



### 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)
<b>BAR + BLOCK CORE MENUS SPRING SUMMER 2024</b>								
BEEF POPCORN	489	117	8.8	2.2	6.8	0.1	1.6	0.4
<b>SMALL PLATES</b>								
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
<b>MAINS - BURGERS SHOWN WITH FRIES</b>								
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)
<b>MAINS - FISH &amp; MEAT FREE</b>								
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
<b>MAINS - CHARGRILLS</b>								
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
<b>MAINS STEAK ALL STEAKS COME WITH CHIPS OR SALAD</b>								
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
<b>MAINS STEAK - HAND-CUT STEAKS TO A SIZE OF YOUR CHOOSING</b>								
MEXICAN RUB - CUSTOMER CHOICE TO ADD TO THEIR STEAK	62	15	0.3	0.1	2.4	1.2	0.4	0.4
<b>MAINS STEAK - STEP 1 CHOOSE YOUR CUT</b>								
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)
<b>MAINS STEAK - CHOOSE YOUR SIDE +</b>								
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
<b>MAINS STEAK - CHOOSE YOUR SAUCE</b>								
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
<b>MAINS STEAK - SPECIALITY CUTS WITH CHIPS</b>								
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
<b>SPIRAL CUT ANGUS STEAKS WITH CHIPS</b>								
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
<b>INSPIRED BY - TASTE OF MEXICO WITH MEXICAN FRIES</b>								
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)
<b>SIDES</b>								
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
<b>DESSERTS</b>								
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)
<b>LUNCH/EARLY DINNER/BOTTOMLESS BRUNCH</b>								
<b>STARTERS</b>								
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
<b>MAINS- SHOWN WITH FRIES UNLESS STATED</b>								
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
<b>DESSERTS</b>								
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)
<b>SUNDAY ROAST MENU</b>								
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
<b>SUNDAY MENU SIDES</b>								
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
<b>SUNDAY MENU CHILDREN'S</b>								
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
<b>KIDS MENU</b>								
<b>STARTERS</b>								
VEGGIE STICKS + DIP (V)	127	30	0.9	0.1	3.9	3.5	1.3	0.2
<b>MAINS</b>								
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
<b>DESSERTS</b>								
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
<b>SIDES</b>								
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 - V

Contains: No major allergens

May Contains: No major allergens

### FLATBREAD WITH CHIMI CHURRI - VE V

Contains: Cereals containing Gluten (Wheat), Sulphite

May Contains: No major allergens

### HALLOUMI FRIES - V

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 - V

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 - VE V

Contains: Cereals containing Gluten (Wheat), Sulphite

May Contains: No major allergens

## Kids starters

### KIDS VEGGIE STICKS - V

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



### 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 - **VE** **V**

Contains: Cereals containing Gluten (Wheat), Celery

May Contains: No major allergens

## Kids Desserts

### KIDS FRUIT SALAD - **VE** **V**

Contains: No major allergens

May Contains: No major allergens

### KIDS ICE CREAM - **V**

Contains: Milk

May Contains: No major allergens

### KIDS PANCAKES WITH FRUIT - **V**

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

May Contains: No major allergens

## Condiments

### Condiments 21 BB - **V**

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

May Contain: Sulphite

## 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

### 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

## 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 -

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 -

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 -

Contains: Cereals containing Gluten (Barley), Milk

May Contains: No major allergens

## PLANT STACK BURGER -

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 -

Contains: Milk

May Contains: No major allergens

### BEEF DRIPPING CHIPS

Contains: No major allergens

May Contains: No major allergens

### BEER BATTERED ONION RINGS -

Contains: Cereals containing Gluten (Barley, Wheat)

May Contain: Other Cereals containing (Oats, Rye)

**COAL COOKED MINI SPUDS - V**

Contains: Milk

May Contains: No major allergens

**GARLIC MUSHROOMS - V**

Contains: Milk

May Contains: No major allergens

**GRILLED ASPARAGUS - VE V**

Contains: No major allergens

May Contains: No major allergens

**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

**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**

Contains: Cereals containing Gluten (Wheat), Sulphite

May Contains: No major allergens

**MAC & CHEESE BITES - V**

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

May Contains: No major allergens

**STICKY WINGS**

Contains: Cereals containing Gluten (Barley), Mustard

May Contains: No major allergens

**TOMATO BRUSCHETTA - VE V**

Contains: Cereals containing Gluten (Wheat), Sulphite

May Contains: No major allergens

## Lunch/Early Dinner Mains

**8OZ SIRLOIN EXPRESS**

Contains: Milk

May Contains: No major allergens

**BEER BATTERED FISH AND CHIPS**

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Fish, Mustard

May Contains: No major allergens

**CHIMICHURRI MIXED VEGETABLES - VE V**

Contains: Sulphite

May Contains: No major allergens

**CLASSIC 6OZ BEEF BURGER**

Contains: Cereals containing Gluten (Wheat), Mustard

May Contain: Sesame

**GRILLED SEABASS EXPRESS**

Contains: Cereals containing Gluten (Wheat), Fish, Milk, Mustard, Sulphite

May Contains: No major allergens

**HOUSE SALAD EXPRESS - VE V**

Contains: Mustard, Sulphite

May Contains: No major allergens

### OPEN CLUB SANDWICH EXPRESS

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

May Contains: No major allergens

### STEAK AND FRITES EXPRESS

Contains: Milk

May Contains: No major allergens

### STEAK SANDWICH EXPRESS

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

May Contains: No major allergens

### VEGAN BURGER EXPRESS -

Contains: Cereals containing Gluten (Barley, Wheat), Mustard, Soya

May Contain: Celery, Egg, Mustard, Sesame

## Lunch/Early Dinner - Desserts

### AFFOGATO -

Contains: Milk

May Contains: No major allergens

### ETON MESS SUNDAE -

Contains: Egg, Milk

May Contains: No major allergens

### TRIPLE CHOCOLATE BROWNIE -

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

May Contains: No major allergens

### VEGAN CHOCOLATE LAYER TORTE -

Contains: Cereals containing Gluten (Wheat)

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

## Guest Choice

### AMERICANO -

Contains: No major allergens

May Contains: No major allergens

### AMERICANO WHITE -

Contains: Milk

May Contains: No major allergens

### CAPPUCCINO -

Contains: Milk

May Contains: No major allergens

### ESPRESSO -

Contains: No major allergens

May Contains: No major allergens

### FLAT WHITE -

Contains: Milk

May Contains: No major allergens

### HOT CHOCOLATE -

Contains: Milk

May Contains: No major allergens

### LATTE -

Contains: Milk

May Contains: No major allergens

### Peppercorn Sauce

Contains: Celery, Milk

May Contains: No major allergens

### Baked Beans -

Contains: No major allergens

May Contains: No major allergens

### Beef Dripping Chips

Contains: No major allergens

May Contains: No major allergens

### Chimi Churri -

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*

**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*

**Diane Sauce 1PTN**

*Contains: Milk, Mustard*

*May Contains: No major allergens*

**Signature Sauce - VE V**

*Contains: Mustard*

*May Contains: No major allergens*

**Tomato Salsa - V**

*Contains: No major allergens*

*May Contains: No major allergens*

**TEA - V**

*Contains: Milk*

*May Contains: No major allergens*

## Upgrade

**1 Scoop Vegan Ice Cream - VE V**

*Contains: No major allergens*

*May Contains: No major allergens*

**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 - V**

*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*

<b>Fillet 8oz</b>	<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Garlic Prawns</b>	<i>Contains: Crustaceans, Milk</i>	<i>May Contains: No major allergens</i>
<b>Garlic Prawns &amp; Scallops in a Scallop Shell</b>	<i>Contains: Crustaceans, Milk, Molluscs</i>	<i>May Contains: No major allergens</i>
<b>Garlic Scallops in Scallop Shell</b>	<i>Contains: Milk, Molluscs</i>	<i>May Contains: No major allergens</i>
<b>Ice Cream Vanilla - V</b>	<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
<b>Mexican Rub for Steaks - V</b>	<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Ribeye 10oz</b>	<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Ribeye 2oz</b>	<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Ribeye 4oz</b>	<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Ribeye 6oz</b>	<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Ribeye 8oz</b>	<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Rump 2oz</b>	<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Rump 4oz</b>	<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Rump 6oz</b>	<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Rump 8oz</b>	<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Rump10oz</b>	<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Seabass Fillet</b>	<i>Contains: Fish</i>	<i>May Contains: No major allergens</i>
<b>Sirloin 10oz</b>	<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Sirloin 2oz</b>	<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Sirloin 4oz</b>	<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Sirloin 6oz</b>	<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Sirloin 8oz</b>	<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Streaky Bacon</b>	<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>

**Vegan Bacon** -  

*Contains: Soya*

*May Contain: Other Cereals containing (Wheat)*

**Vegan Cheese** -  

*Contains: No major allergens*

*May Contains: No major allergens*



## 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