



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 as ingredients may be substituted or changed at short notice.

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.

Items that are added as a choice, upgrade or addition must be checked and the allergen information considered in addition to the main meal.

Our vegan dishes are made to a vegan recipe but we cannot guarantee that they are suitable for those with MILK or EGG allergies. Please speak to your server if you any dietary requirements.

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



Dish/ Ingredient 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	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?	
2024 BAR + BLOCK NON GLUTEN CONTAINING INGREDIENTS VALENTINES MENU ALLERGY DATA																											
NGCI STARTERS																											
BEEF POPCORN																										No	No
Popcorn BB CP (10001658)																										Yes	Yes
Beef Dripping (54419)																										No	No
Beef Seasoning (10003386)																										Yes	Yes
CANADIAN KING SCALLOPS							Yes			Yes																No	No
MSC Canadian Scallops (10001110)										Yes																Yes	No
Samphire (10068447)																										Yes	Yes
Garlic Butter BB (10004423)							Yes																			No	Yes
Lemons (54602, 54722)																										No	Yes
TRUFFLE FLAVOURED CHEESE FONDUE						Yes	Yes					Yes			Yes											No	Yes
Onion Confit (10003037)															Yes											No	Yes
Cheddar (54446)							Yes																			No	Yes
Gluten Free Bread Slice (54731)						Yes																				No	Yes
Truffle Oil (10003650)																										Yes	Yes
Fresh Herbs Rosemary (54244)																										Yes	Yes
Cheese Fondue Sauce							Yes						Yes													No	Yes
NGCI STEAKS SERVED WITH SALAD OR CHIPS																											
BEEF DRIPPING CHIPS																										No	No
Beef Dripping (54419)																										No	No
Premium Chip (10001031)																										Yes	Yes
HOUSE SALAD SIDE												Yes			Yes											Yes	Yes
Cucumber Cat II (10003878)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Cherry Tomatoes (10000328)																										Yes	Yes
Avocado (10001861)																										Yes	Yes
French Dressing (53514)												Yes			Yes											Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Sweetcorn (10004024)																										Yes	Yes

Dish/ Ingredient 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	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?	
RUMP ALL SIZES																									No	No	
BB Angus Rump Heart (10002146)																										No	No
Samphire (10068447)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
SIRLOIN ALL SIZES																										No	No
BB Angus Sirloin (10002145)																										No	No
Samphire (10068447)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
RIBEYE ALL SIZES																										No	No
BB Angus Ribeye (10002148)																										No	No
Samphire (10068447)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
FILLET 8OZ ALL SIZES																										No	No
BB Angus Fillet (10002144)																										No	No
Samphire (10068447)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
TOP ANY STEAK WITH TRUFFLE FLAVOURED BUTTER							Yes																			No	Yes
Truffle Oil (10003650)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes

Dish/ Ingredient 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	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?	
NGCI SURF AND TURF																											
UPGRADE ANY DISH AND TOP WITH GARLIC KING PRAWNS							Yes		Yes																	No	No
Samphire (10068447)																										Yes	Yes
Garlic Butter BB (10004423)							Yes																			No	Yes
Jumbo Tiger Prawn (10004094)									Yes																	No	No
UPGRADE ANY DISH AND TOP WITH GARLIC CANADIAN SCALLOPS																											
Samphire (10068447)							Yes			Yes																No	No
Garlic Butter BB (10004423)							Yes																			No	Yes
MSC Canadian Scallops (10001110)										Yes																No	No
UPGRADE ANY DISH AND TOP WITH BOTH GARLIC KING PRAWNS + GARLIC CANADIAN SCALLOPS																											
Samphire (10068447)							Yes		Yes	Yes																No	No
Garlic Butter BB (10004423)							Yes																			Yes	Yes
MSC Canadian Scallops (10001110)										Yes																No	No
Jumbo Tiger Prawn (10004094)									Yes																	No	No
NGCI SAUCE																											
CHIMICHURRI																Yes										Yes	Yes
Chillies Red (54235)																										Yes	Yes
Crushed Chillies (54721)																										Yes	Yes
Dried Oregano (10000421)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Garlic Peeled (10004413)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
White Wine Vinegar (10002893)																Yes										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
MUSHROOM + RED WINE																											
Mushroom Bacon Jus (10000619)																										No	No
																										No	No

Dish/ Ingredient 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	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?	
NGCI SIDES																											
GARLIC MUSHROOMS							Yes																			No	Yes
Mushroom Cup (54218)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Garlic Peeled (10004413)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
HOUSE SALAD (VE)													Yes			Yes										Yes	Yes
Avocado (10001861)																										Yes	Yes
French Dressing (53514)													Yes			Yes										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Cucumber Cat II (10003878)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Sweetcorn (10004024)																										Yes	Yes
Cherry Tomatoes (10000328)																										Yes	Yes
STEAK SAMPLER WITH CHIPS without sauce See above																										No	No
BB Angus Fillet (10002144)																										No	No
BB Angus Rump Heart (10002146)																										No	No
BB Angus Sirloin (10002145)																										No	No
Samphire (10068447)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Beef Dripping (54419)																										No	No
Premium Chip (10001031)																										Yes	Yes

Dish/ Ingredient 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?	
NGCI MAINS																											
CHARGILLED SEABASS						Yes	Yes	Yes																		No	No
Tender Stem Broccoli (10003634)																										Yes	Yes
Jumbo Tiger Prawn (10004094)									Yes																	No	No
Seabass Fillet (10003632)								Yes																		No	No
Seafood & Prosecco Sauce (10004162)						Yes	Yes	Yes																		No	No
Garlic Butter BB (10004423)						Yes																				No	Yes
Table Salt (54744)																										Yes	Yes
Garlic Butter BB (10004423)						Yes																				No	Yes
Lemons (54602, 54722)																										No	Yes
Potato Mid (54227, 54255)																										Yes	Yes
Salted Block Butter (10001077)						Yes																				No	Yes
CHIMICHURRI MIXED VEGETABLES															Yes											Yes	Yes
Corn On Cob Bites (10002478)																										Yes	Yes
Potato Mid (54227, 54255)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Red Pepper & Harrisia Sauce (10001427)																										Yes	Yes
Chillies Red (54235)																										Yes	Yes
Crushed Chillies (54721)																										Yes	Yes
Dried Oregano (10000421)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Garlic Peeled (10004413)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
White Wine Vinegar (10002893)															Yes											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Mushroom Flat (54219)																										Yes	Yes
Tender Stem Broccoli (10003634)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Tomato M (54216)																										Yes	Yes

Dish/ Ingredient 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	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?	
NGCI DESSERTS																											
ETON MESS						Yes	Yes																			No	Yes
Fruit Berry Mix (10003254)																										Yes	Yes
Meringue Nests (54613)						Yes																				No	Yes
UHT Whipping Cream (24097)							Yes																			No	Yes
Strawberries (54259)																										Yes	Yes
ETON MESS SHARER						Yes	Yes																			No	Yes
Fruit Berry Mix (10003254)																										Yes	Yes
Meringue Nests (54613)						Yes																				No	Yes
UHT Whipping Cream (24097)							Yes																			No	Yes
Strawberries (54259)																										Yes	Yes
AFFOGATO							Yes																			No	Yes
Vanilla Dairy Ice Cream (10003957)							Yes																			No	Yes
Grand Cafe RFA R&G Filter Coffee (10003147)																										Yes	Yes
VEGAN AFFOGATO																										Yes	Yes
Vegan Ice Cream (10002813)																										Yes	Yes
Grand Cafe RFA R&G Filter Coffee (10003147)																										Yes	Yes