



Allergy and dietary information

Our allergy information guide is designed to help you make decisions on the food and drink that you order. As our menu descriptions do not include all ingredients or allergens, please use the allergy information guide to choose suitable dishes for you to eat and enjoy.

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 Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)** and products thereof.

We take great care to prevent cross-contamination when preparing your order in our kitchens. However, due to the layout and operation of our kitchens we do not have specific allergen free zones and it is therefore not possible to fully guarantee separation of allergens. There is significant risk of cross-contamination in our buffet areas and deep fat fryers. If you would like further information on our cooking methods, don't be afraid to ask! **We cannot guarantee your order is 100% free from any allergenic ingredient.**

Please let a member of our team know if you have an allergy or sensitivities to any ingredient, even if you have dined with us before.

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.

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 NON GLUTEN CONTAINING INGREDIENT MENU SPRING SUMMER 2024								
STARTERS								
CANADIAN KING SCALLOPS	1050	251	20.8	13.6	4.9	2.1	10.7	0.8
CORN TORTILLA CHIPS WITH GUACAMOLE + PICO DE GALLO (V)	1457	348	11.9	2.2	51.1	2.7	5.7	0.9
ASIAN CRISPY BEEF	2219	530	34.3	3.3	18.7	14.7	35.8	0.8
MAINS								
BEEF DRIPPING CHIPS	1675	400	19.7	9.5	53.0	0.3	4.6	0.2
SALAD	626	150	10.1	1.4	10.7	8.0	2.4	0.6
FILLET 12OZ*	2130	509	24.8	12.0	1.7	0.8	69.3	0.7
FILLET 8OZ*	1430	341	16.6	8.0	1.4	0.6	46.3	0.6
RIBEYE 14OZ*	2934	701	38.0	18.1	4.2	3.4	85.7	0.9
RIBEYE 10OZ*	2106	503	27.2	13.0	3.3	2.4	61.4	0.7
SIRLOIN 12OZ*	2214	529	23.3	10.9	6.5	1.5	78.9	0.7
SIRLOIN 8OZ*	1486	355	15.6	7.3	4.6	1.0	52.8	0.6
RUMP 12OZ*	2024	483	19.8	9.2	6.3	0.6	75.9	0.6
RUMP 8OZ*	1359	325	13.2	6.1	4.5	0.4	50.8	0.4
UPGRADE ANY STEAK WITH TWO GARLIC KING PRAWNS	769	184	13.9	9.0	1.6	0.4	13.1	0.7
UPGRADE ANY STEAK WITH TWO GARLIC CANADIAN SCALLOPS	933	223	20.6	13.5	2.4	0.4	6.9	0.6
UPGRADE ANY STEAK WITH BOTH PRAWNS + SCALLOPS	1691	404	34.4	22.4	3.6	0.9	19.8	1.2
MEXICAN RUB	62	15	0.3	0.1	2.4	1.2	0.4	0.4
14OZ* SPIRAL CUT ANGUS RIBEYE WITH CHIPS	7293	1742	124.4	32.4	63.0	5.3	93.8	1.2
10OZ* SPIRAL CUT ANGUS FILLET WITH CHIPS	4051	967	54.5	20.6	56.7	1.6	63.8	0.9
STEAK SAMPLER WITHOUT STEAK SAUCE	3810	910	42.4	20.3	57.8	1.3	79.7	0.9
CHICKEN SOUVLAKI	2334	558	23.0	6.3	13.2	11.6	72.3	3.0
ADD SALAD TO BURGER	626	150	10.1	1.4	10.7	8.0	2.4	0.6

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
CLASSIC CHEESEBURGER WITH FRIES	4965	1186	61.1	16.1	93.5	10.0	58.0	3.0
DOUBLE UP YOUR PATTY	1929	461	29.1	12.2	0.5	0.5	47.4	0.8
ADD CHEESE	348	83	7.0	4.3	0.0	0.0	5.1	0.4
ADD TWO DRY-CURED OAK-SMOKED STREAKY BACON	263	63	4.0	1.3	0.2	0.1	6.5	0.9
RED PEPPER & HARISSA CHICKEN BURGER WITH FRIES	3941	941	36.1	9.0	98.0	16.3	48.7	4.6
CHARGRILL SEABASS	2203	526	25.6	4.3	26.9	14.1	43.1	3.6
CHIMICHURRI MIXED VEGETABLES (VE)	3091	738	38.9	3.3	67.3	19.9	20.0	1.0
BAR + BLOCK HOUSE SALAD (VE)	958	229	14.5	2.3	17.1	12.5	4.7	0.7
ADD AN 4OZ* SIRLOIN	735	175	7.8	3.7	1.9	0.5	26.4	0.2
ADD A SEABASS FILLET	532	127	6.6	1.4	0.1	0.1	16.9	0.3
ADD A CHICKEN BREAST	649	155	2.5	0.6	0.1	0.5	32.7	1.1
SIDES								
CHIMICHURRI SAUCE (VE)	560	134	13.9	1.0	1.2	0.3	0.7	0.0
SKIN-ON CHIPS (VE)	1758	420	16.6	2.6	60.0	1.0	5.6	1.0
BEEF DRIPPING TRIPLE-COOKED CHUNKY CHIPS	1675	400	19.7	9.5	53.0	0.3	4.6	0.2
HOUSE SALAD (VE)	621	148	10.0	1.4	10.7	8.0	2.4	0.6
BAKED POTATO (V) (K)	1520	363	3.6	2.7	68.4	4.5	10.5	0.1
GARLIC MUSHROOMS (V)	499	119	11.0	6.8	1.2	0.5	2.9	2.2
MEXICAN LOADED CHIPS	2176	520	23.8	3.8	66.3	4.6	7.5	1.9
PICO DE GALLO	141	34	2.6	0.4	1.8	1.6	0.4	0.2
GRILLED ASPAGUS (VE)	144	34	2.5	0.4	1.2	1.2	1.9	1.0
DESSERTS								
ETON MESS SUNDAE* (V)	1688	403	20.3	13.2	46.8	44.2	7.2	0.3
AFFOGATO (V)	456	109	4.2	2.5	13.9	7.5	3.3	0.1
VEGAN OPTION AVAILABLE (VE)	541	129	4.7	3.6	19.6	8.5	1.7	0.1
CARAMELISED BANOFFEE CHEESECAKE (V) (K)	2727	651	32.5	12.9	79.7	63.0	9.5	0.5
ROAST BEEF SIRLOIN	4330	1034	51.8	18.8	83.1	24.9	50.7	2.1
ROAST CHICKEN	5271	1259	63.8	19.7	80.9	24.5	80.0	4.0
ROAST LAMB RUMP	4582	1094	49.4	17.7	80.8	24.5	71.2	2.5
ROAST CHICKEN BREAST KIDS	1785	426	18.4	6.1	36.1	12.1	23.8	1.5
ROAST BEEF KIDS	2105	503	24.0	9.0	37.7	12.2	30.6	1.3

Product/ Dish Description	Nutrition Information Per Portion							
	KJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
KIDS NGCI								
VEGGIE STICKS + DIPS (V)	127	30	0.9	0.1	3.9	3.5	1.3	0.2
KIDS MAINS								
CHICKEN BREAST WITH FRIES	1204	287	9.5	1.6	30.1	0.7	19.2	1.1
MINI STEAK + FRITES	1546	369	14.9	4.4	31.8	0.7	28.0	0.6
KIDS SIDES								
2 MINI CORN ON THE COBS (VE)	200	48	1.1	0.2	5.7	1.5	2.2	0.0
BAKED BEANS (VE)	174	41	0.1	0.0	6.7	2.7	2.5	0.3
PEAS (VE)	197	47	0.4	0.1	6.3	3.3	3.1	0.0
VEGGIE STICKS (VE)	65	16	0.2	0.0	2.4	2.3	0.6	0.0
HOUSE SALAD (VE)	313	75	5.1	0.7	5.4	4.0	1.2	0.3
KIDS DESSERTS								
FRUIT SALAD (VE)	222	53	0.1	0.0	11.4	11.4	0.7	0.0
ICE CREAM (V)	616	147	7.4	5.2	17.2	12.4	2.5	0.1

Starters

ASIAN CRISPY BEEF

Contains: Sesame, Soya

May Contains: No major allergens

CHIPS AND DIPS - V

Contains: No major allergens

May Contains: No major allergens

KING SCALLOPS

Contains: Milk, Molluscs

May Contains: No major allergens

Mains

10OZ RIBEYE

Contains: No major allergens

May Contains: No major allergens

10OZ SPIRAL CUT FILLET STEAK

Contains: Sulphite

May Contains: No major allergens

12OZ FILLET

Contains: No major allergens

May Contains: No major allergens

12OZ RUMP

Contains: No major allergens

May Contains: No major allergens

12OZ SIRLOIN

Contains: No major allergens

May Contains: No major allergens

14OZ RIBEYE

Contains: No major allergens

May Contains: No major allergens

14OZ SPIRAL CUT RIBEYE

Contains: Sulphite

May Contains: No major allergens

6OZ BEEF BURGER NGCI

Contains: Egg, Mustard

May Contains: No major allergens

8OZ FILLET

Contains: No major allergens

May Contains: No major allergens

8OZ RUMP

Contains: No major allergens

May Contains: No major allergens

8OZ SIRLOIN

Contains: No major allergens

May Contains: No major allergens

CHICKEN SOUVLAKI NGCI

Contains: Milk, Mustard, Sulphite

May Contains: No major allergens

CHIMICHURRI MIXED VEGETABLES - VE V

Contains: Sulphite

May Contains: No major allergens

GRILLED SEABASS

Contains: Fish, Milk

May Contains: No major allergens

HOUSE SALAD - VE V

Contains: Mustard, Sulphite

May Contains: No major allergens

RED PEPPER HARISSA CHKN BURGER

Contains: Egg, Milk

May Contains: No major allergens

STEAK SAMPLER NGCI

Contains: Celery, Milk

May Contains: No major allergens

Sides

BAKED POTATO -

Contains: Milk

May Contains: No major allergens

BEEF DRIPPING CHIPS

Contains: No major allergens

May Contains: No major allergens

CHIMI CHURRI SAUCE -

Contains: Sulphite

May Contains: No major allergens

GARLIC MUSHROOMS -

Contains: Milk

May Contains: No major allergens

GRILLED ASPARAGUS -

Contains: No major allergens

May Contains: No major allergens

HOUSE SALAD SIDE -

Contains: Mustard, Sulphite

May Contains: No major allergens

MEXICAN LOADED CHIPS -

Contains: Milk

May Contains: No major allergens

PICO DE GALLO -

Contains: No major allergens

May Contains: No major allergens

SKIN ON CHIPS -

Contains: No major allergens

May Contains: No major allergens

Desserts

AFFOGATO -

Contains: Milk

May Contains: No major allergens

AFFOGATO VEGAN -

Contains: No major allergens

May Contains: No major allergens

BANOFFEE CHEESECAKE -

Contains: Egg, Milk

May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

ETON MESS SUNDAE -

Contains: Egg, Milk

May Contains: No major allergens

Kids NGCI

KIDS CHICKEN BREAST

Contains: No major allergens

May Contains: No major allergens

KIDS FRUIT SALAD -

Contains: No major allergens

May Contains: No major allergens

KIDS ICE CREAM -

Contains: Milk

May Contains: No major allergens

KIDS MINI STEAK & FRITES

Contains: No major allergens

May Contains: No major allergens

KIDS VEGGIE STICKS - V

Contains: Milk

May Contains: No major allergens

Baked Beans - VE V

Contains: No major allergens

May Contains: No major allergens

House Salad NEW - VE V

Contains: Mustard, Sulphite

May Contains: No major allergens

Kids Peas - VE V

Contains: No major allergens

May Contains: No major allergens

Kids Sweetcorn - VE V

Contains: No major allergens

May Contains: No major allergens

Vegetable Batons - VE V

Contains: No major allergens

May Contains: No major allergens

Guest Choice

Peppercorn Sauce

Contains: Celery, Milk

May Contains: No major allergens

Baked Beans - VE V

Contains: No major allergens

May Contains: No major allergens

Beef Dripping Chips

Contains: No major allergens

May Contains: No major allergens

Chimi Churri - VE V

Contains: Sulphite

May Contains: No major allergens

Coal Cooked Mini Spuds - V

Contains: Milk

May Contains: No major allergens

House Salad NEW - VE V

Contains: Mustard, Sulphite

May Contains: No major allergens

Jacket Potato - V

Contains: Milk

May Contains: No major allergens

Kids Peas - VE V

Contains: No major allergens

May Contains: No major allergens

Kids Sweetcorn - VE V

Contains: No major allergens

May Contains: No major allergens

Mexican Loaded Chips - V

Contains: Milk

May Contains: No major allergens

NGCI Burger Bun - V

Contains: Egg

May Contains: No major allergens

Skin on Chips - VE V

Contains: No major allergens

May Contains: No major allergens

Vegan Burger Bun NEW - VE V

Contains: Cereals containing Gluten (Wheat)

May Contain: Sesame

Vegetable Batons - VE V

Contains: No major allergens

May Contains: No major allergens

Tomato Salsa - V

Contains: No major allergens

May Contains: No major allergens

Upgrade

4oz Sirloin

Contains: No major allergens

May Contains: No major allergens

Burger Patty 6oz

Contains: No major allergens

May Contains: No major allergens

Cheese Slice -

Contains: Milk

May Contains: No major allergens

Chicken Breast

Contains: No major allergens

May Contains: No major allergens

Fillet 10oz

Contains: No major allergens

May Contains: No major allergens

Fillet 2oz

Contains: No major allergens

May Contains: No major allergens

Fillet 4oz

Contains: No major allergens

May Contains: No major allergens

Fillet 6oz

Contains: No major allergens

May Contains: No major allergens

Fillet 8oz

Contains: No major allergens

May Contains: No major allergens

Garlic Prawns

Contains: Crustaceans, Milk

May Contains: No major allergens

Garlic Prawns & Scallops in a Scallop Shell

Contains: Crustaceans, Milk, Molluscs

May Contains: No major allergens

Garlic Scallops in Scallop Shell

Contains: Milk, Molluscs

May Contains: No major allergens

Mexican Rub for Steaks -

Contains: No major allergens

May Contains: No major allergens

Ribeye 10oz

Contains: No major allergens

May Contains: No major allergens

Ribeye 2oz

Contains: No major allergens

May Contains: No major allergens

Ribeye 4oz

Contains: No major allergens

May Contains: No major allergens

Ribeye 6oz

Contains: No major allergens

May Contains: No major allergens

Ribeye 8oz

Contains: No major allergens

May Contains: No major allergens

Rump 2oz

Contains: No major allergens

May Contains: No major allergens

Rump 4oz

Contains: No major allergens

May Contains: No major allergens

Rump 6oz

Contains: No major allergens

May Contains: No major allergens

Rump 8oz

Contains: No major allergens

May Contains: No major allergens

Rump10oz

Contains: No major allergens

May Contains: No major allergens

Seabass Fillet

Contains: Fish

May Contains: No major allergens

Sirloin 10oz

Contains: No major allergens

May Contains: No major allergens

Sirloin 2oz

Contains: No major allergens

May Contains: No major allergens

Sirloin 4oz

Contains: No major allergens

May Contains: No major allergens

Sirloin 6oz

Contains: No major allergens

May Contains: No major allergens

Sirloin 8oz

Contains: No major allergens

May Contains: No major allergens

Streaky Bacon

Contains: No major allergens

May Contains: No major allergens

Mains

ROAST BEEF

Contains: Milk

May Contains: No major allergens

ROAST CHICKEN

Contains: Milk

May Contains: No major allergens

ROAST LAMB

Contains: Milk

May Contains: No major allergens

KIDS

ROAST BEEF

Contains: Milk

May Contains: No major allergens

ROAST CHICKEN

Contains: Milk

May Contains: No major allergens

ROAST LAMB

Contains: Milk

May Contains: No major allergens