



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 CORE MENUS SPRING SUMMER 2024								
BEEF POPCORN	489	117	8.8	2.2	6.8	0.1	1.6	0.4
SMALL PLATES								
CHIMICHURRI FLATBREAD (VE)	1734	414	18.8	1.5	51.9	0.7	8.0	0.9
CHIMICHURRI BEEF BURNT ENDS (K)	1580	377	21.0	3.3	4.2	1.0	42.3	1.8
MAC + CHEESE BITES (V)	1727	413	21.6	6.3	41.0	1.4	13.3	1.1
ASIAN CRISPY BEEF	2219	530	34.3	3.3	18.7	14.7	35.8	0.8
SALT + PEPPER SQUID WITH SPICY MAYO	1770	423	29.1	1.9	26.6	3.9	13.4	3.7
CANADIAN KING SCALLOPS WITH GARLIC BUTTER	1050	251	20.8	13.6	4.9	2.1	10.7	0.8
GARLIC KING PRAWNS WITH STONEBAKED FLATBREAD	1752	419	23.3	13.8	28.1	1.4	23.4	1.4
HAND-CUT HALLOUMI FRIES (V)	1769	423	34.1	11.8	9.6	1.2	19.4	2.3
STONEBAKED FLATBREAD TOMATO BRUSCHETTA (VE)	836	200	6.2	0.8	30.5	4.5	4.6	0.9
BBQ STICKY CHICKEN WINGS	1479	353	19.0	6.4	10.3	6.3	35.0	1.8
CORN TORTILLA CHIPS WITH GUACAMOLE + PICO DE GALLO (V)	1457	348	11.9	2.2	51.1	2.7	5.7	0.9
MAINS - BURGERS SHOWN WITH FRIES								
BUN MINUS	743	177	2.7	1.0	31.9	4.5	5.7	0.5
SALAD ADD	626	150	10.1	1.4	10.7	8.0	2.4	0.6
MIGHTY BLOCK BURGER	5657	1351	68.3	18.1	107.2	14.6	72.2	5.0
CHEESEBURGER	5358	1280	67.1	21.0	99.5	11.3	64.7	4.2
SHORT RIB BRISKET BURGER	5222	1247	71.6	19.1	106.4	12.0	40.7	3.4
RED PEPPER + HARISSA CHICKEN BURGER	3986	952	35.2	9.5	104.0	17.6	50.3	4.4
PLANT-BASED CHEESEBURGER (VE)	4258	1017	50.7	12.9	106.6	12.0	28.4	3.4
ADD 6OZ* BEEF BURGER PATTY	1929	461	29.1	12.2	0.5	0.5	47.4	0.8
ADD CHEDDAR CHEESE SLICE (V)	348	83	7.0	4.3	0.0	0.0	5.1	0.4
ADD DRY-CURED OAK-SMOKED STREAKY BACON	263	63	4.0	1.3	0.2	0.1	6.5	0.9
ADD THIS™ ISN'T BACON (VE)	241	58	2.4	0.2	2.0	0.2	6.3	0.7

Product/ Dish Description	Nutrition Information Per Portion							
	KJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
MAINS - FISH & MEAT FREE								
THE FISH BLOCK	4785	1143	72.2	28.1	70.1	7.1	51.1	3.1
CHARCOAL SEABASS FILLETS WITH POTATOES	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
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
BAR + BLOCK HOUSE SALAD (VE)	958	229	14.5	2.3	17.1	12.5	4.7	0.7
ADD 4OZ* SIRLOIN	735	175	7.8	3.7	1.9	0.5	26.4	0.2
ADD SEABASS FILLET	532	127	6.6	1.4	0.1	0.1	16.9	0.3
ADD CHICKEN BREAST	649	155	2.5	0.6	0.1	0.5	32.7	1.1
MAINS - CHARGRILLS								
BUTCHER'S BANGERS BLOCK	5533	1322	82.5	25.9	87.9	21.3	55.1	5.8
CHICKEN SOUVLAKI	4042	966	41.5	15.7	64.8	12.2	80.0	4.2
MAINS STEAK ALL STEAKS COME WITH CHIPS OR SALAD								
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
MAINS STEAK - HAND-CUT STEAKS TO A SIZE OF YOUR CHOOSING								
MEXICAN RUB - CUSTOMER CHOICE TO ADD TO THEIR STEAK	62	15	0.3	0.1	2.4	1.2	0.4	0.4
MAINS STEAK - STEP 1 CHOOSE YOUR CUT								
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
ADD GARLIC KING PRAWNS	769	184	13.9	9.0	1.6	0.4	13.1	0.7
ADD CANADIAN KING SCALLOPS WITH GARLIC	933	223	20.6	13.5	2.4	0.4	6.9	0.6
OR TOP WITH BOTH	1691	404	34.4	22.4	3.6	0.9	19.8	1.2

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
MAINS STEAK - CHOOSE YOUR SIDE +								
BEEF DRIPPING TRIPLE-COOKED CHUNKY CHIPS	1675	400	19.7	9.5	53.0	0.3	4.6	0.2
SKIN-ON CHIPS (VE)	1758	420	16.6	2.6	60.0	1.0	5.6	1.0
BAKED POTATO (V)	1520	363	3.6	2.7	68.4	4.5	10.5	0.1
COAL-COOKED MINI GARLIC POTATOES (V)	597	143	1.4	0.8	24.2	3.8	5.9	0.2
HOUSE SALAD (VE)	621	148	10.0	1.4	10.7	8.0	2.4	0.6
MEXICAN LOADED CHIPS (V)	2176	520	23.8	3.8	66.3	4.6	7.5	1.9
MAINS STEAK - CHOOSE YOUR SAUCE								
SIGNATURE BLOCK STEAK SAUCE (VE)	302	72	0.0	0.0	17.1	6.9	0.5	1.0
PEPPERCORN SAUCE	125	30	0.7	0.4	4.1	2.2	1.5	0.7
MEXICAN PICO DE GALLO	141	34	2.6	0.4	1.8	1.6	0.4	0.2
DIANE SAUCE	330	79	6.8	4.0	3.1	1.4	1.2	0.4
CHIMICHURRI SAUCE (VE)	560	134	13.9	1.0	1.2	0.3	0.7	0.0
MAINS STEAK - SPECIALITY CUTS WITH CHIPS								
16OZ* CHATEAUBRIAND FOR TWO TOTAL	7167	1712	89.4	45.3	115.6	6.6	111.5	4.4
CHATEAUBRIAND PER PERSON	3584	856	44.7	22.6	57.8	3.3	55.7	2.2
STEAK SAMPLER WITHOUT STEAK SAUCE	4396	1050	49.9	20.9	73.5	3.4	81.6	1.2
SPIRAL CUT ANGUS STEAKS WITH CHIPS								
14OZ* SPIRAL CUT ANGUS RIBEYE	7293	1742	124.4	32.4	63.0	5.3	93.8	1.2
10OZ* SPIRAL CUT ANGUS FILLET	4051	967	54.5	20.6	56.7	1.6	63.8	0.9
INSPIRED BY - TASTE OF MEXICO WITH MEXICAN FRIES								
PULLED SHORT RIB TACO	7855	1876	112.8	35.0	137.9	40.4	69.9	7.5
FISH TACO	5802	1386	69.3	8.3	136.9	30.4	48.2	4.0
CHICKEN TACO	4500	1075	37.2	6.5	134.7	47.3	44.8	4.5
MUSHROOM TACO (V)	4665	1114	53.0	10.4	127.8	30.9	23.1	4.4
SKIN-ON CHIPS (VE)	1758	420	16.6	2.6	60.0	1.0	5.6	1.0
HOUSE SALAD (VE)	621	148	10.0	1.4	10.7	8.0	2.4	0.6
BEEF DRIPPING TRIPLE-COOKED CHUNKY CHIPS	1675	400	19.7	9.5	53.0	0.3	4.6	0.2
JACKET POTATO	1520	363	3.6	2.7	68.4	4.5	10.5	0.1
MEXICAN LOADED SKIN ON CHIPS (V)	2176	520	23.8	3.8	66.3	4.6	7.5	1.9

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
SIDES								
BEEF DRIPPING TRIPLE-COOKED CHUNKY CHIPS	1675	400	19.7	9.5	53.0	0.3	4.6	0.2
SKIN-ON CHIPS (VE)	1758	420	16.6	2.6	60.0	1.0	5.6	1.0
MEXICAN LOADED SKIN-ON CHIPS (V)	2176	520	23.8	3.8	66.3	4.6	7.5	1.9
BEER BATTERED ONION RINGS (V)	1172	280	15.0	1.2	31.3	4.2	3.8	0.7
TRUFFLE-FLAVOURED MAC + CHEESE (V)	2243	536	36.8	18.3	30.4	3.5	20.1	1.4
BAKED POTATO (V)	1520	363	3.6	2.7	68.4	4.5	10.5	0.1
COAL-COOKED MINI GARLIC POTATOES (V)	597	143	1.4	0.8	24.2	3.8	5.9	0.2
CORN ON THE COB (V)	946	226	12.7	2.2	18.0	7.2	6.7	1.0
GRILLED ASPARAGUS (VE)	144	34	2.5	0.4	1.2	1.2	1.9	1.0
GARLIC MUSHROOMS (V)	499	119	11.0	6.8	1.2	0.5	2.9	2.2
HOUSE SALAD (VE)	621	148	10.0	1.4	10.7	8.0	2.4	0.6
DESSERTS								
CARAMELISED BANOFFEE CHEESECAKE (V)	2727	651	32.5	12.9	79.7	63.0	9.5	0.5
TRIPLE CHOCOLATE BROWNIE (V)	2598	621	23.6	13.6	89.4	72.4	9.2	0.3
ETON MESS SUNDAE (V)	1688	403	20.3	13.2	46.8	44.2	7.2	0.3
STICKY TOFFEE PUDDING (V)	3028	723	38.1	17.5	86.7	62.7	7.6	0.5
BELGIAN CHOCOLATE COOKIE DOUGH (V)	3296	787	37.1	19.4	101.2	70.8	10.1	0.7
TRIO OF MINI DESSERTS (V)	3059	731	29.6	8.5	102.3	64.3	12.0	1.2
CHURRO DULCE DE LECHE SUNDAE (V)	3529	843	45.8	20.5	91.3	50.2	14.9	1.3
TIRAMISU	1893	452	30.5	12.3	39.2	30.4	4.6	0.3
CHOCOLATE TORTE (VE)	1187	284	14.9	8.3	34.4	22.7	1.6	0.4
ADD VANILLA ICE CREAM (V)	295	70	3.2	2.1	8.3	7.4	1.8	0.0
ADD VANILLA VEGAN ICE CREAM (VE)	379	91	3.7	3.2	14.0	8.4	0.1	0.0
MINI PUD WITHOUT HOT DRINK (V)	1091	261	10.0	5.6	37.7	29.7	3.3	0.1
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
CHEESEBOARD SINGLE (V)	3396	811	63.4	40.2	24.6	11.8	34.5	3.0
CHEESEBOARD SHARER (V)	6692	1598	124.8	79.1	49.2	23.6	67.5	5.9

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
LUNCH/EARLY DINNER/BOTTOMLESS BRUNCH								
STARTERS								
STICKY CHICKEN WINGS (K)	1479	353	19.0	6.4	10.3	6.3	35.0	1.8
MAC + CHEESE BITES (V)	1727	413	21.6	6.3	41.0	1.4	13.3	1.1
TOMATO BRUSCHETTA (VE)	836	200	6.2	0.8	30.5	4.5	4.6	0.9
CHIMICHURRI FLATBREAD (VE)	1734	414	18.8	1.5	51.9	0.7	8.0	0.9
MAINS- SHOWN WITH FRIES UNLESS STATED								
SALAD ADD	621	148	10.0	1.4	10.7	8.0	2.4	0.6
MINUS FRIES	1758	420	16.6	2.6	60.0	1.0	5.6	1.0
MINUS BUN	743	177	2.7	1.0	31.9	4.5	5.7	0.5
CLASSIC 6OZ BEEF BURGER	5010	1197	60.1	16.7	99.5	11.3	59.6	3.8
+ DOUBLE UP YOUR PATTY ADD	1929	461	29.1	12.2	0.5	0.5	47.4	0.8
ADD CHEDDAR CHEESE SLICE (V)	348	83	7.0	4.3	0.0	0.0	5.1	0.4
ADD DRY-CURED OAK-SMOKED STREAKY BACON	263	63	4.0	1.3	0.2	0.1	6.5	0.9
PLANT-BASED BURGER (VE)	4017	959	46.1	8.7	102.6	12.0	28.4	2.9
ADD VIOLIFE SLICE (VE)	240	57	4.6	4.2	4.0	0.0	0.0	0.5
ADD THIS™ ISN'T BACON (VE)	241	58	2.4	0.2	2.0	0.2	6.3	0.7
STEAK SANDWICH	4280	1022	41.7	10.7	118.5	5.8	41.3	2.7
OPEN CLUB SANDWICH	4453	1064	45.0	8.3	115.6	4.9	44.0	4.0
STEAK + FRITES	3231	772	39.5	15.8	63.3	1.5	41.5	1.4
UPGRADE TO AN 8OZ* SIRLOIN	3752	896	45.7	18.8	64.5	2.2	58.4	1.6
BEER BATTERED FISH + CHIPS	4221	1008	56.0	12.5	81.2	6.2	44.7	2.1
CHARGRILLED SEABASS FILLET	1776	424	18.6	5.3	36.8	10.4	25.8	2.3
CHIMICHURRI MIXED VEGETABLES (VE)	3016	720	36.9	3.2	67.3	19.9	20.0	1.0
ADD 4OZ* SIRLOIN	735	175	7.8	3.7	1.9	0.5	26.4	0.2
ADD CHICKEN BREAST	649	155	2.5	0.6	0.1	0.5	32.7	1.1
BAR + BLOCK HOUSE SALAD (VE)	958	229	14.5	2.3	17.1	12.5	4.7	0.7
ADD 4OZ* SIRLOIN	735	175	7.8	3.7	1.9	0.5	26.4	0.2
ADD CHICKEN BREAST	649	155	2.5	0.6	0.1	0.5	32.7	1.1
DESSERTS								
TRIPLE CHOCOLATE BROWNIE (V)	2598	621	23.6	13.6	89.4	72.4	9.2	0.3
CHOCOLATE TORTE (VE)	1187	284	14.9	8.3	34.4	22.7	1.6	0.4
ADD VANILLA ICE CREAM (V)	295	70	3.2	2.1	8.3	7.4	1.8	0.0
ADD VANILLA VEGAN ICE CREAM (VE)	379	91	3.7	3.2	14.0	8.4	0.1	0.0
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

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
SUNDAY ROAST MENU								
ROAST BEEF SIRLOIN	4834	1155	55.3	19.2	98.4	25.8	57.1	2.4
ROAST CHICKEN	5776	1379	67.2	20.1	96.2	25.4	86.3	4.3
ROAST LAMB RUMP	5086	1215	52.8	18.1	96.2	25.4	77.6	2.8
ULTIMATE ROAST	6403	1529	72.6	22.6	97.1	25.7	111.7	4.5
SUNDAY MENU SIDES								
PIGS IN BLANKETS	1170	279	17.4	6.3	8.9	1.0	21.6	2.2
TRUFFLE-FLAVOURED CAULIFLOWER CHEESE (V)	1255	300	26.6	12.8	7.1	3.2	7.5	1.0
TRUFFLE-FLAVOURED MAC + CHEESE (V)	2243	536	36.8	18.3	30.4	3.5	20.1	1.4
SUNDAY MENU CHILDREN'S								
ROAST CHICKEN BREAST	2290	547	21.9	6.4	51.5	13.0	30.2	1.8
ROAST BEEF	2610	623	27.5	9.3	53.1	13.1	36.9	1.6
KIDS MENU								
STARTERS								
VEGGIE STICKS + DIP (V)	127	30	0.9	0.1	3.9	3.5	1.3	0.2
MAINS								
CHICKEN BREAST + STONEBAKED FLATBREAD	973	232	4.3	0.6	26.9	1.7	20.7	1.2
4OZ RUMP STEAK + SKIN-ON CHIPS	1546	369	14.9	4.4	31.8	0.7	28.0	0.6
TEN-VEG TOMATO PASTA (VE)	1572	375	6.2	0.8	66.1	7.0	11.2	1.0
HAND BATTERED FISH + SKIN -ON CHIPS	2240	535	30.8	3.1	41.9	2.7	21.3	1.6
SPAGHETTI BOLOGNESE	1790	428	9.0	2.8	65.4	7.0	19.1	0.7
4OZ BEEF BURGER+ SKIN -ON CHIPS	2810	671	30.4	10.3	55.8	2.9	39.6	1.3
CHICKEN BREAST + SKIN-ON CHIPS	1204	287	9.5	1.6	30.1	0.7	19.2	1.1
DESSERTS								
FRUIT SALAD (VE)	222	53	0.1	0.0	11.4	11.4	0.7	0.0
VANILLA ICE CREAM (V)	713	170	7.1	4.6	22.0	20.3	4.2	0.1
PANCAKES WITH FRUIT (V)	775	185	3.3	0.4	33.9	19.0	3.9	0.3
SIDES								
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

Starters

ASIAN CRISPY BEEF	
Contains: Sesame, Soya	May Contains: No major allergens
BEEF POPCORN	
Contains: No major allergens	May Contain: Peanut, Sesame, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)
BURNT ENDS	
Contains: Cereals containing Gluten (Barley), Sulphite	May Contains: No major allergens
CHIPS AND DIPS - <div>V</div>	
Contains: No major allergens	May Contains: No major allergens
FLATBREAD WITH CHIMI CHURRI - <div>VE</div> <div>V</div>	
Contains: Cereals containing Gluten (Wheat), Sulphite	May Contains: No major allergens
HALLOUMI FRIES - <div>V</div>	
Contains: Cereals containing Gluten (Wheat), Milk	May Contains: No major allergens
JUMBO GARLIC PRAWNS	
Contains: Cereals containing Gluten (Wheat), Crustaceans, Milk	May Contains: No major allergens
KING SCALLOPS	
Contains: Milk, Molluscs	May Contains: No major allergens
MAC & CHEESE BITES - <div>V</div>	
Contains: Cereals containing Gluten (Wheat), Milk, Soya	May Contains: No major allergens
SALT AND PEPPER SQUID	
Contains: Cereals containing Gluten (Wheat), Molluscs	May Contains: No major allergens
STICKY WINGS	
Contains: Cereals containing Gluten (Barley), Mustard	May Contains: No major allergens
TOMATO BRUSCHETTA - <div>VE</div> <div>V</div>	
Contains: Cereals containing Gluten (Wheat), Sulphite	May Contains: No major allergens

Kids starters

KIDS VEGGIE STICKS - <div>V</div>	
Contains: Milk	May Contains: No major allergens

Kids Mains

KIDS BEEF BURGER	
Contains: Cereals containing Gluten (Wheat), Egg	May Contain: Milk
KIDS CHICKEN BREAST	
Contains: No major allergens	May Contains: No major allergens
KIDS GRILLED CHICKEN & FLATBREAD	
Contains: Cereals containing Gluten (Wheat), Milk	May Contains: No major allergens

Published on : July 22, 2024

KIDS MINI FISH AND CHIPS	
Contains: Cereals containing Gluten (Wheat), Egg, Fish, Mustard	May Contains: No major allergens
KIDS MINI STEAK & FRITES	
Contains: No major allergens	May Contains: No major allergens
KIDS SPAGHETTI BOLOGNESE	
Contains: Cereals containing Gluten (Wheat)	May Contains: No major allergens
KIDS TOMATO PASTA - <div>VE</div> <div>V</div>	
Contains: Cereals containing Gluten (Wheat), Celery	May Contains: No major allergens

Kids Desserts

KIDS FRUIT SALAD - <div>VE</div> <div>V</div>	
Contains: No major allergens	May Contains: No major allergens
KIDS ICE CREAM - <div>V</div>	
Contains: Milk	May Contains: No major allergens
KIDS PANCAKES WITH FRUIT - <div>V</div>	
Contains: Cereals containing Gluten (Wheat), Egg, Milk	May Contains: No major allergens

Mains

100Z 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
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
BEEF RIB BURGER	
Contains: Cereals containing Gluten (Wheat), Celery, Egg, Milk, Mustard, Sulphite	May Contain: Sesame
BUTCHERS BANGERS	
Contains: Milk, Mustard, Sulphite	May Contains: No major allergens
CHATEAUBRIAND	
Contains: Celery, Milk	May Contains: No major allergens

Published on : July 22, 2024

CHICKEN SOUVLAKI	
Contains: Cereals containing Gluten (Wheat), Milk, Mustard, Sulphite	May Contains: No major allergens
CHICKEN TACOS	
Contains: Cereals containing Gluten (Barley), Milk	May Contains: No major allergens
CHIMICHURRI MIXED VEGETABLES - <div>VE</div> <div>V</div>	
Contains: Sulphite	May Contains: No major allergens
CLASSIC 6OZ BEEF BURGER	
Contains: Cereals containing Gluten (Wheat), Milk, Mustard	May Contain: Sesame
FISH TACOS	
Contains: Cereals containing Gluten (Barley, Wheat), Fish, Milk	May Contains: No major allergens
GRILLED SEABASS	
Contains: Fish, Milk	May Contains: No major allergens
HARISSA CHICKEN BURGER	
Contains: Cereals containing Gluten (Wheat), Milk	May Contain: Sesame
HOUSE SALAD - <div>VE</div> <div>V</div>	
Contains: Mustard, Sulphite	May Contains: No major allergens
MEXICAN SHORT RIB	
Contains: Cereals containing Gluten (Barley), Celery, Milk, Sulphite	May Contains: No major allergens
MUSHROOM TACOS - <div>V</div>	
Contains: Cereals containing Gluten (Barley), Milk	May Contains: No major allergens
PLANT STACK BURGER - <div>VE</div> <div>V</div>	
Contains: Cereals containing Gluten (Barley, Wheat), Mustard, Soya	May Contain: Celery, Egg, Mustard, Sesame
STEAK SAMPLER	
Contains: Cereals containing Gluten (Barley, Wheat), Celery, Milk	May Contain: Other Cereals containing (Oats, Rye)
THE FISH BLOCK	
Contains: Crustaceans, Fish, Milk, Molluscs	May Contains: No major allergens
THE MIGHTY BLOCK BURGER	
Contains: Cereals containing Gluten (Barley, Wheat), Milk, Mustard	May Contain: Sesame

Sides

BAKED POTATO - <div>V</div>	
Contains: Milk	May Contains: No major allergens
BEEF DRIPPING CHIPS	
Contains: No major allergens	May Contains: No major allergens
BEER BATTERED ONION RINGS - <div>V</div>	
Contains: Cereals containing Gluten (Barley, Wheat)	May Contain: Other Cereals containing (Oats, Rye)
COAL COOKED MINI SPUDS - <div>V</div>	
Contains: Milk	May Contains: No major allergens
GARLIC MUSHROOMS - <div>V</div>	
Contains: Milk	May Contains: No major allergens
GRILLED ASPARAGUS - <div>V</div>	

Contains: No major allergens

May Contains: No major allergens

Published on : July 22, 2024

HOUSE SALAD SIDE -

VE

V

Contains: Mustard, Sulphite

May Contains: No major allergens

MEXICAN CORN -

V

Contains: Milk

May Contains: No major allergens

MEXICAN LOADED CHIPS -

V

Contains: Milk

May Contains: No major allergens

SKIN ON CHIPS -

VE

V

Contains: No major allergens

May Contains: No major allergens

TRUFFLE MAC CHEESE -

V

Contains: Cereals containing Gluten (Wheat), Milk

May Contains: No major allergens

Sauces

CHIMI CHURRI SAUCE -

VE

V

Contains: Sulphite

May Contains: No major allergens

Diane Sauce

Contains: Milk, Mustard

May Contains: No major allergens

PEPPERCORN SAUCE

Contains: Celery, Milk

May Contains: No major allergens

PICO DE GALLO -

V

Contains: No major allergens

May Contains: No major allergens

SIGNATURE B&B SAUCE -

VE

V

Contains: Mustard

May Contains: No major allergens

Desserts

AFFOGATO -

V

Contains: Milk

May Contains: No major allergens

AFFOGATO VEGAN -

VE

V

Contains: No major allergens

May Contains: No major allergens

BAKED COOKIE DOUGH -

V

Contains: Cereals containing Gluten (Barley, Oats, Rye, Wheat), Egg, Milk, Soya

May Contain: Soya

BANOFFEE CHEESECAKE -

V

Contains: Egg, Milk

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

CHEESEBOARD SHARER -

V

Contains: Cereals containing Gluten (Wheat), Celery, Milk, Sulphite

May Contain: Sesame

CHEESEBOARD SINGLE -

V

Contains: Cereals containing Gluten (Wheat), Celery, Milk, Sulphite

May Contain: Sesame

DULCE DE LECHE SUNDAE -

V

Contains: Cereals containing Gluten (Barley, Wheat), Milk

May Contain: Egg, Milk, Mustard, Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

ETON MESS SUNDAE -

V

Contains: Egg, Milk

May Contains: No major allergens

HOT DRINK & MINI BROWNIE -

V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contains: No major allergens

Published on : July 22, 2024

MINI TRIO OF DESSERTS -

V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contain: Egg, Milk, Mustard, Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

STICKY TOFFEE PUDDING -

V

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

TIRAMISU

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: Milk, Peanut, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

TRIPLE CHOCOLATE BROWNIE -

V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contains: No major allergens

VEGAN CHOCOLATE LAYER TORTE -

VE

V

Contains: Cereals containing Gluten (Wheat)

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

Lunch/Early Dinner - Starters

FLATBREAD WITH CHIMI CHURRI - VE V	
<i>Contains: Cereals containing Gluten (Wheat), Sulphite</i>	<i>May Contains: No major allergens</i>
MAC & CHEESE BITES - V	
<i>Contains: Cereals containing Gluten (Wheat), Milk, Soya</i>	<i>May Contains: No major allergens</i>
STICKY WINGS	
<i>Contains: Cereals containing Gluten (Barley), Mustard</i>	<i>May Contains: No major allergens</i>
TOMATO BRUSCHETTA - VE V	
<i>Contains: Cereals containing Gluten (Wheat), Sulphite</i>	<i>May Contains: No major allergens</i>

Lunch/Early Dinner Mains

8OZ SIRLOIN EXPRESS	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
BEER BATTERED FISH AND CHIPS	
<i>Contains: Cereals containing Gluten (Barley, Wheat), Egg, Fish, Mustard</i>	<i>May Contains: No major allergens</i>
CHIMICHURRI MIXED VEGETABLES - VE V	
<i>Contains: Sulphite</i>	<i>May Contains: No major allergens</i>
CLASSIC 6OZ BEEF BURGER	
<i>Contains: Cereals containing Gluten (Wheat), Mustard</i>	<i>May Contain: Sesame</i>
GRILLED SEABASS EXPRESS	
<i>Contains: Cereals containing Gluten (Wheat), Fish, Milk, Mustard, Sulphite</i>	<i>May Contains: No major allergens</i>
HOUSE SALAD EXPRESS - VE V	
<i>Contains: Mustard, Sulphite</i>	<i>May Contains: No major allergens</i>
OPEN CLUB SANDWICH EXPRESS	
<i>Contains: Cereals containing Gluten (Wheat), Egg, Mustard</i>	<i>May Contains: No major allergens</i>
STEAK AND FRITES EXPRESS	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
STEAK SANDWICH EXPRESS	
<i>Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard</i>	<i>May Contains: No major allergens</i>

Published on : July 22, 2024

VEGAN BURGER EXPRESS - VE V	
<i>Contains: Cereals containing Gluten (Barley, Wheat), Mustard, Soya</i>	<i>May Contain: Celery, Egg, Mustard, Sesame</i>

Lunch/Early Dinner - Desserts

AFFOGATO - V	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
ETON MESS SUNDAE - V	
<i>Contains: Egg, Milk</i>	<i>May Contains: No major allergens</i>
TRIPLE CHOCOLATE BROWNIE - V	
<i>Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya</i>	<i>May Contains: No major allergens</i>
VEGAN CHOCOLATE LAYER TORTE - VE V	
<i>Contains: Cereals containing Gluten (Wheat)</i>	<i>May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)</i>

Guest Choice

AMERICANO - VE V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
AMERICANO WHITE - V	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
CAPPUCCINO - V	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
ESPRESSO - VE V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
FLAT WHITE - V	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
HOT CHOCOLATE - V	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
LATTE - V	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
Peppercorn Sauce	
<i>Contains: Celery, Milk</i>	<i>May Contains: No major allergens</i>
Baked Beans - VE V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Beef Dripping Chips	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Chimi Churri - VE V	
<i>Contains: Sulphite</i>	<i>May Contains: No major allergens</i>

Coal Cooked Mini Spuds - V	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
House Salad NEW - VE V	
<i>Contains: Mustard, Sulphite</i>	<i>May Contains: No major allergens</i>
Jacket Potato - V	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
Kids Peas - VE V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>

Published on : July 22, 2024

Kids Sweetcorn - VE V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Mexican Loaded Chips - V	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
Skin on Chips - VE V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Vegan Burger Bun NEW - VE V	
<i>Contains: Cereals containing Gluten (Wheat)</i>	<i>May Contain: Sesame</i>
Vegetable Batons - VE V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Diane Sauce 1PTN	
<i>Contains: Milk, Mustard</i>	<i>May Contains: No major allergens</i>
Signature Sauce - VE V	
<i>Contains: Mustard</i>	<i>May Contains: No major allergens</i>
Tomato Salsa - V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
TEA - V	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>

Upgrade

1 Scoop Vegan Ice Cream - VE V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
4oz Sirloin	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Burger Patty 6oz	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Cheese Slice - V	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
Chicken Breast	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Fillet 10oz	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Fillet 2oz	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Fillet 4oz	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Fillet 6oz	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Fillet 8oz	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Garlic Prawns	
<i>Contains: Crustaceans, Milk</i>	<i>May Contains: No major allergens</i>
Garlic Prawns & Scallops in a Scallop Shell	
<i>Contains: Crustaceans, Milk, Molluscs</i>	<i>May Contains: No major allergens</i>
Garlic Scallops in Scallop Shell	
<i>Contains: Milk, Molluscs</i>	<i>May Contains: No major allergens</i>

Published on : July 22, 2024

Ice Cream Vanilla - V	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
Mexican Rub for Steaks - V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Ribeye 10oz	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Ribeye 2oz	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Ribeye 4oz	

<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Ribeye 6oz	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Ribeye 8oz	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Rump 2oz	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Rump 4oz	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Rump 6oz	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Rump 8oz	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Rump10oz	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Seabass Fillet	
<i>Contains: Fish</i>	<i>May Contains: No major allergens</i>
Sirloin 10oz	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Sirloin 2oz	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Sirloin 4oz	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Sirloin 6oz	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Sirloin 8oz	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Streaky Bacon	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Vegan Bacon -  	
<i>Contains: Soya</i>	<i>May Contain: Other Cereals containing (Wheat)</i>
Vegan Cheese -  	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>

Mains

ROAST BEEF	
Contains: Cereals containing Gluten (Wheat), Egg, Milk	May Contains: No major allergens
ROAST BEEF	
Contains: Cereals containing Gluten (Wheat), Egg, Milk	May Contains: No major allergens
ROAST CHICKEN	
Contains: Cereals containing Gluten (Wheat), Egg, Milk	May Contains: No major allergens
ROAST CHICKEN	
Contains: Cereals containing Gluten (Wheat), Egg, Milk	May Contains: No major allergens
ROAST LAMB	
Contains: Cereals containing Gluten (Wheat), Egg, Milk	May Contains: No major allergens
ROAST LAMB	
Contains: Cereals containing Gluten (Wheat), Egg, Milk	May Contains: No major allergens
ULTIMATE ROAST	
Contains: Cereals containing Gluten (Wheat), Egg, Milk	May Contains: No major allergens

Sides

PIGS IN BLANKETS	
Contains: Cereals containing Gluten (Wheat), Sulphite	May Contains: No major allergens
TRUFFLE CAULIFLOWER CHEESE - V	
Contains: Milk	May Contains: No major allergens
TRUFFLE MAC CHEESE - V	
Contains: Cereals containing Gluten (Wheat), Milk	May Contains: No major allergens

KIDS MAINS

KIDS ROAST BEEF	
Contains: Cereals containing Gluten (Wheat), Egg, Milk	May Contains: No major allergens
KIDS ROAST CHICKEN	
Contains: Cereals containing Gluten (Wheat), Egg, Milk	May Contains: No major allergens