



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														
BAR + BLOCK DRINKS MENU SPRING 22 ALLERGY DATA																				
SIGNATURE																				
B+B BLOODY MARY																				
KETEL ONE VODKA 700ML	NO	NO																		
B SIGNATURE SAUCE	YES	YES													Y					
SIGNATURE HOT SAUCE	YES	YES																		
Schwepes Tomato Juice	YES	YES																		
CELERY	YES	YES												Y						
BBQ RUB SEASONING	YES	YES	Y										Y							
STRAWBERRY	YES	YES																		
B+B BLOODY MARY																				
	NO	NO	Y										Y		Y	Y				
B+B LONG ISLAND ICE TEA																				
CAPTAIN MORGAN WHITE 6X70CL	YES	NO																		
KETEL ONE VODKA 700ML	NO	NO																		
WARNERS LONDON DRY GIN	YES	YES																		
DE KUYPER TRIPLE SEC	NO	NO																		
OLMECA TEQ 1 BOT	NO	NO																		
LEMONS	YES	NO																		
ODK WHITE SUGAR SYRUP (10065957)	YES	YES																		
COCA COLA CLASSIC	YES	YES																		
LEMONS	YES	NO																		
B+B LONG ISLAND ICE TEA																				
	NO	NO																		
B+B NEGRONI																				
APEROL (BB)	NO	NO																		
SIPSMITH GIN	YES	YES																		
MARTINI ROSSO	NO	NO											Y							
ORANGE MEDIUM	YES	NO																		
B+B NEGRONI																				
	NO	NO											Y							
B+B NEW YORK SOUR																				
BULLEIT BOURBON	YES	YES																		
FUNKIN SOUR MIX	YES	NO						Y												
JAM SHED SHIRAZ	NO	NO						Y	Y				Y							
LEMONS	YES	NO																		
ORANGE MEDIUM	YES	NO																		
B+B NEW YORK SOUR																				
	NO	NO						Y	Y				Y							

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														
SPRITZ																				
APEROL SPRITZ																				
APEROL (BB)	NO	NO																		
Vina Pomona Prosecco	NO	NO										Y								
SCHWEPES SODA WATER 200ML	YES	YES																		
ORANGE MEDIUM	YES	NO																		
APEROL SPRITZ	NO	NO										Y								
SUNDOWNER																				
PIMMS NO 1	NO	NO																		
Vina Pomona Prosecco	NO	NO										Y								
SCHWEPES SODA WATER 200ML	YES	YES																		
STRAWBERRY	YES	YES																		
MINT LEAVES	YES	YES																		
SUNDOWNER	NO	NO										Y								
RASPBERRY CRUSH																				
SMIRNOFF RASPBERRY CRUSH	NO	NO																		
Vina Pomona Prosecco	NO	NO										Y								
SCHWEPES SODA WATER 200ML	YES	YES																		
LEMONS	YES	NO																		
MINT LEAVES	YES	YES																		
RASPBERRY CRUSH	NO	NO										Y								
PASSIONFRUIT																				
SMIRNOFF MANGO & PASSIONFRUIT TWIST	NO	NO																		
Vina Pomona Prosecco	NO	NO										Y								
SCHWEPES SODA WATER 200ML	YES	YES																		
PASSIONFRUIT	YES	YES																		
PASSIONFRUIT	NO	NO										Y								

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														
MOCKTAILS																				
CUDDLES ON THE BEACH																				
MONIN REDUCED SUGAR PASSIONFRUIT SYRUP	YES	YES																		
ORANGE JUICE	YES	YES																		
GRENADINE SYRUP	NO	NO																		
ORANGE MEDIUM	YES	NO																		
MINT LEAVES	YES	YES																		
CUDDLES ON THE BEACH	NO	NO																		
CHERRY BAKEWELL																				
ODK Cherry Puree (10068292)	YES	YES																		
ODK Amaretto Syrup (10068293)	YES	YES																Y	ALMOND	
CRANBERRY JUICE DRINK	YES	YES																		
LEMONS	YES	NO																		
Cocktail cherries	YES	YES										Y								
CHERRY BAKEWELL	YES	NO										Y						Y	ALMOND	
WATERMELON SUGAR																				
WATERMELON PUREE	YES	YES																		
Lime juice from concentrate	YES	YES										Y								
CUCUMBER	YES	YES																		
WATERMELON	YES	YES																		
WATERMELON SUGAR	YES	YES										Y								
STRAWBERRY SODA																				
MONIN REDUCED SUGAR STRAWBERRY SYRUP	YES	YES																		
Lime juice from concentrate	YES	YES										Y								
STRAWBERRY	YES	YES																		
MINT LEAVES	YES	YES																		
STRAWBERRY SODA	YES	YES										Y								

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														
COCKTAILS																				
MARTINIS																				
ESPRESSO MARTINI																				
ABSOLUT VANILLA	NO	NO																		
TIA MARIA	YES	YES																		
ODK WHITE SUGAR SYRUP (10065957)	YES	YES																		
NESCAFE AZERA COFFEE	YES	YES																		
ESPRESSO MARTINI	NO	NO																		
PORNSTAR MARTINI																				
ABSOLUT VANILLA	NO	NO																		
PASSIONFRUIT MARTINI MIX 6X1LTR (BB)	YES	YES																		
Vina Pomona Prosecco	NO	NO											Y							
PASSIONFRUIT	YES	YES																		
PORNSTAR MARTINI	NO	NO											Y							
CANDY FLOSS MARTINI																				
SMIRNOFF RED	NO	NO																		
JACK RABBIT WHITE ZINFANDEL 75CL	NO	NO											Y							
CRANBERRY JUICE DRINK	YES	YES																		
SCHWEPES SODA WATER 200ML	YES	YES																		
Lime juice from concentrate	YES	YES											Y							
STRAWBERRY	YES	YES																		
CANDY FLOSS	YES	YES																		
CANDY FLOSS MARTINI	NO	NO											Y							
POPSTAR MARTINI																				
ABSOLUT VANILLA	NO	NO																		
CHAMBORD	YES	YES																		
ODK NATURAL STRAWBERRY PUREE	YES	YES																		
SUNPRIDE CRANBERRY JUICE DRINK	YES	YES																		
Pineapple Juice	YES	YES																		
Vina Pomona Prosecco	NO	NO											Y							
STRAWBERRY	YES	YES																		
POPSTAR MARTINI	NO	NO											Y							
FRENCH MARTINI																				
SMIRNOFF RED	NO	NO																		
CHAMBORD	YES	YES																		
Pineapple Juice	YES	YES																		
LEMONS	YES	NO																		
FRENCH MARTINI	NO	NO																		

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	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														
CLASSIC																				
COSMOPOLITAN																				
SMIRNOFF RED	NO	NO																		
DE KUYPER TRIPLE SEC	NO	NO																		
LIMES	YES	NO																		
SUNPRIDE CRANBERRY JUICE DRINK	YES	YES																		
ORANGE MEDIUM	YES	NO																		
COSMOPOLITAN																				
	NO	NO																		
GIN RICKEY																				
HENDRICKS 70CL	YES	YES																		
LIMES	YES	NO																		
ODK WHITE SUGAR SYRUP (10065957)	YES	YES																		
SCHWEPPES SODA WATER 200ML	YES	YES																		
CUCUMBER	YES	YES																		
MINT LEAVES	YES	YES																		
GIN RICKEY																				
	YES	NO																		
MARGARITA																				
OLMECA TEQ 1 BOT	NO	NO																		
DE KUYPER TRIPLE SEC	NO	NO																		
LIMES	YES	NO																		
ODK WHITE SUGAR SYRUP (10065957)	YES	YES																		
LIMES	YES	NO																		
SALT	YES	YES																		
MARGARITA																				
	NO	NO																		
MOJITO																				
CAPTAIN MORGAN WHITE 6X70CL	YES	NO																		
MINT LEAVES	YES	YES																		
LIMES	YES	NO																		
ODK WHITE SUGAR SYRUP (10065957)	YES	YES																		
SCHWEPPES SODA WATER 200ML	YES	YES																		
MOJITO																				
	YES	NO																		
MANHATTAN																				
BULLEIT BOURBON	YES	YES																		
MARTINI ROSSO	NO	NO											Y							
LEMONS	YES	NO																		
Cocktail cherries	YES	YES											Y							
MANHATTAN																				
	NO	NO											Y							

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals Containing Gluten																	Tree Nut Source (if present)
			Wheat Products	Rye Products	Barley Products	Oat Products	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	
OLD FASHIONED																			SHORT	
GLENFIDDICH MALT 12 YO	YES	YES																		
ODK WHITE SUGAR SYRUP (10065957)	YES	YES																		
ANGOSTURA BITTERS	YES	YES																		
Cocktail cherries	YES	YES												Y						
ORANGE MEDIUM	YES	NO																		
OLD FASHIONED	YES	NO												Y						
MAI TAI																				
CAPTAIN MORGAN WHITE 6X70CL	YES	NO																		
CAPTAIN MORGAN DARK RUM	NO	NO																		
ODK Amaretto Syrup (10068293)	YES	YES																Y	ALMOND	
LIMES	YES	NO																		
ORANGE JUICE	YES	YES																		
Pineapple Juice	YES	YES																		
GRENADINE SYRUP	YES	YES																		
ORANGE MEDIUM	YES	NO																		
Cocktail cherries	YES	YES												Y						
MINT LEAVES	YES	YES																		
MAI TAI	NO	NO												Y				Y	ALMOND	
AMARETTO SOUR																				
AMARETTO	YES	YES																		
FUNKIN SOUR MIX	YES	NO							Y											
LEMONS	YES	NO																		
Cocktail cherries	YES	YES												Y						
AMARETTO SOUR	YES	NO							Y					Y						
PALOMA																				
OLMECA TEQ 1 BOT	NO	NO																		
LIMES	YES	NO																		
ODK WHITE SUGAR SYRUP (10065957)	YES	YES																		
PINK GRAPEFRUIT (BB)	YES	YES																		
MINT LEAVES	YES	YES																		
Salt	YES	YES																		
PALOMA	NO	NO																		

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			Wheat Products	Rye Products	Barley Products	Oat Products														
GIN																				
GORDON'S 0%	YES	YES																		
GORDONS GIN	NO	NO																		
GORDONS PINK GIN 70CL	YES	YES																		
GORDON'S SICILIAN LEMON	YES	YES																		
TANQUERAY GIN (70CL)	NO	NO																		
TANQUERAY SEVILLA ORANGE	YES	YES																		
TANQUERAY BLACKCURRANT ROYALE	YES	YES																		
BOMBAY SAPPHIRE	YES	YES																		
WARNERS LONDON DRY GIN	YES	YES																		
WARNER EDWARDS RHUBARB GIN 70CL	YES	YES																		
WARNERS RASPBERRY GIN 70CL	YES	YES																		
WARNERS SLOE GIN	YES	YES																		
HENDRICKS 70CL	YES	YES																		
SIPSMITH GIN	YES	YES																		
BOMBAY BRAMBLE	YES	YES																		
RUM & WHISKEY																				
CAPTAIN MORGAN SPICED RUM	NO	NO																		
CAPTAIN MORGAN DARK RUM	NO	NO																		
CAPTAIN MORGAN WHITE 6X70CL	YES	NO																		
BACARDI SUPERIOR	YES	YES																		
KRAKEN RUM 70CL	YES	YES																		
JACK DANIELS No.7	YES	YES																		
JACK DANIEL'S TENNESSEE APPLE	YES	NO																		
BELLS 70CL	YES	NO																		
JAMESON IRISH WHISKEY	YES	YES																		
GLENFIDDICH MALT 12 YO	YES	YES																		
TALISKER	NO	NO																		
VODKA																				
SMIRNOFF RED	NO	NO																		
ABSOLUT ORIGINAL 70CL	YES	YES																		
KETEL ONE VODKA 700ML	NO	NO																		
DRAUGHT																				
PRAHAVA 50L	NO	NO	Y			Y														
STELLA ARTOIS 50L	YES	YES				Y														
SAN MIGUEL DRAUGHT	YES	YES				Y						Y								
CORONA DRAUGHT 50L	YES	YES				Y														
CAMDEN HELLS 6.6G	NO	NO	Y			Y														
GUINNESS	NO	NO				Y														
ASPALL CYDER 500ML	YES	YES										Y								
ASAHI SUPER DRY	YES	YES				Y														

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														
HOT DRINKS																				
LATTE	YES	NO							Y											
CAPPUCCINO	YES	NO							Y											
AMERICANO BLACK	YES	YES																		
AMERICANO WHITE	YES	NO							Y											
ESPRESSO	YES	YES																		
DOUBLE ESPRESSO	YES	YES																		
HOT CHOCOLATE	YES	NO							Y											
HOT CHOCOLATE WITH CREAM	YES	NO							Y											
TEA SEE INDIVIDUAL MANUFACTURER'S PACKAGING																				
SEMI SKIMMED MILK	YES	NO							Y											
Alpro Soya Drink	YES	YES					Y													
ADD A SYRUP																				
MONIN SF HAZLENUT SYRUP 1L	YES	YES																	Y	HAZLENUT
MONIN RS SALTED CARAMEL SYRUP 1X	YES	YES																		
MONIN SUGAR FREE VANILLA SYRUP 1	YES	YES																		