yes																		No	Yes
VANILLA CHEESECAKE WITH CHERRIES						Yes	Yes																		No	Yes
Dark Cherry Compote (10001731)																									Yes	Yes
Baked Cheesecake (10003082)						Yes	Yes																		No	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
VEGAN CHOCOLATE LAYER TORTE	Yes				Yes																				Yes	Yes
Vegan Chocolate Torte (10003126)	Yes				Yes																				Yes	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Fruit Berry Mix (54409)																									Yes	Yes
Vegan Ice Cream (10002813)																									Yes	Yes

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)
MEAT-FREE MENU								
STARTERS								
CAULI WINGS	1259	301	15.2	1.6	35.5	7.7	4.5	1.8
NACHOS	3044	727	40.3	19.4	81.0	3.2	6.9	2.7
MAC + CHEESE BITES	1727	413	21.6	6.3	41.0	1.4	13.3	1.1
MAINS								
GARDEN GOURMET SLOPPY JOE BURGER	4375	1045	51.6	11.5	106.2	15.7	32.4	4.1
MIXED GRAIN VEG SALAD	1676	400	21.1	1.8	37.8	10.7	11.2	1.5
ADD HALLOUMI	590	141	11.0	7.0	0.0	0.0	9.8	0.9
CHIMICHURRI MIXED VEGETABLES	2156	515	21.8	2.1	54.0	20.3	18.5	3.0
ADD HALLOUMI	590	141	11.0	7.0	0.0	0.0	9.8	0.9
SIDES								
SWEET POTATO FRIES	1216	290	15.0	1.5	35.7	12.7	1.1	0.7
GARLIC SPINACH	179	43	2.0	0.3	2.3	0.5	4.0	1.0
HOUSE SALAD	439	105	6.3	0.6	9.2	7.5	1.9	0.5
BEER-BATTERED ONION RINGS	1172	280	15.0	1.2	31.3	4.2	3.8	0.7
HAND-CUT HALLOUMI FRIES	1796	429	35.2	15.0	3.6	1.1	23.8	2.5
DESSERTS								
CHOCOLATE TORTE	1110	265	13.7	6.8	31.3	24.8	2.7	0.2
ADD VANILLA ICE CREAM	330	79	3.1	2.6	12.8	7.3	0.1	0.0
CHEESECAKE	1950	466	16.4	9.1	70.0	54.3	9.0	0.5
APPLE + BLACKBERRY CRUMBLE	2653	634	16.7	5.5	111.1	64.8	6.0	0.5